



Crater Criminal Justice Training Academy
6130 County Drive
Disputanta, Virginia 23842

Jon J. Cliborne
Executive Director

(804) 722-9742
Fax (804) 722-9574

Dear Examining Physician:

To assist the Crater Criminal Justice Academy Staff in prescribing a safe exercise regimen for the student applicant you are currently examining, and to insure that other training he/she is required to undergo offers no threat to his/her health, please complete and sign page 12 of this packet.

Applicants with serious current or past medical issues such as: shoulder injuries, head trauma, knee injuries, back injuries and others that may be injured again or further damaged due to the physical nature of the program should be screened very carefully.

This packet is designed to list certain areas of training a recruit will be subjected to that may present problems and a brief description of what body parts and areas of the body may be affected.

The attachments to this letter are as follows:

Pages 2-5 - Letter to Physician; Basic Training-Law Enforcement (LE) Academy--physical requirements
Page 6-9 - Letter to Physician; Basic Training-All other non-Law Enforcement (LE) Academy--physical requirements
Pages 10-11 Physical Examination guidelines
Page 12 Physician Certification

If any pages are missing, please contact the Academy. If you have any questions regarding the training program or these forms, please contact the Academy at (804) 722-9742.

Sincerely,

A handwritten signature in black ink that reads "J. J. Cliborne".

Jon J. Cliborne
Executive Director

BASIC TRAINING—**LAW ENFORCEMENT ACADEMY**
PHYSICAL REQUIREMENTS

Students that attend entry level Law Enforcement Training at the Crater Criminal Justice Academy are required to participate in physical fitness training.

The physical fitness training is designed to increase the muscular strength, endurance, flexibility, and cardio-respiratory function of all entry-level Virginia law enforcement officers.

Physical Fitness training is made up of the following core elements which are described below: Physical Fitness Testing (which includes Abilities and/or Agilities testing) Defensive Tactics and General Exercise.

The student is required to take an initial Physical Fitness Test within the first two weeks of the start of classes to evaluate his/her physical fitness level and again at the end of the Academy. The primary purpose of the Academy's physical program is to provide the opportunity for each student to establish realistic and attainable fitness goals. These goals, once established, become the student's physical program.

During Entry Level Training, students are encouraged to limit their alcoholic consumption and give up smoking if at all possible. The students are also encouraged to pay special attention to proper diet and get plenty of rest.

Entry level students registered for the Basic Law Enforcement Course shall be required to complete Physical Fitness Testing including both the **Physical Abilities Course** and the **Physical Agilities test**. Additionally, all Students are required to participate in **Defensive Tactics** and **General Exercise**.

The Physical Fitness Test consists of two parts; the **Physical Abilities test** and/or the **Physical Agilities test**.

The **Physical Abilities test** includes the following elements: pushups, sit-ups, pull-ups and a 1.5-mile run.

The **Physical Agilities test** includes the following elements:

A course that is composed of job-related physical skills necessary for successful performance as outlined by DCJS for entry-level Virginia law enforcement officers. This course consists of running (sprinting distances up to 25yards), jumping over an obstacle (3 feet wide), climbing over an obstacle (5 feet high), crawling under an obstacle (24 in. high by 10 feet long), climbing steps (climbing an 8 in. step, 12 reps up/up, down/down), climbing through an opening (36 in high by 30 in. wide, 3 feet above the ground), identify a suspect, move a suspect/victim (drag a dummy weighing 150 lb. 5 yards), and pull the trigger of a double action weapon while holding the muzzle inside of a 6 in. diameter circle using one hand then the other.

In addition, there is a requirement to perform the following activities: climb up and down 8 feet on a vertical ladder, jump down from heights of up to 4 feet, push a vehicle 25 feet alone, push a vehicle 25 feet with the help of another person, and sprint full speed for a distance of 50 yards.

In addition to Physical Abilities and Physical Agilities Testing, all Recruits participate in two more physical areas. **Defensive Tactics**; this training (among other things) requires students to apply wrist locks, stunning techniques, take downs, handcuffing techniques and many other physically demanding and strenuous physical exercises and tasks.

