



**MEDICAL CLEARANCE FOR POST-CERTIFIED BASIC COURSES
PC 832 ARREST**

----- **Student Certification** -----

STUDENT NAME: _____

DATE OF BIRTH: _____

I have read the attached list of physical and cognitive activities required of the basic course. I certify that, to the best of my knowledge and belief, I am able to do all the activities listed. I further certify that if I had any concerns about my ability to do certain activities, I discussed those concerns with the medical professional listed below.

STUDENT'S SIGNATURE

DATE

----- **Medical Practitioner Certification** -----

NAME: _____

MEDICAL PRACTITIONER - PLEASE PRINT OR USE OFFICE STAMP

ADDRESS: _____

PHONE: _____

*This evaluation may be conducted by any medical practitioner licensed to perform general health physicals
*Type of medical license must be designated in the section above or with the practitioner's signature below**

During the PC 832 Arrest Course, students perform the physical and cognitive activities listed on Page 2. Students must be free from any injuries or limitations which would prevent unrestricted participation in the activities described.

Is the student prescribed any medications?

☐ NO ☐ YES—if yes, please check the appropriate box:

- ☐ Will **NOT** impair student's participation in the listed activities
- ☐ **WILL** impair student's participation in the listed activities

The person listed above has been examined and found physically and cognitively acceptable for full and unrestricted participation in the PC 832 Arrest Course.

☐ YES ☐ NO

Comments [*Please note if the student needs an inhaler, EpiPen, etc.*]: _____

MEDICAL PRACTITIONER'S SIGNATURE

DATE

MEDICAL CLEARANCE FOR POST-CERTIFIED BASIC COURSES

PC 832 ARREST

During the PC 832 Arrest Course, students perform the physical and cognitive activities listed below throughout training days lasting up to 8 hours.

I. GENERAL TRAINING

- Take notes during instructional lectures
- Take a computerized written knowledge exam
- Participate in classroom discussions and required learning activities
- Sit and/or stand throughout the training day
- Read handouts, statute books, and workbooks
- Remember and follow all course safety rules
- Follow written and/or verbal instructions from training center staff and instructors

II. ARREST AND CONTROL/DEFENSIVE TACTICS

- Warm-up exercises, including stretching, neck rotation, etc.
- Sit and/or stand throughout the training day
- Pain compliance holds to include wrist locks, handcuffing, and takedowns
- Demonstrate takedown maneuvers, repetitive knee bends, lunges, limb twisting, and repetitive body rotation maneuvers
- Support the body weight of another person while demonstrating takedowns, handcuffing, and searching techniques
- Be able to move to or be guided to a kneeling, bending, or prone position on a padded mat surface
- Complete required manipulative skills exercise tests, including searches, handcuffing, control holds, and takedowns
- Obey immediately all auditory and visual commands, including immediately stopping training when given the command “Stop Training” or “Break”
- Remember and follow all Arrest and Control safety rules

****NOTE: Students who are or may become pregnant are urged to discuss the possible health risks to the fetus from the physical activities required during Arrest and Control training, particularly risks of falling during specific maneuvers involving changes in balance. Demonstrating and testing on the listed techniques are required in the course.**

If there are concerns about performing a specific activity listed above, a request for a restriction on a particular activity, or a medical condition that should be disclosed for safety purposes, please document below:

***THIS COMPLETED FORM MUST BE SUBMITTED BEFORE THE START OF THE COURSE.
EMAIL TO POLICEACADEMY@PALOMAR.EDU***