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CHIEF OF POLICE

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MEDICAL CLEARANCE FORM

NAME _____

Individuals working in the field of public safety are required to perform a variety of essential physically demanding tasks including the following:

- Walking and standing for extended periods
- Running up and down stairs
- Jumping over and around obstacles
- Using hands and feet in use of force situations
- Bending and reaching
- Short sprints and/or Long pursuit running
- Pushing heavy objects
- Lifting/carrying objects sometimes up stairs
- Using force in short and long-term efforts
- Dragging people and objects

To measure an individual's capability to perform these critical tasks, applicants must undergo a physical fitness indicator test consisting of the following items:

1. Vertical jump to measure leg strength
2. 1 minute sit-ups to measure abdominal muscular endurance
3. 300 meter run to measure anaerobic power
4. 1 minute of push-ups to measure upper body muscular endurance
5. 1.5 mile run to measure aerobic power

Your professional opinion is requested as to whether the individual can safely participate in physical fitness testing and exercise training.

PLEASE CHECK ONE:

_____ There **are no contraindications** to the individual: 1) being capable of performing the essential physical tasks and 2) being capable of undergoing the physical fitness indicator test.

_____ There **are contraindications** and it is not recommended that the individual participate in physical fitness testing or exercise training at this time.

PHYSICIAN'S NAME (PLEASE PRINT) _____

PHYSICIAN'S SIGNATURE _____

Date _____