



COUNCIL ON LAW ENFORCEMENT EDUCATION & TRAINING MEDICAL RELEASE

Oklahoma law requires all law enforcement officers to attend and successfully complete a basic training program approved by the Council on Law Enforcement Education and Training. Programs approved by the Council are based upon a validated analysis of the tasks that law enforcement officers perform each day. These tasks involve Emergency runs, vehicle crashes, violent family and neighborhood disputes and the arrests of combative persons. Additionally, prior to admission to a basic academy, all applicants are required to complete a physical assessment test. The purpose of this test is to ensure the applicant is in sufficient physical condition to avoid unnecessary injury during the basic law enforcement academy training and to ensure safe participation in a CLEET basic academy. The stress, physical contact, and exertion experienced by an officer during these activities will equal or exceed those experienced by a contact sport athlete during a hard practice. To prepare recruits/cadets to meet these challenges, while attending the Academy, they will be completing the following activities:

- Running
- Step and Slide Exercises (To the Left and Right)
- Diagonal and Rear Shuffle (To the Left and Right)
- Crawling on Stomach
- Bear Crawl
- Obstacle Dodge (Running in a Zig-Zag Manner around Obstacles)
- Weight Drag (Dragging a 95 lb weight 20 feet)
- Drive emergency vehicles;
- Practice handcuffing;
- Engage in baton and weapon retention techniques;
- Qualify with both a handgun and shotgun;
- Run, jump, wrestle and be thrown to the ground;
- Participate in practicum activities;
- Role-play in a number of job related scenarios which require strength, agility and endurance.

Specifically, while learning Defensive Tactics and Custody and Control, the cadet must have leg strength and endurance necessary for instilling, through repetition, the balanced, dynamic footwork necessary for successful defense.

- Falls and Recoveries: The student will be taught to safely impact the ground from any direction and tactically recover to a standing fighting stance. This is necessary to safeguard the student not only from attacks on the street, but to allow for the practice training of throws and take downs that are taught later as a necessary officer skill when arrest requires physical force to be exerted.
- Active Countermeasures: The student will be required to deliver a variety of full speed, full power strikes and kicks, sometimes with accentuated joint angles. The student will also be required to receive and endure such strikes, from a training partner, while holding impact bags.
- Throws and Take Downs: The student must receive and deliver full power dynamic throws resulting in full impact with the ground. The student must endure and deliver continuous applications to instill muscle memory and he or she must continue to recover in a tactical manner.
- Stabilizations: As a prerequisite to combat cuffing, the student must endure and apply repeated locks, pins and applications of body weight while learning forced ground stabilizations.
- Joint Locks: The student must endure and deliver repeated applications of maximum threshold joint locks to all parts of the body, including the neck, shoulder, elbow, wrist, fingers, hips, knees, ankles and toes.

- Handcuffing: Using various positions, locks and holds, the student will endure and deliver repeated applications of steel handcuffs to the wrists.
- Batons: The student must deliver full speed, full power baton strikes and receive same while holding impact bags. Using the rigid baton, the student will also endure and apply locks, leverage and pressures to sensitive body areas.
- Weapon Retention and Disarming: The student must have sufficient grip strength to maintain a secure grip of holstered or un-holstered weapons. The student must be capable of balanced dynamic movement and delivery of full power strikes. The student will also be required to move evasively from a variety of positions while maintaining a balanced structure and control of an adversary's weapon.

PHYSICIAN RELEASE

Patient's Name: _____

I CERTIFY THAT I HAVE READ THE ABOVE STATED DESCRIPTION OF THE ACTIVITIES FOR WHICH MY PATIENT WILL BE INVOLVED. I UNDERSTAND THAT HE/SHE WILL BE ENGAGED IN THE HIGHLY STRESSFUL AND RIGOROUS ACTIVITIES OF LAW ENFORCEMENT TRAINING. THE APPLICANT NAMED ABOVE IS MY PATIENT AND I AM FAMILIAR WITH HIS/HER MEDICAL CONDITIONS AND PHYSICAL CAPABILITIES.

BASED ON MY KNOWLEDGE AND EVALUATION OF _____, I CERTIFY THAT:

_____ **There are no contraindications** to the individual being capable of performing essential physical tasks. The applicant named above **is** physically qualified and capable of performing all of the above-described physical tasks pertaining to law enforcement training.

_____ **There are contraindications** to the individual and it is not recommended that the individual participate. The applicant named above **is not** physically qualified and capable of performing all of the above-described physical tasks pertaining to law enforcement training.

Printed Name of Treating
Physician

Signature of Treating
Physician

Date

Physician Contact Phone

Subscribed and sworn before me this _____ day of _____, 2____ ,

Notary Public Comm # _____ Comm Expires: _____