



**MEDICAL RELEASE FORM
BASIC LAW ENFORCEMENT TRAINING**

STUDENT NAME _____

TO THE PHYSICIAN: Your patient will be entering a Law Enforcement Training School where he/she will be tested at a sub-maximal level for physical fitness competencies as they relate to a Law Enforcement Officer. After determining his/her physical capabilities this patient will engage in physical exercise 3 times per week at his/her own pace. These exercises are supervised by a trained physical fitness expert. If after examining the patient, you see no contradictions for participation, please indicate below. If contradictions are present, indicate the nature of these and to what extent this patient may participate.
Thank you.

Listed below are activities that may be included in the Physical Activities section:

AEROBIC ACTIVITIES: Designed to increase energy levels, decrease stress, stabilize appetite, decrease body fat, and condition the heart and lungs.

- ✓ Jogging 2030 minutes up to 1.5 mile

FLEXIBILITY EXERCISES: Designed to increase a participant’s range of motion within the upper and lower body.

ABSOLUTE STRENGTH PROGRAMS: Involves the use of weight equipment. Participants are pretested to determine his/her maximum strength levels per one exercise at each station on the universal equipment. Exercises are designed to use 40-60% of maximum strength.

- ✓ Bench Press of Chest
- ✓ Overhead Shoulder Press
- ✓ Hyperextension of Lower Back
- ✓ Leg Raises for Abdominals
- ✓ Arm Curl for Biceps
- ✓ Machine Pull downs for Upper Back
- ✓ Leg Press for Upper Thighs
- ✓ Leg Extensions for Frontal Quadriceps
- ✓ Leg Curls for Hamstrings
- ✓ Sit-ups for Abdominals

DYNAMIC STRENGTH PROGRAMS: Involves floor exercises and callisthenic-type activity. Pretesting to determine the maximum number of repetitions per minute of given exercise. Increase of one set per week up to a maximum of 4 sets. Callisthenic exercises most often used:

- ✓ Sit-ups
- ✓ Pushups
- ✓ Knee Bends
- ✓ Heel Raises
- ✓ Jumping Jacks

ANAEROBIC ACTIVITIES: Designed to increase the participants explosive speed.

- ✓ Sprints 50 to 100 yard
- ✓ 550 Yard

POPAT COURSE: Designed to stimulate obstacles that may be encountered in a police duty situation.

- ✓ Run (40 ft.) and back 2 times
- ✓ Run (60 ft.) while successfully completing broad jump, fence climb and crawl (completed 3 times at various stages within the course)
- ✓ Run perform Roll Drill of the 100 lb. heavy bag 6 repetitions at various stages within the course (completing 2 sets of 3 roll drills)
- ✓ Perform 40 push-ups (2 sets of 20 at various stages within the course)
- ✓ 30 Steps (up and down) on step box 2 sets twice during various stages within the course
- ✓ Run 50 ft. and back
- ✓ Drag 175 lb. dummy (250 ft.)

TEAM ACTIVITIES: Designed to promote teamwork and eye to hand coordination as well as skill development

- ✓ Softball
- ✓ Basketball
- ✓ Volleyball
- ✓ Other team activities deemed appropriate

ACCEPTABLE TO PARTICIPATE:

Physician’s Signature

Date

UNACCEPTABLE TO PARTICIPATE:

Physician’s Signature

Date

COMMENTS: You may use the back of this form.