

# BRAINERD POLICE DEPARTMENT MEDICAL CLEARANCE FORM

NAME \_\_\_\_\_

Individuals working in the field of public safety (police, fire fighters, etc.) are required to perform a variety of essential physically demanding tasks including the following:

- Walking for extended periods
- Short sprints
- Long pursuit running lasting over 2 minutes
- Running up and down stairs
- Pushing heavy objects
- Jumping over and around obstacles
- Lifting and carrying objects sometimes up and down stairs
- Using hands and feet in force situations
- Using force in short and long-term (greater than 2 minutes) efforts
- Bending and reaching
- Dragging people and objects

To measure an individual's capability to perform these critical tasks, applicants and incumbents must undergo a physical fitness test consisting of the following (6) items:

1. Trunk Flexion (sit & reach) to measure hip and back flexibility
2. 1 minute Sit-up to measure abdominal muscular endurance
3. 1.5 mile run to measure aerobic power
4. 300 meter run to measure muscular strength and endurance
5. Vertical Jump to measure leg power
6. Push-ups to measure upper body muscular endurance

Your professional opinion is requested as to whether the individual can safely participate in physical fitness testing and exercise training.

**PLEASE CHECK ONE:**

\_\_\_\_\_ There are **no contraindications** to the individual: 1) being capable of performing the essential physical tasks and 2) being capable of undergoing the physical fitness test items.

\_\_\_\_\_ There **are contraindications** and it is not recommended that the individual participate in the physical fitness testing or exercise training at this time.

PHYSICIAN'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_