Institute of PUBLIC SAFETY BROWARD COLLEGE

# PHYSICIAN'S MEDICAL CLEARANCE FORM

## TO BE COMPLETED BY APPLICANT

**Name** _____

**Date of Birth** _____ _____ _____ _____

*Month* *Day* *Year* *Applicant signature*

**Individuals applying to work in public safety are required to perform a variety of essential physically demanding tasks. To measure an individual's capability to perform these critical tasks, applicants must undergo a physical fitness indicator test consisting of the following items:**

**1/2 mile run to measure aerobic power**
**Obstacle course *(Complete list on page 2)***
**Push-ups to measure upper body muscular endurance**
**Sit-ups to measure abdominal strength and endurance**
**50-yard swim test to measure swimming ability**

**Your professional opinion is requested as to whether the individual can safely participate in physical fitness testing and exercise training. Please check the box if the applicant is cleared to perform these test(s).**

## TO BE COMPLETED BY PHYSICIAN'S OFFICE ONLY

**Nurse Practitioner; Physicians assistant are permitted - NO Chiropractor's Per FDLE Rules**

☐ **I hereby attest that I have examined the above named applicant and find him/her CAPABLE of participating in the essential functions of the law enforcement, correctional physical fitness indicator test.**

*Physician's Name*

***Applicant / Patient's Name***

*Address*

*Address line 2*

***Month*** ***Day*** ***Year***

***Examination Date (Void after 6 Months)***

*Phone*

*Medical License number*

*Physician's Signature*

***Any use of white-out, correction tape or crossed out corrections will invalidate this document.***

**Applicants must bring a physical paper copy to each SWIM & PAT Test. Digital Copies will not be accepted.**

***IPS 10/7/2022***

# BASIC MOTOR SKILLS TEST (AGILITY)

**ACTIVITY ONE - TRIGGER PULL:** Holding revolver steadily at eye level with arm extended, pull trigger 24 times with strong hand, and change to weak hand and pull trigger 18 times. An applicant who fails the trigger pull is not eligible to continue.

**ACTIVITY TWO - LONG JUMP:** Standing on level surface with feet side-by-side and hips width apart, jump forward a distance equal to individual's height.

**ACTIVITY THREE - PUSH-UP:** 10 Push-up using an electronic push-up counter.

**ACTIVITY FOUR – A HALF MILE RUN:** Run a half mile, on level paved track, in 4:30 minutes or less. An applicant who fails the half mile run is not eligible to continue.

**ACTIVITY FIVE - JOB TASK COURSE:** In two minutes or less, complete the following activities:

**Station 1 - HIGH WALL:** This station consists of a vertical masonry wall, rising to a height of 6 feet above the running surface. It simulates walls of similar height and construction frequently encountered in business and commercial districts, and enclosing residential developments.

**Station 2 - LADDER-PLATFORM-RAMP:** This station consists of a stationary vertical ladder with six rungs and a top crossbar rising 7 1/2 feet above the running surface, a horizontal platform, and a downward slanting ramp. It simulates a variety of obstacles which may be encountered in a foot pursuit, including ladders, building parapets, rooftops and loading ramps.

**Station 3 - FIXED RAILING:** This station consists of a metal railing approximately three feet tall, at a right angle to the direction of the course. It simulates fixed railings of similar height encountered in many locations.

**Station 4 - CHAIN LINK FENCE:** This station consists of a panel of woven fence in a tubular steel frame, rising approximately five feet above the running surface. It simulates chain link fences and gates frequently encountered in foot pursuit.

**Station 5 - WINDOW:** This station consists of a concrete wall, with a window opening approximately three feet, eight inches above the running surface. It simulates window openings in buildings and other structures which may be encountered during a foot pursuit.

**Station 6 - DOOR:** This station consists of a masonry wall with a standard width door which is hinged on the left and opens toward the previous station. It simulates doors and/or gates which might be encountered during foot pursuit, both which must be returned to the closed position after passage for security, safety, or other reasons.

**Station 7 - FIXED RAILING:** This station consists of a metal railing approximately three feet tall, at a right angle to the direction of the course. It simulates fixed railings of similar height encountered in many locations.

**Station 8 - MAZE:** This station consists of sets of parallel wooden rails controlling direction of travel, and requiring two 180 degree changes in direction of travel. It simulates pursuit situations which require quick changes of direction in confined spaces.

**Station 9 - TUNNEL:** This station consists of a concrete pipe, 8 1/2 feet long, with an inside diameter of three feet. It simulates narrow crawl spaces into which officers might have to enter in pursuits, rescue efforts and evidence searches.

**Station 10 - OVERHEAD LADDER:** This station consists of a horizontal overhead ladder, 18 1/2 feet long, with 12 rungs, approximately 7 1/2 feet high. It serves as a test of arm and hand strength, coordination, and stamina.

**Station 11 - ROPE GRID:** This station consists of an area 30 feet long, divided by nylon rope to create 12 individual compartments on each side of a center dividing line. It serves as a test of agility, coordination and stamina.

**Station 12 - LOG:** This station consists of a log, 40 feet in length, in the center of the running surface, lying parallel to the direction of travel. It serves as a test of balance and coordination.

**Station 13 - PARALLEL BARS:** This station consists of two parallel steel bars, seven feet long and two feet apart, mounted approximately 4 1/2 feet above the running surface. It serves as a test of hand, arm, and upper body strength.

**Station 14 - LOW WALL:** This station consists of a vertical masonry wall, rising to a height of approximately four feet above the running surface. It simulates walls of similar height and construction frequently encountered in business and residential areas.

**Station 15 - POLE RUN:** This station consists of an elongated loop in the running surface, with a narrow turf in infield. At the ends of the infield are two vertical poles approximately 36 feet apart. The station serves as a test of speed, agility and balance.