



TO: PHYSICIAN

FROM: ROLFE APPEL, DIRECTOR
 PUBLIC SAFETY TRAINING CENTER

RE: MEDICAL RELEASE

The individual you are examining has been requested to obtain a Medical Clearance to participate in the physical conditioning program at the Yuba College PC832 (Peace Officer Orientation) Course. The physical conditioning program consists of certain physical performance tests. 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 for pain compliance techniques to wrist/elbow/shoulder joints, and stretching/warm up exercises. The individual must have sufficient strength and flexibility to run short distances and rapidly change body position while controlling a firearm.

MEDICAL CLEARANCE

Medical clearance to participate in the physical conditioning program for the
PC832 (Peace Officer Orientation)

(Print Name of Individual)

Having reviewed the above named individual's PAR Q /Health History Statement for his/her medical history and having read the description of the physical performance tests and the physical performances required for the above named course 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

Physicians' Stamp