

## **MEMORANDUM**

**TO: Member Agency**

**FROM: Carl B. Vickers**

**SUBJECT: POLICY FOR PHYSICAL EXAMINATIONS**

Pursuant to requirements from the Department of Criminal Justice Services regarding physical examinations for academy students, Cardinal Criminal Justice Academy has set forth the following policy:

Prior to a recruit beginning required entry-level training, he/she must have been examined by a licensed physician **within 12 months prior to attending training**. The employing department must certify to the academy that the recruit has received a current physical examination that will assure the academy that the recruit is physically capable of performing the duties for which he/she is entering training and is physically capable of participating in the training program itself. The examination may be completed in conjunction with the departmental exam required under section 15.2-1705 of the Code of Virginia. Attached is an outline of the parameters of the physical and related requirements for the applicable entry-level training. This information shall be made available to the examining physician by the employer.

**The head of the employing department shall forward the attached statement by the physician that the applicant has been examined and is physically capable of all training required for which the individual is employed to the academy prior to attending training.**

Parameters for the employing agency to provide to the examining physicians to assist in determining an applicant's physical capability in participating in a mandatory entry-level training program for any of the following positions:

1. Law Enforcement Officer
2. Jailor/Custodial Officer
3. Courtroom Security/Process Server

**Each entry-level student officer 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.**

I. Strenuous physical exercise requiring:

- A. Physical agility
- B. Strength to perform push-ups, pull-ups, bar dips and sit-ups
- C. Musculoskeletal range of motion (to include joints)
- D. Neuro-muscular coordination, hand-eye coordination and balance
- E. Cardio-pulmonary stamina and aerobic endurance to include running 3 miles at a moderate pace

II. Areas of training requiring physical exercise will include any or all of the following:

- A. Use of non-deadly weapons requiring use of a baton to subdue an aggressive suspect, proper footwork, maintaining of body balance, and escaping from an aggressive grab.
- B. Unarmed confrontations utilizing control holds and take-down tactics that place force on joints and extremities, self-defense techniques that require strength, stamina and agility and disarming suspects with various weapons.
- C. Unusual hazardous situations such as auto accidents or disaster sites where the lifting and removal of victims may be necessary, or where the administration of first aid and CPR is required.
- D. Operation of a motor vehicle under emergency conditions requiring safe driving techniques, skid control, backing, and defensive driving.

- E. The pursuit, arrest, and restraint of aggressive/hostile suspects requires all aspects of physical exercise.
  - F. Identify and use the practical mental, emotional and physical preparation and response to officer ambush or sniper situations both on foot and in a vehicle.
  - G. The handling of unusual, intoxicated, violent or assaultive prisoners;
  - H. Transportation of prisoners and the use of physical restraints.
  - I. React to hostage and riot situations to control prisoners and restore order.
  - J. **Participate in academy physical training and can minimally perform at the following level:**
    - 1. **Should be able to run two (2) miles in 20 minutes.**
    - 2. **Should be able to do a minimum of 20 consecutive push-ups.**
    - 3. **Should be able to do a minimum of 25 consecutive sit-ups**
    - 4. **Should be able to touch his/her toes with his fingers while seated on the floor with legs straight.**
  - K. Completion of the academy physical abilities course which requires the recruit to perform strenuous activities in secession including **sprinting for distances up to 50 yards, scaling a 5' wall, dragging a 150 lbs. dummy for a distance of 25' and performing a step test that is equivalent to running up four flights of stairs.**
- III. Vision - requirements set by employing agency to include:
- A. Color distinction
  - B. Night vision
  - C. Depth of field/peripheral
- IV. Areas of training requiring correct functioning of vision of vision areas are:
- A. Observation techniques, on foot, in a vehicle and during investigations;
  - B. Firearms training requires completion of day and night target and combat ranges;

- C. Vehicle operations, color distinction of signs and suspect vehicles, and emergency traffic situations require visual acuity in all areas; and
  - D. Officer survival in all suspect confrontation situations, ambush or sniper situations, and handling multiple arrests require normal depth of field and peripheral functioning.
  - E. Visual acuity needed for training in observation and monitoring of prisoners, transportation of prisoners, receiving and discharging prisoners, escape prevention, search for escapees, and handling prisoner disturbances.
- V. Hearing - requirements as set by employing agency. Under normal circumstances, the ability to hear classroom and field instruction is needed.
- VI. Physical ability to fire a handgun and shotgun. The student should have no physical deformity, defect or restriction which would prevent him/her from loading of cartridges in a magazine, cocking and firing of a semi-automatic handgun or loading and firing pump shotgun. Firearms 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.
- VII. 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, disaster response, ambush and sniper attacks, domestic violence and response to various in-progress criminal activity. Any psychological abnormalities observed during the physical exam should be explored and thoroughly documented.

## REPORT OF LICENSED EXAMINING PHYSICIAN

This is to certify that I, \_\_\_\_\_, M.D.,  
examined candidate \_\_\_\_\_ on \_\_\_\_/\_\_\_\_/\_\_\_\_ for the  
position of (Check One):

( ) Law Enforcement Officer      ( ) Jail/Courtroom Services Officer

at \_\_\_\_\_  
(Address of facility or office)

Based on my review of his/her past medical history, family history, physical examination, and laboratory studies, candidate \_\_\_\_\_  
is able to **fully** participate in training for the duties of the position noted above, to include a physical fitness program that begins with running 2 - 3 miles at a 10 - 12 minute pace, performing a minimum of 10 push-ups, 25 sit-ups, pull-ups, bar dips, rope jumping, and other physical conditioning activities; completion of the physical abilities course described above; and participating in unarmed self-defense training. Recruit officers are required to participate in physical training at least 3 - 5 days per week for one hour each session. The quantity and intensity of these activities will be gradually increased over the course of the entry level training session.

Comments: \_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_ M.D.      Date: \_\_\_\_\_

**Please mail this form to:**      **Mr. Carl B. Vickers Director**  
   **Cardinal Criminal Justice Academy**  
   **917 Central Avenue**  
   **Salem, VA 24153**