

Southwestern College Police Academy

MEDICAL RELEASE FORM

Date _____

Student Name _____
Last Name First M.

Date of Birth _____ Age _____

The above named student is required to participate in the following timed physical agility pre-academy testing.

Recruits must run and navigate through a slalom of cones (zigzag), drag 165-pound rescue dummy 10-feet, climb over two six-foot walls (chain-link & solid wood), run a 500-yard-run and 1 mile-run.

During the course of the academy each student is required to participate in an accelerated program of running distances of one to six miles, participate in various aerobic exercises, run sprints, do push-ups, sit-ups, pull-ups, drag a 165 pound rescue dummy 10-feet and climb over two six foot walls (chain-link & solid-wood). In addition, prolonged standing, walking, sitting, driving, and hiking in rough terrain, sporadic heavy physical exertion, long-term, exposure to heat and cold, sudden movements of high stress, physical confrontation with combative persons and heaving lifting of equipment and or persons.

Bottom portion to be completed by Examining Physician

It is my opinion that this student can participate in full physical activity as outline above.

Signature of Examining Physician

Date

Print Doctor's Name:

Last Name

First

M.

Business Street Address

City

State

Zip Code

Business Telephone Number