

YUBA COLLEGE PUBLIC SAFETY

PC 832 Laws of Arrest & Firearms Course Physical Activity Requirements

***Must Return Page 2**

PHYSICAL REQUIREMENTS

The requirement of physical activity involves training in Arrest and Control/Firearms techniques and testing. Strength, power, and neuromuscular coordination (agility), balance, are required. Control holds, take-downs and ground fighting techniques are trained and sometime tested. Baton training and testing is required for your course, you will be required to swing a baton hitting a practice bag with your strong and weak arms. While performing the duties of this job, the student is frequently required to sit, talk or hear, stand, walk, use hands and fingers, handle, feel or operate objects, tools or controls, and reach with hands and arms. The student must be able to balance, stoop, kneel, crouch or crawl, and taste or smell.

The intensity of the various techniques involves squatting, standing, bending, flexibility, and joint manipulation. The activity can range from a few minutes to 30-40 minutes in duration. Each session consists of a warm-up period, a period focusing on a primary training objective, and a cool-down period.

PHYSICAL ACTIVITY ADVISEMENT

As part of your training, you will be required to participate in these physical performance activities. You will not only perform the required Arrest and Control techniques but have them performed on you. You will **not** be subject to baton strikes.

The physical activity requirements are designed to develop an enhanced level of Arrest and Control, baton, weapon retention and ground fighting skills. The program will prepare you to perform physically during arrest and control events potentially involving a resisting subject.

Prior to participating in Arrest and Control/Firearms programs, it is necessary to obtain a medical clearance from your physician. The medical clearance is required to provide reasonable assurance that there is no medical reason why you should not participate in the program and must be obtained at your own expense.

YUBA COLLEGE
MEDICAL CLEARANCE

TO: MEDICAL PHYSICIAN
FROM: Academy Facilitator, Police Academy
Yuba College Public Safety Program
RE: Medical Clearance

The individual you are examining has been requested to obtain a medical clearance to participate in the PC 832 Arrest and Control program and/or PC 832 Firearms program for a P.O.S.T. (Peace Officer Standards and Training) Academy at Yuba College. The physical program consists of certain physical training and performance tests of Arrest and Control/Firearms.

Attachments:

- *Performance Tests & Content of the Arrest and Control/Firearms (Page 1 of this Document)*

PHYSICAL CLEARANCE

Medical clearance to participate in the physical activities required for: _____
(Print Individuals Full Name)

(Select Courses that Apply): Must be 180 days current from beginning of course.

PC 832 Arrest and Control/Firearms

Having reviewed the above-named individual's medical history and having read the description of the physical performance tests and the physical activities and having personally examined the above-named individual, it is my professional opinion that:

_____ The above-named individual may participate in the physical conditioning program which is unlikely to pose a significant medical risk to the above-named individual.

_____ The above-named individual should NOT participate in the physical conditioning program.

Physician's Printed Name & Signature

Date

Stamp &/or Attach Business Card --REQUIRED