

Air Land Emergency Resource Team

Pre-enrollment Physical Examination Form (Sports Physical)



NOTE: The Medical History and Consent form must be completed prior to Physical Examination!

Applicant's Name _____ Birth Date ___/___/___
Last First Middle

Height _____ Weight _____ % Body Fat (Optional) _____ Pulse _____ BP ___/___

Vision: R _____ L _____ Corrected: Yes No Pupils: Equal _____ Unequal _____

MEDICAL	Normal	Abnormal Findings	Initials*
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (Hernia)			
Skin (Rashes, Blisters)			
MUSCULOSKELETAL	Normal	Abnormal Findings	Initials*
Neck			
Back			
Shoulders/Arms			
Elbows/Forearms			
Wrists/Hands			
Hips/Thighs			
Knees			
Legs/Ankles			
Feet			

* Station-based examination only

CLEARANCE

- Cleared
- Cleared after completing evaluation/rehabilitation for: _____

- Not cleared for: _____ Reason: _____
- Recommendations: _____

I certify that I have on this date examined this ALERT Basic Training applicant and that, on the basis of the examination requested by ALERT staff, the **accompanying letter** and the applicant's medical history as furnished to me, I have found no reason which would make it medically inadvisable for this student to participate in supervised athletic activities. **(Note exceptions above.)**

Examiner's Name and Address (Stamp or print)
 If a Physician's Assistant (P.A.) or Nurse Practitioner (A.P.R.N.) performed the exam, please give the name and address of collaborating physician or physician group:

Examiner's Signature **Date**

Examiner's Phone Number



ALERT

Air Land Emergency Resource Team

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Dear Examiner:

As you evaluate this patient's physical ability to participate in the International ALERT Academy, I would like for you to consider the following information. Our program is quite physical. Some who have completed it and gone into the military say that training at the ALERT Academy is, in some cases, more physically demanding than the boot camps offered by our military branches. Any physical hindrances this applicant may have now, or has had previously, which would disqualify him from doing military training may also affect his ability to participate in our training.

Please take the time to read the descriptions below and then evaluate him accordingly. It is our desire to protect those applying for ALERT training from aggravating past injuries and ultimately having to be discharged early, when delaying his entry until he is fully healed might prevent such an unfortunate circumstance.

Please consider the following physical requirements this applicant will have to complete:

- Occasionally the applicant may be required to perform anywhere from 200-300 push-ups in a day. These are usually done in sets of 10 and progress quickly to sets of 20, 30, 40 and 50.
- Full body weight pull-ups are done regularly. The number of pull-ups increases quickly as our training progresses through the first couple of weeks. Some of our activities require those in training to jump to high bars and pull themselves up or simply hang there while swinging their feet to another bar.
- The applicant must be able to run 2 miles a day early in his training. This distance will quickly increase to 3-4 miles per run. He will also be required to hike while carrying a 40 pound backpack. The length of the hikes progresses from about one hour early in the training to a 24 hour endurance hike later in his training. The hikes are performed at a relatively quick pace.

After reading the above information, please sign your name on the line indicated on the Sports Physical form to indicate that you were informed by the applicant about the intensity of our program. This by no means holds you liable, but rather ensures us that the applicant has been examined with the above conditions and expectations in mind. Thank you for helping us protect our trainees.

Sincerely,

Lt. Michael Harman
ALERT Basic Training Executive Officer
903-636-9619