

Medical Clearance
(Independent Students Only)

Medical Clearance to participate in the physical conditioning program for the
Yuba College Public Safety Training Center / Specialized Investigators' Basic Course

(Print Name of Individual)

Dear Physician,

The individual you are examining has been requested to obtain a Medical Clearance to participate in the Physical Conditioning Program at the Yuba College Specialized Investigators' Basic Course. The physical conditioning program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs a minimum of 1 hour per day, 3 days per week, for at least 16 weeks. Listed below are descriptions of the physical conditioning requirements.

The student is required to perform a variety of physically demanding activities including: repetitive bending, standing, rapid/multi-dimensional foot movements, sustained and repeated application of pain compliance techniques to wrist/elbow/shoulder joints, and stretching/warm up exercises to include push-ups and sit-ups. The individual must have sufficient strength and flexibility to run short distances and rapidly change body position while controlling the firearm.

Having reviewed the above named individual's PAR-Q, Health and History Statement, and having read the descriptions provided of the physical performance tests and the physical conditioning activities, and having personally examined the above-named individual, it is my professional opinion that:

_____The above named individual may participate in the physical conditioning program which is unlikely to pose a significant medical risk to the above named individual.

_____The above named individual should not participate in the physical conditioning program.

Physician's Signature

Date

Physician's Printed Name

Address

Phone Number

Physician's Stamp

