



ZONE FIVE

*Regional Law Enforcement Training Academy
The Senator Hugh J. Farley Center*

121 Erie Boulevard
Schenectady, New York 12305
(518) 393-2707
FAX (518) 382-8732



MEDICAL RELEASE

_____ is currently enrolled in the Basic Course for Police Officers training program at the Zone Five Regional Law Enforcement Training Academy, at 121 Erie Boulevard, Schenectady, New York. This training program requires that each participant engage in a physical fitness program to prepare them to perform the essential job functions of an entry-level police officer. The required physical fitness program involves training three days per week for approximately 20 weeks.

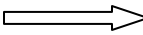
INCLUDED IN THE ELEMENTS OF TRAINING ARE:

- PACED RUNS OF UP TO FOUR (4) MILES
- WIND SPRINTS
- MULTIPLE SETS OF SIT-UPS AND PUSH-UPS

I. SIT-UPS

THIS TEST INDICATES THE MUSCULAR ENDURANCE OF THE ABDOMINAL MUSCULATURE

1. The subject starts by laying on his/her back, knees bent, heels on the floor, fingers placed behind the head or hands cupped behind the ears.
2. A partner holds the feet down firmly.
3. The subject then performs as many correct sit-ups as possible in one minute. Normal breathing is encouraged.
4. In the up position, the individual should touch his/her elbows to his/her knees and then return until the shoulder blades touch the floor.
5. The score is the correct number of sit-ups done in one minute.

OVER 

II. PUSH-UPS

THIS TEST MEASURES THE MUSCULAR ENDURANCE OF THE UPPER BODY
(ANTERIOR DELTOID, PECTORALIS MAJOR TRICEPS)

1. The hands are placed about shoulder width apart, with fingers pointed forward.
The test administrator will place his/her fist on the floor below the subject's chest, unless a male is testing a female.
2. Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower him/her self to the floor until his/her chest touches the administrator's fist.
3. The score is the total number of push-ups completed correctly in one minute.

III. 1.5 MILE RUN

A TEST OF CARDIOVASCULAR CAPACITY

1. The run may be conducted on an indoor or an outdoor track.
2. The score will be the total time it takes to complete 1.5 miles.

I have examined the forenamed law enforcement candidate on _____, 20_____
and find no impairment, disease, or current physical injury which would prevent him/her from fully participating in this physical training/testing.

COMMENTS: _____

DOCTOR'S NAME: _____
(PLEASE PRINT)

ADDRESS: _____

PHONE: _____

DOCTOR'S SIGNATURE: _____