

Central Shenandoah Criminal Justice Training Academy

MEMORANDUM

To: Examining Physician

From: Central Shenandoah Criminal Justice Training Academy

Subject: Pre-Training fitness report

The Virginia Department of Criminal Justice Services requires physical examinations for all entry-level trainees prior to participation in entry level training. The Department of Criminal Justices Services has further mandated that the Training Academy verify and document such examination prior to admitting any student to entry level training. Pursuant to these mandates, the Training Academy has established the following policy.

A licensed physician must examine a prospective trainee prior to admission into any entry-level training for sworn personnel. Such examination must have taken place within 12 months prior to the beginning of the training program. The physicians report must assess the prospective trainee’s fitness for performing the duties for which he/she is being trained, and the he/she is physically capable of participating in the conjunction with the departmental exam required under 15.7 – 1705 of the Code of Virginia. The examining physician shall take into consideration of the appropriate training program parameters in the assessment of the prospective trainee’s fitness for duty and participation in training. The physician’s report shall be made on a “Report of Licensed Examining Physician-Fitness for Criminal Justice Training” form provided by the Training Academy. The physician should return the report to the prospective employing agency. A copy of the report must then be forwarded to the Training Academy prior to the prospective trainees starting class.

Thank you in advance for your cooperation in this matter.

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| **Law Enforcement/Jail or Jail Officer/Court Security – Process Officer Parameters** |

1. Law Enforcement/Jailor – Jail Officer/Court Security – Process Officer training program require participation in physical assessment training. Students will be subject to physical requirements during their training program, to include the following:
   1. Running – the student will begin by running or walking 1.5 miles, and be subject to short sprints of simulated pursuit running
   2. Mat work – students may perform mat work, which consists of flexibility exercise, abdominal exercises and pushups.
   3. Defensive Tactics Training – a minimum of 32 to 40 hours of defensive training that will include physical force, twisting, turning, evasive maneuvers, falling and handcuffing procedures.
   4. Firearms Training – a minimum of 40 hours of firearms training that will include standing, crouching, kneeling, twisting, learning, holding the firearm with one hand hand-arm straighten away from the body, tow arms aiming of a firearm, moving quickly from target-to-target and running.
   5. Driver Training – a minimum of 40 hours of vehicle operations that will include sitting in a motor vehicle, twisting of the body, neck, and head; quick hand, arm and foot movements;
   6. Classroom Training – Requires sitting in a classroom environment eight hours per day or more with a 10 minute break after each fifty-minute lecture period, with a one hour lunch period.
   7. Physical Assessment Test – a physical assessment testing will be administered on Day one of training. Testing will require maximum exertion, and will test strength, flexibility, agility, cardiovascular endurance and coordination.
2. Strenuous physical exercise requiring physical agility, strength, musculoskeletal range of motion (to include joints), neuro-muscular coordination, hand-eye coordination and balance, cardiopulmonary stamina and aerobic endurance.
   1. Areas of training require physical exercise include:
      1. Use of non-deadly weapons requiring use of a baton to subdue an aggressive suspect, proper footwork, maintaining of body balance, and escaping from an aggressive grab.
      2. Unarmed confrontations utilizing control holds and take-down tactics that place force on joints and extremities, self-defense techniques that require strength, stamina, and agility and disarming suspects with various weapons
      3. Unusual hazardous situations such as auto accidents or disaster sites where the lifting and removal of victims may be necessary, or where the administration of first aid and CPR is required.
      4. Operation of a motor vehicle under emergency conditions requiring safe driving techniques, skid control, backing, and defensive driving.
      5. The pursuit, arrest, and restraint of aggressive/hostile suspects requires all aspects of physical strength.
      6. Identify and use the practical mental, emotional, and physical preparation and response to officer ambush or sniper situations both on foot and in a vehicle.
3. Vision requirements set by employing agency to include color distinction, night vision and depth of field/peripheral
   1. Areas of training requiring correct functioning of vision areas.
      1. Observation techniques, on foot, in a vehicle and during investigations
      2. Firearm training requires completion of day/night target and combat ranges.
      3. Vehicle operations, color distinctions of signs and suspect vehicles, and emergency traffic situations require visual acuity in all areas
      4. Officer survival in all suspect confrontation situations, ambush or sniper situations, and handling multiple arrests require normal depth of field and peripheral functioning
4. Hearing requirements set by the employing agency. Under normal circumstances, the ability to hear classroom and field instruction is needed.
5. Physical ability to fire a handgun and/or shotgun. The student should have no physical deformity, defect or restriction which would prevent the cocking and firing of a handgun or shotgun. Firearms training require the student to fire from the standing, kneeling, sitting and prone positions. Combat ranges require mobility and the use of various barriers. Both day and night training are required.
6. Training is both physical and psychologically stress oriented to elicit spontaneous reactions. Students are placed in situations where they must make critical life and death decisions such as: when to use deadly force, shoot/no shoot situations, disaster response, ambush and sniper attacks, domestic violence and response to various in-process criminal activities. Any psychological abnormalities observed during the physical exam should be explored and thoroughly documented.

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| **Report of Licensed Examining Physician Fitness for Criminal Justice Training Program** |

This is to certify that I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, M.D., PA, NP, examined candidate\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_on\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_\_, for the position indicated below:

Check one:

* + Law Enforcement Officer
  + Jail/Custodial Officer
  + Court Security/Process Officer

Based on my review of the candidate’s past medical history, family history, physical examination and laboratory studies; in conjunction with the training program parameters appropriate for the candidate, I find the candidate;

* Able to fully participate without restrictions and/or limitations now and in the foreseeable future.
* Able to participate with the restrictions and/or limitations indicated below.  
  Restrictions and/or limitations are:
  + Permanent
  + Temporary with release to full participation effective \_\_\_/\_\_\_/\_\_\_
* Unable to participate in training program  
   Inability to participate is:
  + Permanent
  + Temporary with release to restricted and/or limited participation effective \_\_\_/\_\_\_/\_\_\_
  + Temporary with release to restriction and or limited participation effective \_\_\_/\_\_\_/\_\_\_, and released to full participation effective \_\_\_/\_\_\_/\_\_\_
  + Temporary with release to full participation effective \_\_\_/\_\_\_/\_\_\_

Restrictions/limitations, comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Medical Release:

**I have examined the applicant and find this person physically capable of participating in a rigorous program of physical conditioning, as described, for a period of several weeks.**  
  
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Print Name of Physician Signature of Physician, Physician Assistant or Nurse Practitioner Date

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Telephone Number of Physician Address of Physician, Physician Assistant or Nurse Practitioner

Applicant:

I have read and understand the physical training requirements necessary for attendance at the academy’s criminal justice officer training program.

I am physically capable of participating in a rigorous program of physical conditioning for a period of several weeks.

Print Name of Applicant Signature of Applicant Date

\*Return this form to prospective employing agency.