Applicants with serious current or past medical issues such as: shoulder injuries, head trauma, knee injuries, back injuries and others that may be injured again or further damaged due to the intense physical nature of our defensive tactics program should be screened very carefully.

The last area that students participate in is **General Exercise**. During General Exercises, students perform hourly exercises designed to increase their muscular strength, endurance, flexibility, and cardio-respiratory function.

The Student will be subjected to periods of strenuous physical exercise requiring:

1. physical agility
2. strength
3. muscular-skeletal range of motion (to include joints)
4. neuro-muscular coordination, hand-eye coordination and balance
5. cardiopulmonary stamina and aerobic endurance

Each Entry-Level student applicants shall be required to perform various physical tasks during the course of training.

While performing the physical exam, please note any deficiencies or physical limitations which would affect the ability of the student to participate in and complete the physical training requirements as set forth.

To successfully complete these described areas, the Recruits must be able to have a core list of abilities that include, but are not limited to the following:

- | | |
|---------------|--|
| Requirement 1 | The ability to pursue a fleeing individual on foot, both indoors/outdoors over short or long distances with the expectation of apprehending that individual using whatever force necessary. |
| Requirement 2 | The ability to navigate flights of steps in the performance of one's duties. |
| Requirement 3 | The ability to constantly stand or constantly be in motion for long periods of time. |
| Requirement 4 | The ability to pursue and physically restrain a violent individual(s), quell fights and/or disturbances and bring the matter under control through the use of one's fingers, hands, arms, feet, legs and/or physical strength; requiring all aspects of physical exercise. This may require but is not limited to:
4A - Kicks, punches and blows
4B - Pulling, pushing, punching, swinging motions
4C - The mechanical application of safety equipment, to include batons, handguns, shotguns and rifles.
4D - Use of less than lethal weapons requiring use of a baton to subdue an aggressive suspect. |

- 4E - Using control holds and takedown tactics that place force on joints, extremities; as well as self-defense techniques that require strength, stamina, and agility for disarming suspects with various weapons.
- 4F - Proper footwork, maintaining of body balance, and escaping from an aggressive grab.
- 4G - Note: Defensive Tactics / Control Tactics and or Arrest and Control Training includes various moves a partial list of which includes:
 1. Arm bar- stress will be placed on the elbow and shoulder.
 2. Side arm lock – stress will be placed on the shoulder.
 3. Prone cuffing position – strain on both shoulders and wrists.
 4. Closed and open guard – stress is on the hips, ankles, lower back and neck.
 5. Side mount – stress on neck, shoulders and back.
 6. Half guard – strain on knees, ankles and lower back.
 7. Headlock/choke defense – stress on head, jaw and neck.
 8. Ground fighting, which includes Recruits being required to utilize their entire body with linear and lateral movements in order to gain and maintain control of a subject that may be resisting. These actions require an individual with good muscular strength, cardiovascular endurance and joint stability.

Requirement 5 The ability to withstand the rigors of driving a vehicle for extended periods of time or long durations of stop and go driving, to include exiting/entering of the vehicle 60-70 times in one day in the performance of their duties. Operation of a motor vehicle under emergency conditions requiring safe driving techniques, skid control, backing and defensive driving.

Requirement 6 During crisis and/or hazardous situations where the lifting and removal of victims may be necessary; have the ability to push, pull, drag, lift and/or roll weight in excess of 150 pounds, with or without assistance.

Requirement 7 The ability to perform the following actions without limitation:

- 7A - Walking, running, scaling, climbing, jumping or crawling
- 7B - Swinging, pulling, pushing, jabbing, throwing, punching or kicking
- 7C - The mechanical application of equipment and weapons such as a baton at full force, pulling/pushing the slide of a firearm or pulling a trigger.
- 7D - Physical ability to fire a handgun and/or shotgun. The student should have no physical deformity, defect or restriction that would prevent the cocking and firing of a handgun or shotgun.

7E - Firearm training requires the student to fire from the standing, kneeling, sitting and prone positions. Combat ranges require mobility and the use of various barriers. Both day and night training are required.

