

POLICE ACADEMY

PC832 Arrest and Control – Medical Clearance

TO: Physician for the Student

FROM: Walter Allen, III, Director, Police Academy

RE: Medical Clearance

The individual you are examining is scheduled to attend the PC832 Course at Rio Hondo Police Academy. During this one-week course, there will be days of academic and physical activity including exercise, and arrest and control techniques. Students are required to provide a medical clearance form signed by a physician, physician assistant, or nurse practitioner, approving student participation. Listed below is the description and content of the physical requirements of this course.

Students will be required to participate in the defensive tactics and restraint techniques portion of the class:

* Compliance holds including wrist locks, handcuffing, take downs and control holds.
* Take down maneuvers, repetitive knee bends, lunges and repetitive body rotation maneuvers.

Medical Clearance to participate in the Rio Hondo Police Academy PC832 course for:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Print name of individual)

I have read the description provided of the defensive tactics and restraint techniques included in the PC832 Course. I have personally examined the above-named individual’s current physical condition and reviewed his/her medical history. It is my professional opinion that the above-named candidate:

\_\_\_\_\_\_ Participation in this course will not pose a medical risk to the above-named individual.

\_\_\_\_\_\_ The above-named individual should **not** participate in this course.

MEDICAL OFFICE STAMP REQUIRED HERE:

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Health Care Professional Name (Printed)

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