

Lake Area Technical College LAW ENFORCEMENT

Medical Verification of Physical Ability



This form is designed to assist the administration of Lake Area Technical College-Law Enforcement program in determining whether a student is physically able to perform the duties of a law enforcement officer and complete the required activities in the Basic Training portion of the program. This form is a part of the student's admission's requirements to the Law Enforcement program at Lake Area Technical College. Unless this form is signed by the applicant's physician and submitted to Lake Area Technical College, the applicant will not be considered for admissions to the Law Enforcement program.

Student Information:

Name: _____
 First MI Last

I hereby request and authorize my examining physician to release the information contained in this form. I further agree and hold harmless my examining physician from any and all liability that might arise from the disclosure of such information.

Student Signature

Date

Examining Physician Information:

Name: _____
 First MI Last

Type of Medical Practice: _____

Areas of Specialization: _____

Professional Credentials (Licenses, Certifications, Etc.):

Contact Information: _____

Address: _____

Phone: _____

Examining Physician Certification:

After examining the student listed above and reviewing the training requirements on the back page of this form, based on my education, training and experience, it is my opinion that the student has no medical or physical condition that would prevent the student from completing the physical requirements of the Law Enforcement program and performing the duties of a law enforcement officer.

Physician Signature

Date

Lake Area Technical College

LAW ENFORCEMENT

Training Requirements

Physical Requirements of Physical Training and Assessments:

The Law Enforcement program includes physical fitness testing and activities. During the start of the program, students participate in a fitness assessment which includes sit-ups, push-ups, and a 1.5 mile run. Students who register a BP of 160/100, or higher, at this assessment WILL NOT be allowed to participate and will be referred to their physician for further testing. Thereafter, the students participate in fitness sessions which include running/walking (2-5 miles maximum), calisthenics, including push-ups, sit-ups, leg lifts and other strength improving exercises, circuit training, aerobics, conditioning using jump ropes, resistance bands, and medicine balls, team sports, such as volleyball and basketball. At the conclusion of the program, students again complete the fitness assessment to compare these results with their first week performance.

Physical Requirements for Defensive Tactics Training:

Defensive Tactics Training is conducted throughout the program, much of this training involves unarmed defense and close combat situations. Students will be involved in grappling, and deliver and receive strikes and kicks in dynamic scenarios, requiring a high level of physical exertion and body flexibility. Students will practice and demonstrate techniques involving pressure point application to sensitive areas of the body, dynamic forward, backward and lateral movements, and twisting and striking while swinging a baton. Handcuffing techniques will be performed, requiring flexibility and full range of movement of the wrist, arm and shoulder.

Physical Requirements for Practical Exercises:

Students will be required to react to realistic scenarios involving simulated physical and weapon attacks in which they are expected to apprehend suspects, control resistance and restrain subjects. Officers will use training weapons, including firearms. During scenarios students may be required to run, crouch, crawl, kneel and fire handguns from various positions. Required movements will include entering and exiting a vehicle repeatedly, kneeling and standing for prolonged periods of time, and reaction to spontaneous threat situations with physical tactics and firearms skills that have already been taught. Scenarios will require sudden stops, starts and turns on hard surfaces. Scenarios may occur in all environments, such as inclement weather, hard surfaces or stairwells.

Physical Requirements of Emergency Vehicle Operation Training:

Each student must successfully complete Emergency Vehicle Operation Training (EVOC), an intensive battery of repeated driving drills conducted over one continuous five-day period. This battery subjects the student to several physically demanding maneuvers. Students drive in reverse for considerable distances, and perform reverse driving exercises that require significant rapid turns of the upper body and hips. The course also requires repeated sudden braking, stopping, and turning and requires a student to make strenuous, visual safety checks. These checks require considerable twisting of the head, neck, and upper body.

Physical Requirements of Firearms Training:

Successful completion of firearms training is required for completion of the Law Enforcement program. Firearm training consists of intense live-fire exercises and dry-fire drills. Each student will shoot approximately 1200 rounds from a handgun and approximately 60 rounds from a shotgun during the course of the program. As part of the training, each student must shoot a qualifying score with both firearms. Successful firearms training requires the requisite fine motor skills to safely manipulate and shoot loaded firearms with both dominant and non-dominant hands and fingers. Most shooting is done with the dominant hand. Students must successfully and safely manipulate trigger pulls of varying weight and physically support a loaded firearm from a variety of shooting stances and positions. Students are required to shoot from a standing, kneeling, and prone position and perform numerous repetitions transitioning from a standing to kneeling position while safely holding a loaded firearm. Raining movements require students to move forward, backward and laterally, be able to see and identify hostile and non-hostile targets in various lighting conditions, and simulate high risk scenarios that include running, and tactical movements such as kneeling, crouching, and crawling. Students must have the ability to hear range commands while wearing hearing protection (ear plugs or ear muffs).