

SOUTHWESTERN COLLEGE POLICE ACADEMY
REQUALIFICATION COURSE TRAINING PROGRAM
MEDICAL CLEARANCE FORM

----- **Student Certification** -----

Student Name: _____

Student ID # _____

Class # _____

I have read the attached list of physical and cognitive activities required of students attending a POST-certified requalification course training program. I certify that, to the best of my knowledge and belief, I can do all the activities listed. I further certify that if I had any concerns about my ability to do certain activities, I discussed those concerns with the medical professional listed below.

STUDENT'S SIGNATURE

DATE

----- **Medical Professional Certification** -----

NAME: _____

MEDICAL PROFESSIONAL - PLEASE PRINT

ADDRESS: _____

PHONE: _____

During the requalification course training program, students perform the physical and cognitive activities listed on the attached pages.

Medications Prescribed?

- ☐ NO ☐ YES—if yes, please check the appropriate box:
- ☐ Will **NOT** impair student's participation in the listed activities
 - ☐ **WILL** impair student's participation in the listed activities

The client listed above has been examined and found physically and cognitively acceptable for full and unrestricted participation in a basic course training Program. ☐ YES ☐ NO

Comments [*Please note if student needs an inhaler, Epipen, etc.*]: _____

MEDICAL PROFESSIONAL'S SIGNATURE

DATE

OFFICIAL STAMP

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During the requalification course training program, students perform the physical and cognitive activities listed below throughout training days lasting up to (160) hours.

I. GENERAL TRAINING *(Requal)*

- Take handwritten and computerized tests
- Participate in classroom discussions and required learning activities
- Sit and/or stand throughout the training day
- Participate in simulated law-enforcement situations (i.e., arrests, building searches)
- Read handouts, statute books, and workbooks
- Remember and follow all course safety rules
- Follow written and/or verbal instructions from staff and instructors

II. FIREARMS TRAINING *(Requal)*

- Draw, shoot, and re-holster a handgun within a given time limit
- Fire handgun courses from various positions (standing, kneeling, prone)
- Fire shotgun courses at fixed targets from various positions (standing, kneeling, prone)
- Establish and maintain stable footing/balance while moving to different targets and during shooting positions while transitioning quickly from one position to the other (e.g., standing to kneeling, kneeling to standing, and standing to prone)
- Run or sprint 25 yards and/or perform calisthenics and then fire handgun from various positions (standing, kneeling, prone)
- Follow instructions to safely load and unload a semi-automatic handgun
- Follow instructions to draw a loaded handgun from the holster and shoot at a target
- Obey immediately all auditory and visual commands, including immediately stopping firing when given the command "Cease Fire" or "Stop Training"

III. ARREST AND CONTROL TECHNIQUES *(Requal)*

- Warm-up exercises include pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers
- Pain compliance holds to include wrist locks, arm bars, handcuffing, and take downs
- Take down maneuvers, repetitive knee bends, lunges, ground fighting exercises, limb twisting, and repetitive body rotation maneuvers
- Support body weight of another person while demonstrating take down, handcuffing, and ground fighting techniques
- Obey immediately all auditory and visual commands, including immediately stopping training when given the command "Stop Training" or "Break"
- Remember and follow all Arrest and Control safety rules
- Students will participate in a high intensity learning activity that includes a foot pursuit, tactical movement, engaging with one or more aggressors, hand strikes, impact weapons, ground control, weapons retention, handcuffing, and searching.

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IV. DRIVER TRAINING (*Requal*)

- Slow speed driving course (braking, emergency braking, body twisting, and neck rotation)
- Remember and follow all Driver Training safety rules

**** Students who are or may become pregnant are urged to discuss the possible health risks to the fetus from the physical activities required during training and from the inevitable loud noises and exposure to lead during firearms training.**