

YUBA COLLEGE PUBLIC SAFETY

Special Investigator Basic Course and Requalification Course Physical Activity Requirements

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PHYSICAL REQUIREMENTS

The requirement of physical activity involves training in Arrest and Control techniques and testing. Strength, power, neuromuscular coordination (agility), and balance are required. Control holds, take-downs, and ground fighting techniques are trained and tested. Baton training and testing are 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, 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 (control holds, take-downs, ground-fighting). However, 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 the program, 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 Arrest and Control 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.

Attachments:

- *Performance Tests & Content of the Arrest and Control (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 issued within 180 days prior to beginning of course.

Requalification ☐

Special Investigator Basic Course ☐

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