Requirement 8 The ability to perform proper footwork needed to maintain body balance and escape from an aggressive grab.

Requirement 9 The normal use of one's extremities during times of repetitive movement with unrestricted range of motion, such as:

9A - Answering a phone, typing, pushing buttons, turning switches, writing, turning one's head, driving, etc.

Requirement 10 Vision-requirements

10A – Set by employing agency to include:

1. 20/20 vision, corrected binocular
2. color distinction
3. night vision
4. depth of field/peripheral

10B - Areas of training requiring correct functioning of vision areas are:

- a. Observation techniques, on foot, in a vehicle and during investigations;
- b. Firearms training require completion of day and night target combat courses;
- c. Vehicle operations, color distinction of signs and suspect vehicles, and emergency traffic situations require visual acuity in all areas;
- d. Officer survival in all suspect confrontation situations, ambush or sniper situations, and handling of multiple arrests require normal depth of field and peripheral functioning.

Requirement 11- Hearing- requirements as set by employing agency. Under normal circumstances, the ability to hear classroom and field instruction is needed.

Requirement 12 The ability to identify and use the practical mental, emotional and physical preparation and response needed in high stress situations. These include, but are not limited to: officer ambush or sniper situations both on foot and in a vehicle. Training is both physically and psychologically stress oriented to elicit spontaneous reactions. Students are placed in situations where they must make critical life and death decisions such as: when to use deadly force, shoot/no-shoot situations, and disaster response. Any psychological abnormalities observed during the physical exam should be explored and thoroughly documented.

Requirement 13 The ability to work with unimpaired cognitive function, to include capabilities such as awareness, thought processing, reasoning, perception, memory, learning, speech and comprehension

BASIC TRAINING—NON LAW ENFORCEMENT ACADEMY
PHYSICAL REQUIREMENTS

Students that attend entry level non Law Enforcement (LE) training at the Crater Criminal Justice Academy are required to participate in physical fitness training.

The physical fitness training is designed to increase the muscular strength, endurance, flexibility, and cardio-respiratory function of all entry-level Virginia law enforcement officers.

Physical Fitness training is made up of the following core elements which are described below: Physical Fitness Testing (which includes Abilities testing) Defensive Tactics and General Exercise.

The student is required to take an initial Physical Fitness Test within the first two weeks of the start of classes to evaluate his/her physical fitness level and again at the end of the Academy. The primary purpose of the Academy's physical program is to provide the opportunity for each student to establish realistic and attainable fitness goals. These goals, once established, become the student's physical program.

During Entry Level Training students are encourage to limit their alcoholic consumption and give up smoking if at all possible. The students are also encouraged to pay special attention to proper diet and get plenty of rest.

Entry level students registered for non-basic Law Enforcement (LE) courses shall be required to participate in **Defensive Tactics** and **General Exercise**.

Defensive Tactics; this training (among other things) requires students to apply wrist locks, stunning techniques, take downs, handcuffing techniques and many other physically demanding and strenuous physical exercises and tasks.

Applicants with serious current or past medical issues such as: shoulder injuries, head trauma, knee injuries, back injuries and others that may be injured again or further damaged due to the intense physical nature of our defensive tactics program should be screened very carefully.

The last area that these students participate in is **General Exercise**. During General Exercises students perform an hourly exercises designed to increase their muscular strength, endurance, flexibility, and cardio-respiratory function.

The Student will be subjected to periods of strenuous physical exercise requiring:

1. physical agility
2. strength
3. muscular-skeletal range of motion (to include joints)
4. neuro-muscular coordination, hand-eye coordination and balance
5. cardiopulmonary stamina and aerobic endurance

Each Entry-Level student applicant shall be required to perform various physical tasks during the course of training.

While performing the physical exam, please note any deficiencies or physical limitations which would affect the ability of the student to participate in and complete the physical training requirements as set forth.

