MEDICAL RELEASE
FOR
ADVANCED OFFICER TRAINING COURSE APPLICANTS

NOTICE TO EXAMINING PHYSICIAN

PEACE OFFICER STANDARDS AND TRAINING
PHYSICAL TESTING REQUIREMENTS

The POST Advanced Law Enforcement Officer training program requires participation in a physical fitness test. All students will participate in one rigorous fitness test. The following fitness test requires maximum exertion.

- The physical assessment will consist of a standing high jump, sit-ups, push-ups, a 300 meter sprint and a one and one-half mile run.

Applicant:

I have read and understand the physical training requirements necessary for my attendance in the Advanced Officer Course.

I certify that I am physically and medically capable of participation in the rigorous physical fitness test described above.

Applicant Name (please print or type)       Applicant Signature       Date

Physician:

I have examined the applicant and find this person physically capable of participating in a rigorous physical fitness test as described above.

Physician Name (please print or type)       Physician Signature       Date

Physician Telephone Number       Physician Address

Revised 04-10-2013