



SACRAMENTO REGIONAL PUBLIC SAFETY TRAINING CENTER
 American River College – Los Rios Community College District



**Force and Weaponry Basic
 MEDICAL CLEARANCE FORM**

----- **Student Certification** -----

Student Name: _____	Student ID # _____
	Class date: _____

I have read the attached list of physical and cognitive activities required of students attending a POST-certified basic course training program. I certify that, to the best of my knowledge and belief, I can do all the activities listed. I further certify that if I had any concerns about my ability to do certain activities, I discussed those concerns with the medical professional listed below.

STUDENT'S SIGNATURE

DATE

----- **Medical Professional Certification** -----

NAME: _____	_____
	MEDICAL PROFESSIONAL - PLEASE PRINT
ADDRESS: _____	_____
PHONE: _____	_____

During the basic course training program, students perform the physical and cognitive activities listed on the attached pages.

Medications Prescribed?

- NO YES—if yes, please check the appropriate box:
 - Will **NOT** impair student's participation in the listed activities
 - WILL** impair student's participation in the listed activities

The client listed above has been examined and found physically and cognitively acceptable for full and unrestricted participation in a basic course training Program. YES NO

Comments [*Please note if student needs an inhaler, Epipen, etc.*]: _____

MEDICAL PROFESSIONAL'S SIGNATURE

DATE

OFFICIAL STAMP



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During the basic course training program, Recruits perform the physical and cognitive activities listed below throughout training days lasting up to (40) hours.

I. GENERAL TRAINING (*PC832 Arrest, Search, and Seizure*)

- Handwrite multiple reports and memos
- Type multiple reports and essays
- Take handwritten and computerized tests
- Participate in classroom discussions and required learning activities
- Sit and/or stand throughout the training day
- Participate in simulated law-enforcement situations (i.e., foot pursuits, arrests, building searches)
- Read handouts, statute books, and workbooks
- Remember and follow all course safety rules
- Follow written and/or verbal instructions from staff and instructors

II. ARREST AND CONTROL TECHNIQUES (*PC832 Arrest, Search, and Seizure*)

- Warm-up exercises include pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers
- Pain compliance holds to include wrist locks, arm bars, handcuffing, and take downs
- Take down maneuvers, repetitive knee bends, lunges, ground fighting exercises, limb twisting, and repetitive body rotation maneuvers
- Support body weight of another person while demonstrating take down, handcuffing, and ground fighting techniques
- Obey immediately all auditory and visual commands, including immediately stopping training when given the command “Stop Training” or “Break”
- Remember and follow all Arrest and Control safety rules
- Students will participate in a high intensity learning activity that includes a foot pursuit, tactical movement, engaging with one or more aggressors, hand strikes, impact weapons, ground control, weapons retention, handcuffing, and searching.

**** Students who are or may become pregnant are urged to discuss the possible health risks to the fetus from the physical activities required during training and from the inevitable loud noises and exposure to lead during firearms training.**