



## MEDICAL CLEARANCE FOR POST-CERTIFIED BASIC COURSES REQUALIFICATION TESTING

### Participant Certification

PARTICIPANT NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

Participant – Please mark the appropriate Requalification Testing type:

☐ PC 832 Arrest Only    ☐ PC 832 Arrest & Firearms    ☐ Module III    ☐ Module II

### Medical Practitioner Certification

*This evaluation may be conducted by any medical practitioner licensed to perform general health physicals*

***\*Type of medical license must be designated with the practitioner's office stamp or signature below\****

MEDICAL PRACTITIONER'S OFFICE STAMP:  
(REQUIRED)

During the POST PC 832/Module III/Module II Requalification Testing, participants may perform the physical and cognitive activities listed on Page 2. The participant must be free from any injuries or limitations which would prevent unrestricted participation in the activities described.

Is the participant 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 Requalification Testing.**

☐ YES    ☐ NO

Comments [*Please note if the participant needs an inhaler, EpiPen, etc.*]: \_\_\_\_\_

\_\_\_\_\_  
MEDICAL PRACTITIONER'S SIGNATURE

\_\_\_\_\_  
DATE

# **MEDICAL CLEARANCE FOR POST-CERTIFIED BASIC COURSES**

## **REQUALIFICATION TESTING**

**During the Requalification Testing, participants may perform the physical and cognitive activities listed below:**

### **I. ARREST AND CONTROL/DEFENSIVE TACTICS TESTING**

- Warm-up exercises, including stretching, neck rotation, etc.
- Stand throughout the testing process
- 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

### **II. FIREARMS TESTING [Note: Firearms testing not required for PC 832 Arrest Only Requalification]**

- Draw, shoot, and re-holster a handgun within a given time limit
- Fire handgun courses from various positions (standing, kneeling, prone)
- Establish and maintain stable footing/balance while moving to different targets and during shooting positions while transitioning quickly from one position to the other (e.g., standing to kneeling, kneeling to standing, and standing to prone)
- Follow instructions to safely load and unload a semi-automatic handgun
- Follow instructions to draw a loaded handgun from the holster and shoot at a target
- Obey immediately all auditory and visual commands, including immediately stopping firing when given the command “Cease Fire” or “Stop Training”
- Remember and follow all range safety rules

**\*\*NOTE: Participants who are or may become pregnant are urged to discuss the possible health risks to the fetus from the physical activities required during the testing, particularly risks of falling (arrest and control techniques) and lead exposure (firearms). Demonstrating and testing on the listed techniques are required.**

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:

☐ None

***THIS COMPLETED FORM (BOTH PAGES) MUST BE SUBMITTED BEFORE THE TESTING DATE. EMAIL TO [POLICEACADEMY@PALOMAR.EDU](mailto:POLICEACADEMY@PALOMAR.EDU)***