



PHYSICIAN'S RELEASE FOR EXERCISE

The Rockford Police Department has identified several job related physical fitness tests for applicants, recruits, and incumbents. Within the course of their normal duties, there are several critical and essential physical tasks that the member may need to perform, regardless of their rank. Successful performance of these physical tasks strongly relates to the member's effectiveness, their safety, the safety of their co-workers, and the safety of the public that they are charged to protect and serve.

In order to measure the member's capability to perform these tasks, a physical fitness test will be administered. Following your physical examination of the member, please complete this form indicating whether or not the member can perform the physical fitness battery.

It is my understanding that _____ will be participating in a physical fitness evaluation. The purpose and procedure for each test will be explained to the member. I understand that aspects of the physical fitness evaluation include the following activities.

1. A 1.5 mile run test. This test is used to estimate the member's cardiorespiratory fitness level. The test is given on a flat surface following a warm-up. The member will be within visual sight of the test administrators at all times. There is a mandatory cool down period following the test.
2. Muscular strength / endurance testing. This will include a one repetition maximum bench press test as well as a one minute sit-up test.
3. The sit-and-reach test. The purpose of this test is to measure hamstring flexibility.

As the individual's attending physician, I am not aware of any medical condition which would prevent him/her from participating in the physical fitness testing outlined above.

Signed _____ Date: _____

Note: If there are any contradictions to this fitness evaluation, please list in the space below:

