

**MEDICAL CLEARANCE  
(Affiliated Students Only)**

Medical clearance to participate in the physical conditioning program for the  
**Yuba College Public Safety Training Center / P.O.S.T Basic Re-qualification Course**

\_\_\_\_\_  
(Print Name of Individual)

Dear Student,

You are required to get a medical clearance before you are able to participate in the physical portion of a Re-qualification Course. A part of this course contains numerous hours of Arrest Control Methods as well as Firearms training. You will need to complete a PAR Q and Health and History Statement, and this form completed by your agency representative. These three forms will need to be presented to the A.J. office prior to enrollment.

Students are 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. Students should prepare prior to the commencement of this course.

Note: AFFILIATED STUDENTS must present this letter from their respective agency stating that a medical examination was performed as part of the employment process and there are no limitations of restrictions that would prohibit the student from participating in this course.

This letter is to certify that \_\_\_\_\_ is currently employed by this agency

in the capacity of a \_\_\_\_\_. Subsequent to his/her employment with this agency, a medical examine was conducted to determine that this individual met the physical requirements for this position. This examination has revealed no physical limitations or restrictions that would prohibit this individual from participating in the physical requirements for the Re-qualification Course as outlined above. The above named individual was medically cleared for employment

on \_\_\_\_\_.

Sincerely,

Signature: \_\_\_\_\_

Title: \_\_\_\_\_

Agency: \_\_\_\_\_

Date: \_\_\_\_\_

**MEDICAL CLEARANCE  
(Independent Students Only)**

Medical clearance to participate in the physical conditioning program for the  
**Yuba College Public Safety Training Center / P.O.S.T Basic Re-qualification 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 portion of a Re-qualification Course. This requires an examination of an individual's physical fitness prior to employment as a peace officer in a participating California law enforcement agency, as required by P.O.S.T.

The individual 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 will be required to handle and shoot a firearm and shotgun. 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 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