



Wyoming Law Enforcement Academy

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Director



PEACE OFFICER BASIC ACADEMY RECRUIT MEDICAL CLEARANCE FORM

**MUST BE COMPLETED BY A LICENSED PHYSICIAN, PHYSICIAN ASSISTANT, OR NURSE
PRACTITIONER WITHIN 90 DAYS OF THE PEACE OFFICER BASIC TRAINING START DATE**

Dear Physician, Physician Assistant, or Nurse Practitioner:

The individual you are examining has been requested to obtain a medical clearance to fully participate in the physical conditioning program and other physically demanding training activities and evaluations at the **Wyoming Law Enforcement Academy's (Academy) Peace Officer Basic (POB) Training**. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs a minimum of 1 hour per day, three days per week, for ten weeks. Listed below are descriptions of the physical performance tests, the physical conditioning program, and the physical demands of training program particulars.

The Academy utilizes this clearance form, completed by an objective and licensed physician, physician assistant, or nurse practitioner, to ensure that students are medically able to handle the physical demands of training associated with the law enforcement profession. To complete the POB training, and in addition to the Physical Conditioning Program, a POB recruit must be able to and shall **FULLY PARTICIPATE** in other physically demanding training activities.

Please Note: The Academy is NOT responsible for any financial costs associated with this required medical exam and will NOT make payments to any health care provider, insurance company, student, or others. All exam-related expenses are the responsibility of the prospective student.

Please complete the attached Recruit Medical Clearance Form by reviewing the list of activities and indicating any activities the recruit cannot participate in fully, based on your medical evaluation. Please include any recommendations for alternatives or reasonable accommodations so Academy staff, along with the recruit's agency, can make informed decisions regarding potential accommodations or acceptance into POB training. Incomplete forms can jeopardize the recruit's ability to attend POB training.

Any question regarding this form can be directed to the Academy's Training Manager at 307-358-3617.

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RECRUIT MEDICAL CLEARANCE FORM

RECRUIT NAME: _____

RECRUIT'S AGENCY: _____

DATE OF EXAMINATION: _____

Recruits, during the POB training, perform the physical activities listed below. Please review the list of activities and indicate by marking any areas that the recruit **CANNOT** participate in. Where possible, please include a recommendation of reasonable accommodation that may be provided.

I. PHYSICAL CONDITIONING - The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs a minimum of 1 hour per day, three days per week, for ten weeks.

- Flexibility Development using both dynamic (multiple joint and muscle movements) and static (resistance and hold) stretching exercises.
- Partner assisted strength-slow ballistic calisthenics.
- Cardiovascular and Strength Endurance training to include (but not limited to): a variety of calisthenics, pushups, pull-ups, dips, sit-ups, up-downs (burpees), sustained planks, knee bends/squats, and jogging; all are requiring repetitions.
- Interval circuit weight training with free weights and/or resistance bands (weight/resistance to be determined by student and instructor).
- Interval running-run/walk, such as: run 220 yards then walk 110 yards (repeat ten times).
- Agility circuit-series of full-body, high-speed agility-vaulting, skipping, body twists, etc.
- Cardiovascular Development using interval repetitions and/or endurance cycles (20-40 minutes at target heart rate) accomplished primarily through sustained exertion activities. Can include:
 - Stationary or regular bicycle
 - Stairclimber
 - Row machine
 - Elliptical machine
 - 20 to 40 minutes of sustained running/jogging
 - Jogging up and down stairs and/or hills



Comments:

II. FIREARMS TRAINING – The recruit will participate in 69 hours of firearms-specific training spread over four weeks. Physical abilities to complete firearms training include:

- Wear and support body armor, gun belts, restraint equipment, and other tools during firearms training sessions.

