



Crater Criminal Justice Training Academy
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RETURN TO TRAINING CERTIFICATION SLIP

Dear Examining Physician:

To assist the Crater Criminal Justice Academy Staff in determining what level of fitness for duty the Recruit Trainee named below has, we would like to outline some of the specific duties and requirements that they face. This list is not meant to be all inclusive but does represent the major categories of training at the Academy.

Training that is not applicable to the Trainees status which is in question will be crossed out before the form is presented to you, please disregard these areas in your evaluation.

If you have any questions regarding the training programs or this form, please contact the Academy at (804) 722-9742.

Please indicate which of the following situations that

Recruit Trainee _____ can / can not participate in.

Classroom Capable Status This status sometimes referred to as “light duty” status will require the Trainee to be able to sit for periods of approximately one hour at a time, listen to lectures; and be able to take notes, watch videos, and interact with instructors in a discussion. It may require some standing to watch examples of skills and various scenarios.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

General Calisthenics This type of activity consists of “jumping jacks” or push-ups, sit-ups, or a combination thereof and or similar type exercises. It may also include striking a Training Dummy with an impact weapon, or a “handcuffing drill.” These types of activities are short in duration, usually less than five minutes; however they are done frequently throughout the day. They are meant to get the Trainee “moving” in periods between class instruction, instead of being sedentary. They are also designed to enhance Trainee physical fitness over the long term.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

Physical Abilities Testing The Physical Fitness Test will consist of pushups, sit-ups, pull-ups and a 1.5-mile run. In addition there is a requirement to perform the following activities, climb up and down 8 feet on a vertical ladder, jump down from heights of up to 4 feet, push a vehicle 25 feet alone, push a vehicle 25 feet with the help of another person, and sprint full speed for a distance of 50 yards

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

Physical Abilities Testing This course consists of running (sprinting distances up to 25yards), jumping over an obstacle (3 feet wide), climbing over an obstacle (5 feet high), crawling (under an obstacle 24 in. high by 10 feet long), climbing steps (climbing an 8 in. step, 12 reps up/up, down/down), climbing through an opening (36 in high by 30 in. wide, 3 feet above the ground), identify a suspect, move a suspect/victim (drag a dummy weighing 150 lb. 5 yards), and pull the trigger of a double action weapon while holding the muzzle inside of a 6 in. diameter circle using one hand then the other

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

Defensive Tactics- This training requires students to apply wrist-locks, stunning techniques, take downs, handcuffing techniques, and many other physically demanding tasks. Use of non-deadly weapons requiring use of a baton to subdue an aggressive suspect, proper footwork, maintaining of body balance, and escaping from an aggressive grab. Unarmed confrontations utilizing control holds and takedown tactics that place force on joints, extremities. Use of self-defense techniques that require strength, stamina, and agility for disarming suspects with various weapons.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

Chemical Agents Training This training consists of a classroom and a practical session. During the practical it will requires trainees to be exposed to direct exposure of irritant/inflammatory chemical agents such as Oleoresin Capsicum by direct spray to the eyes, nose and mouth. After this exposure they will face a simulated un-armed confrontations, to which they will have to retain a simulated weapon during a simulated aggressive confrontation by an attacker. This training will utilize strength, stamina, and agility.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

Expandable Baton / Impact Weapon- Use of less than lethal impact weapons. Requires the use of a baton to subdue an aggressive suspect, proper footwork, maintaining of body balance, and escaping from an aggressive grab, requiring strength, stamina, and agility for disarming suspects with various weapons.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

Firearms Training This training requires students to have the physical ability to fire a handgun and/or shotgun. The student should have no physical deformity, defect or restriction that would prevent the cocking and firing of a handgun or shotgun. Firearm training requires the student to fire from the standing, kneeling, sitting and prone positions, quickly and without assistance of another. Combat ranges require mobility, and the ability to possibly shoot “on the move” as well as the use of various barriers. Both day and night training is required.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

CPR & First Aid The performance of CPR for practice and testing. First Aid and CPR encompasses bending, kneeling and physical activity of a repetitive motion.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

Vehicle Operations Operation of motor vehicle under emergency conditions. This requires safe driving techniques, skid control, backing, defensive driving, braking. This will entail operating at low speeds as well as high speeds. Also sitting and standing in classroom and in outside conditions. The ability to carry, place, and pick-up 24” to 36” plastic traffic cones, and the ability to change tires. Both day and night training is required.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

General Performance Based Evaluations. Performing various duties in “general” performance based scenarios; possibly physical skill based scenarios. These scenarios may include: Entry Level Practicals, Cell Searches, Domestic Violence Practicals, Courtroom Security, Traffic Direction, Interview and Interrogation to name a few. These scenarios will require standing, sitting, kneeling and bending. Use of practical mental, emotional and physical skills is required. Both day and night training is required.

The Trainee **Can** or **Can Not** Participate in the above activity (Please circle one)

Applied Patrol Techniques This typically cumulative practical training session typically may require simulated pursuit, arrest, and restraint of aggressive/hostile suspects requiring all aspects of physical exercise as mentioned in all other areas of training in this form. This will require the Trainee to practice "Officer survival" techniques by simulating suspect confrontation situations, ambush or sniper situations, and handling of multiple arrests require normal depth of field and peripheral functions. Training is both physically and psychologically stress oriented to elicit spontaneous reactions. Students are placed in situations where they must make critical life and death decisions such as: when to use deadly force, shoot/no-shoot situations, and disaster response. Both day and night training is required.

The Trainee Can or Can Not Participate in the above activity (Please circle one)

PLEASE LIST ANY ADDITIONAL COMENTS OR PHYSICAL LIMITATIONS BELOW:

(Print Name of Examining Physician)

(Signature of Examining Physician)

Phone Number

Date