

**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