- Run or sprint 25 yards, perform calisthenics, fire handgun from standing, kneeling, and prone positions (i.e., to simulate stress, student will run/calisthenics to increase heart rate, and then immediately shoot from several positions including standing, kneeling, sitting, and prone).
- Draw handgun from the holster and extend arm forward towards target approximately 700 times during training.
- Draw handgun and extend arm toward the target and hold for 5-45 seconds, repeating frequently.
- Fire handgun courses from various positions (i.e., standing, kneeling, prone).
- Carry rifle with the sling on the shoulder, carry rifle at port arms positions, carry a rifle in a low ready position with muzzle downrange.
- Raise rifle to shoulder firing position, align sights on target, hold until firing command.
- Hold rifle at firing position unsupported 5-45 seconds.
- Fire rifle courses from various positions (i.e., standing, kneeling, prone) with rifle butt mounted in shoulder position experiencing repetitive recoil in single and multiple shot sequences.
- Establish and maintain stable footing/balance during shooting positions while transitioning quickly from one position to another. (e.g., standing to kneeling, kneeling to standing and standing to prone)



Comments:

III. CUSTODY & CONTROL/SELF DEFENSE - The recruit will participate in 60 hours of custody & control training spread over six weeks. Physical abilities to complete this training include:

- Wear a fitted mouth guard for sustained periods.
- During training sessions, wear and support body armor, gun belts, restraint equipment, and other law enforcement duty tools.
- Warm-up exercises, including pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers, including multiple strikes at stationary and moving targets of varying height and distance.
- Pain compliance holds, including wrist locks, handcuffing, takedowns, and escorts, focusing on manipulating wrist joints, elbow joints, and shoulders.
- Takedown maneuvers, repetitive knee bends, lunges, ground fighting exercises, and repetitive body rotation maneuvers; must participate as both officer and suspect.
- Perform protected falls onto wrestling mat from various positions and stand back up – performed approximately 300-400 times during training session.
- Ability to support the bodyweight of another person while demonstrating takedown and handcuffing techniques.
- Ability to tuck the chin into the neck and hold in place as protection during controlled throws to the mat.
- Ability to strike and be struck by open and closed hand strikes to the head and body approximately 300-



400 times during training session.

- Ability to move and maintain balance on uneven terrain while engaged in physical conflict with another person.
- Facial Exposure to Oleoresin Capsicum (OC) spray then complete a series of law enforcement tasks and decontamination processes.

Comments:

IV. EMERGENCY VEHICLE OPERATION - The recruit will participate in 14 hours of vehicle driving training over five weeks. Physical abilities to complete emergency vehicle operations training include:

- Slow speed driving course (braking, emergency braking, body twisting to include lower back and neck rotation)
- Pursuit driving course (emergency braking, neck rotation, shuffle steering)
 - ability to maintain throttle/accelerator control at variable speeds (0-45mph)
 - requires intense acceleration and abrupt braking with the right foot
 - ability to move right foot quickly from accelerator to brake with precision and control
 - seat belt does not interfere with accelerator and/or braking movements
 - ability to safely manipulate accelerator and brake while engaging in pursuit driving exercises.



Comments:

V. SCENARIO-BASED TRAINING AND TESTING - The recruit will participate in 255 hours of scenario-based training and testing over ten weeks. Physical abilities to complete scenario training and testing include:

- Wear and support body armor, gun belt, restraint equipment, safety equipment, and other law enforcement duty tools during all scenario training sessions
- Move while holding/carrying firearms, Taser, OC Spray canister, baton, law enforcement duty tools such as handcuffs, flashlights, and portable radio.
- Apply control holds, arrest, and search single and/or multiple suspects. Apply handcuffs with appropriate pressures and body control.
- Repetitive standing, walking, and jogging on various terrain/surfaces (i.e., paved, grass, dirt, gravel, hillsides).
- Perform various searches (i.e., looking under and on top of suspected hiding places, repetitive standing, kneeling, squatting, and/or prone positions).
- Perform vehicle stops (i.e., repetitive standing, walking, and kneeling required).



- Ability to stand, walk and/or run unassisted with a firearm and/or Taser, OC Spray canister, baton in either hand.
- Work under stressful conditions including darkness, low light, bright light, flashing and strobe lights, smoke, loud noises, cramped spaces, hot & cold temperatures, other weather and environmental conditions, and multiple stimuli.
- Manage physiological effects of stressful conditions such as high heart rate, high respiration, fatigue, mental challenges, narrowed vision, and auditory exclusion.

Comments:

VI. PHYSICAL ASSESSMENT TEST - The recruit will participate in 3 physical fitness assessments during POB training. During the initial assessment, for the student to be accepted into basic training, the student must score no less than 40% fitness level on the first assessment, or at least a 50% overall average with no section below 25% as measured by the Cooper Fitness standards for their age and gender, in the following areas. The remaining two assessments are conducted for measuring fitness improvement and completion rankings.

- 1.5-mile run (*recruit runs 1.5 miles as fast as possible*)
 - An alternative test is available for students with a written medical directive. The test utilizes a stationary bike and requires the rider to maintain a set and constant rotation of the pedals while experiencing increasing resistance to the point of failure. Typically this test takes 25-35 minutes to complete, and the scoring is based on the length of time the rider can maintain their speed – not simply using a bike to ride 1.5 miles.
- Abdominal curls (*recruit performs as many abdominal curls as possible in 1 minute*)
- Pushups (*recruit performs as many continuous motion pushups as possible in 1 minute as an indicator of arm, upper body, core strength, and endurance*)



Cooper Fitness Standards

	MALE																							
AGE	20-29			30-34			35-39			40-44			45-49			50-54			55-59			60+		
	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up
50%	12.18	40	33	12.51	36	27	13.22	33	24	13.53	31	21	14.24	28	18	14.55	26	15	15.31	23	15	16.07	20	15
40%	12.51	38	29	13.36	34	24	14.03	31	21	14.29	29	18	14.58	26	15	15.26	24	13	16.05	21	11	16.43	18	10
25%	13.53	34	24	14.24	31	19	14.55	28	16	15.26	26	13	15.55	23	11	16.23	20	9	16.58	17	8	17.32	15	7
	FEMALE																							
AGE	20-29			30-34			35-39			40-44			45-49			50-54			55-59			60+		
	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up	Run Time	Sit Up	Push Up
50%	14.55	34	26	15.26	27	21	15.57	24	18	16.27	22	15	16.56	19	14	17.24	17	13	17.5	12	10	18.16	8	8
40%	15.26	32	23	15.57	25	19	16.28	22	16	16.58	20	13	17.26	17	12	17.55	14	11	18.2	10	8	18.44	6	5
25%	16.26	28	19	16.58	21	14	17.14	18	11	17.29	15	9	18	13	9	18.31	11	8	18.47	7	5	19	3	2

Comments:

VII. DESCRIBE ANY PRE-EXISTING INJURIES OR MEDICAL CONDITIONS THAT MAY BE OF ISSUE DURING PEACE OFFICER BASIC TRAINING (Attach additional documents/sheets if necessary)

VIII. BASED ON YOUR EXAMINATION AND MEDICAL OPINION, IS THE RECRUIT MEDICALLY CLEARED FOR FULL AND UNRESTRICTED PEACE OFFICER BASIC TRAINING PARTICIPATION AT THE WYOMING LAW ENFORCEMENT ACADEMY?

YES or NO (Please Circle one) If no, please explain in the comments section and include any recommended alternatives or reasonable accommodations. Attach associated documents/sheets as necessary.

IX. OVERALL COMMENTS:

PHYSICIAN, PHYSICIAN ASSISTANT, OR NURSE PRACTITIONER

SIGNATURE _____ **Date** _____

PHYSICIAN, PHYSICIAN ASSISTANT, OR NURSE PRACTITIONER

PRINTED NAME: _____

ADDRESS: _____

MEDICAL LICENSE NUMBER and STATE _____