To successfully complete these described areas the Recruits must be able to have a core list of abilities that include, but are not limited to the following:

- Requirement 1 The ability to pursue a fleeing individual on foot, both indoors/outdoors over short or long distances with the expectation of apprehending that individual using whatever force necessary.
- Requirement 2 The ability to navigate flights of steps in the performance of one's duties.
- Requirement 3 The ability to constantly stand or constantly be in motion for long periods of time.
- Requirement 4 The ability to pursue and physically restrain a violent individual(s), quell fights and/or disturbances and bring the matter under control through the use of one's fingers, hands, arms, feet, legs and/or physical strength; requiring all aspects of physical exercise. This may require but is not limited to:
- 4A - Kicks, punches and blows
 - 4B - Pulling, pushing, punching, swinging motions
 - 4C - The mechanical application of safety equipment, to include batons, handguns, shotguns and rifles.
 - 4D - Use of less than lethal weapons requiring use of a baton to subdue an aggressive suspect.
 - 4E - Using control holds and takedown tactics that place force on joints, extremities; as well as self-defense techniques that require strength, stamina, and agility for disarming suspects with various weapons.
 - 4F - Proper footwork, maintaining of body balance, and escaping from an aggressive grab.
 - 4G - Note: Defensive Tactics / Control Tactics and or Arrest and Control Training includes various moves a partial list of which includes:
 - 1. Arm bar- stress will be placed on the elbow and shoulder.
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 - 3. Prone cuffing position – strain on both shoulders and wrists.
 - 4. Closed and open guard – stress is on the hips, ankles, lower back and neck.
 - 5. Side mount – stress on neck, shoulders and back.
 - 6. Half guard – strain on knees, ankles and lower back.
 - 7. Headlock/choke defense – stress on head, jaw and neck.
 - 8. Ground fighting, which includes Recruits being required to utilize their entire body with linear and lateral movements in order to gain and maintain control of a subject that may be resisting. These actions require an individual with good muscular strength, cardiovascular endurance and joint stability.

- Requirement 5 During crisis and/or hazardous situations where the lifting and removal of victims may be necessary; have the ability to push, pull, drag, lift and/or roll weight in excess of 150 pounds, with or without assistance.
- Requirement 6 The ability to perform the following actions without limitation:
- 7A - Walking, running, scaling, climbing, jumping or crawling
 - 7B - Swinging, pulling, pushing, jabbing, throwing, punching or kicking
 - 7C - The mechanical application of equipment and weapons such as a baton at full force, pulling/pushing the slide of a firearm or pulling a trigger.
 - 7D - Physical ability to fire a handgun and/or shotgun. The student should have no physical deformity, defect or restriction that would prevent the cocking and firing of a handgun or shotgun.
 - 7E - Firearm training requires the student to fire from the standing, kneeling, sitting and prone positions. Combat ranges require mobility and the use of various barriers. Both day and night training are required.
- Requirement 8 The ability to perform proper footwork needed to maintain body balance and escape from an aggressive grab.
- Requirement 9 The normal use of one's extremities during times of repetitive movement with unrestricted range of motion, such as:
- 9A - Answering a phone, typing, pushing buttons, turning switches, writing, turning one's head, driving, etc.
- Requirement 10 Vision-requirements
- 10A – Set by employing agency to include:
 1. 20/20 vision, corrected binocular
 2. color distinction
 3. night vision
 4. depth of field/peripheral
 - 10B - Areas of training requiring correct functioning of vision areas are:
 - a. Observation techniques
 - b. Firearms training require completion of day and night target combat courses;
 - c. Officer survival in all suspect confrontation situations, ambush or sniper situations, and handling of multiple arrests require normal depth of field and peripheral functioning.

