



**Crater Criminal Justice Training Academy**  
**6130 County Drive**  
**Disputanta, Virginia 23842**

Donald R. Hunter  
Executive Director

(804) 722-9742  
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Dear Examining Physician:

To assist the Crater Criminal Justice Academy Staff in prescribing a safe exercise regimen for the student applicant you are currently examining, and to insure that other training he/she is required to undergo offers no threat to his/her health, please complete and sign the attachment.

The attachments are numbered 2-4. If any pages are missing, please contact the Academy. If you have any questions regarding the training program or these forms, please contact the Academy at (804) 722-9742.

Sincerely,

Donald R. Hunter  
Executive Director

**BASIC ACADEMY  
PHYSICAL INFORMATION SHEET  
(If Applicable to Training Program)**

Students that attend Entry Level Training at the Crater Criminal Justice Academy are required to participate in physical training. The physical fitness training is designed to increase the muscular strength, endurance, flexibility, and cardio-respiratory function of all entry-level Virginia law enforcement officers. The student is required to take an initial Physical Fitness Test within the first two weeks of the start of classes to evaluate his/her physical fitness level and again at the end of the Academy. The Physical Fitness Test will consist of pushups, setups, 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 Entry Level student will also participate in a Physical Ability Course that is composed of job-related physical skills necessary for successful performance as outlined by DCJS for entry-level Virginia law enforcement officers. 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. During Entry Level Training students are encourage to limit their alcoholic consumption and give up smoking if at all possible. The students are also encouraged to pay special attention to proper diet and get plenty of rest.

The primary purpose of the Academy's physical program is to provide the opportunity for each student to establish realistic and attainable fitness goals. These goals, once established, become the student's physical program.

**TO BE COMPLETED BY EXAMINING PHYSICIAN:**

I have reviewed the various activities that will be required of \_\_\_\_\_ during the Entry Level physical program and find him/her to be physically capable to participate.

**PLEASE LIST ANY PHYSICAL LIMITATIONS BELOW:**

\_\_\_\_\_  
(Print Name of Examining Physician)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

## **Physical Examination Requirements**

Parameters for the student applicant to provide to the examining physicians to assist in determining an applicant's physical capability in participating in a pre-employment Entry-Level Training program.

Note: Each Entry-Level student applicant shall be required to perform various physical tasks during the course of training. While performing the physical exam, please note any deficiencies or physical limitations which would affect the ability of the student to participate in and complete the physical training requirements as set forth.

### **A. Strenuous physical exercise requiring:**

1. physical agility
2. strength
3. muscular-skeletal range of motion (to include joints)
4. neuro-muscular coordination, hand-eye coordination and balance
5. cardiopulmonary stamina and aerobic endurance

Areas of training requiring physical exercise include:

- a. 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.
- b. Unarmed confrontations utilizing control holds and takedown tactics that place force on joints, extremities, and self-defense techniques that require strength, stamina, and agility for disarming suspects with various weapons.
- c. Unusual hazardous situations such as auto accidents or disaster sites where the lifting and removal of victims may be necessary or where the administration of first aid and CPR is required.
- d. Operation of motor vehicle under emergency conditions, requiring safe driving techniques, skid control, backing and defensive driving.
- e. The pursuit, arrest, and restraint of aggressive/hostile suspects requiring all aspect of physical exercise.
- f. Identify and use the practical mental, emotional and physical preparation and response of officer ambush or sniper situations both on foot and in a vehicle.

## **Physical Examination Requirements**

### **B. Vision-requirements set by employing agency**

To include:

1. color distinction
2. night vision
3. depth of field/peripheral

Areas of training requiring correct functioning of vision areas are:

- a. Observation techniques, on foot, in a vehicle and during investigations;
- b. Firearms training requires completion of day and night target combat courses;
- c. Vehicle operations, color distinction of signs and suspect vehicles, and emergency traffic situations require visual acuity in all areas;
- d. Officer survival in all suspect confrontation situations, ambush or sniper situations, and handling of multiple arrests require normal depth of field and peripheral functioning.

### **C. Hearing- requirements as set by employing agency. Under normal circumstances, the ability to hear classroom and field instruction is needed.**

### **D. 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. Combat ranges require mobility and the use of various barriers. Both day and night training are required.**

### **E. 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. Any psychological abnormalities observed during the physical exam should be explored and thoroughly documented.**