- Requirement 11- Hearing- requirements as set by employing agency. Under normal circumstances, the ability to hear classroom and field instruction is needed.
- Requirement 12 The ability to identify and use the practical mental, emotional and physical preparation and response needed in high stress situations. These include, but are not limited to: officer ambush situations. Training is both physically and psychologically stress oriented to elicit spontaneous reactions. Students are placed in situations where they must make critical life and death decisions such as: when to use deadly force, shoot/no-shoot situations, and disaster response. Any psychological abnormalities observed during the physical exam should be explored and thoroughly documented.
- Requirement 13 The ability to work with unimpaired cognitive function, to include capabilities such as awareness, thought processing, reasoning, perception, memory, learning, speech and comprehension

BASIC TRAINING—PHYSICAL EXAM FINDINGS

Name: _____ Date: _____

General appearance: _____

Height: _____ Weight: _____ Skin: _____ Temperature: _____

EYES: condition of lids, pupils, extra-ocular movements, etc.: _____

Vision: R/ _____ Corrected to: R/ _____ Color

Vision _____ Fundi _____

Vision: L/ _____ Corrected to: L/ _____ Horizontal field of vision by confrontation greater than 140? _____

EARS: Canal and external ear: _____ Drums: _____

Hearing: Whispered voice R _____ /15' Or Watch R _____ /36'

L _____ /15' Or L _____ /36'

NOSE & THROAT:

Deviated septum? Right _____ Left _____ Tonsils: _____

Thyroid: _____ Lymph _____

Nodes: _____

MOUTH:

Condition of tongue: _____

Caries: _____

Sufficient opposing teeth: _____

Condition of gums: _____

Artificial teeth: _____

THORAX AND LUNGS:

Inspection: _____

Percussion: _____ Auscultation: _____

CARDIOVASCULAR-BLOOD PRESSURE:

Systolic: _____ Diastolic: _____

Pulse (Regular/Irregular) Rate: _____

Peripheral Vessels: _____

Point of maximal impulse: _____

Heart Sounds: _____ Murmurs: _____

ABDOMEN:

Inspection: _____ Palpation: _____
External abdominal rings: R _____ Type of hernia: _____
L _____ Type of hernia: _____

EXTREMITIES:

Peripheral pulses: _____
Deformities: _____ Missing members: _____
Mobility of joints: _____
Varicose veins: _____ Infection: _____

SPINE: (Flexion and torsion)

Neck: _____ Back: _____
Limitation of movement: _____

GENITALIA: _____ Ano-rectal: _____

NEUROLOGICAL:

Finger to nose test: _____ Romberg: _____
Knee jerks: _____ Tremor: _____
Coarse: _____ Fine: _____
Is a chest x-ray or other special examination indicated? _____

BLOODWORK:

URINALYSIS DIPSTICK:

CMP _____	S.G. _____
CBC W/DIFF _____	pH _____
LP _____	Protein _____
Glucose _____	Ketones _____
Thyroid _____	Occult Blood _____
PPD Results _____	Hemocult Slides _____

EKG FINDINGS: _____

CHEST X-RAY : _____ **AUDIOMETRY RESULTS:** _____

IMMUNIZATIONS UP TO DATE: _____ YES _____ NO

Physician, please explain any abnormalities found in laboratory results:

**REPORT AND CERTIFICATION OF
LICENSED EXAMINING PHYSICIAN**

I have reviewed the training description information contained in this packet:

(Circle which is applicable):

Pages 2-5 Law Enforcement (LE) Entry Level Training
Pages 6-9 All other non-Law Enforcement Entry Level Training

And completed, pages 10-11 Physician Physical Exam Findings

This is to certify that I, _____, M.D., have examined candidate
_____ on _____ (date) for the position of RECRUIT
TRAINEE

at: _____
(Address of facility or office)

Based on review of the applicant's medical history, family medical history, physical examination, immunization records and laboratory study results, my determination is:

- The applicant is physically able to perform the duties related to attendance at a Law Enforcement basic Academy as a Recruit as described above.
- The applicant is **not physically able** to perform the duties related to attendance at a Law Enforcement basic Academy as a Recruit as described above.
- The applicant is physically able to perform the duties related to attendance at a non law Enforcement basic Academy as a Recruit as described above.
- The applicant is **not physically able** to perform the duties related to attendance at a non law Enforcement basic Academy as a Recruit as described above.
- I have concerns/reservations about the applicant being able to perform the duties as described above.

PLEASE LIST ANY CONCERNS / PHYSICAL LIMITATIONS / RESERVATIONS:

Printed name of Examining Physician

Signature of Examining Physician

Date