



ACADEMY PERFORMANCE REQUIREMENTS SELF-ASSESSMENT

As an applicant for recruit training, you should be able to perform the following physical activities related to areas of the curriculum. Successful completion of the training requires the demonstration of proficiency in selected areas. The following is intended to give you a preview of the physical activities you will be asked to perform during training and to give the Academy an indication of your abilities to perform those activities.

Please indicate your judgment of your physical abilities below. Please note that this assessment will not be used to deny you entrance to Academy programs. However, indicating “No” to any of the physical activities listed below may be an indication that you will have difficulty successfully demonstrating proficiency during the Academy.

		Yes	No	Not Sure
Firearms	Able to stand unassisted for up to one hour			
	Able to kneel on one knee and rise without assistance several times			
	Able to hold a 3 pound object steady at eye level and arm's length up to 2 minutes at a time with either hand			
	Able to manipulate both hands and the fingers on both hands to pull the trigger of a handgun repeatedly			
	Able to clearly focus eyes on the sights of a handgun held at arm's length			
	Able to see well enough to discriminate between “friend” and “foe” targets at a distance of 3 to 7 yards			
	Able to hear commands broadcast over a public address system while wearing hearing protection			
	Able to hold a 7-pound shotgun firmly to shoulder and have sufficient hand strength to operate the slide action of the weapon			
	Able to exit an automobile unassisted			
	Able to run or jog short distances without becoming winded			

Defensive Tactics	Possess joint structures that are able to withstand moderate force and pressure			
	Possess joint structures that are flexible and free of abnormalities			
	Possess sufficient strength and range of motion to apply handcuffs and be handcuffed in standing, kneeling, and prone positions			
	Able to use rapid and coordinated body movements to control an adversary or defend against a physical attack			
	Able to withstand the impact of falling from a standing position onto a matted floor			
	Able to move from a lying position to an upright position quickly without assistance			
Vehicle Operations	Drive and occupy a vehicle for periods up to 2 hours			
	Able to turn head from side to side with complete range of motion			
	Able to quickly manipulate the steering wheel as well as the brake and accelerator pedals of a vehicle at slow, moderate, and high speeds			
Medical First Responder	Able to maintain squatting and/or kneeling positions for up to 2 minutes repeatedly for up to one hour			
	Able to drag an average size adult a short distance			
	Able to lift an average size adult up to waist level			
	Able to apply moderate pressure to the chest of an average size adult during CPR training			



**PAT THOMAS LAW ENFORCEMENT ACADEMY
TALLAHASSEE COMMUNITY COLLEGE**

PHYSICAL EXAMINATION FORM

LAST NAME FIRST NAME MIDDLE INIT. SOCIAL SEC #

To Examining Physician;

The examination of this applicant to participate in a criminal justice recruit training program should determine whether there is any medical or physiological reason why the applicant cannot perform the following essential physical activities.

- ***Extensive physical activity including stretching, cardiovascular/endurance exercises, front and rear falls from a standing position, takedowns (hip throws, leg sweeps, etc.), joint lock techniques, handcuffing, baton training, ground fighting, weapon defense, sit-ups, push-ups, running obstacles, climbing walls, over and under hurdles.
- ***Firing a weapon (handgun and shotgun).
- ***Oleoresin Capsicum (OC) Training. Includes the actual spray application of the intermediate weapon according to procedures approved by the Department of Labor and Employment Security, Division of Safety.

Disabilities or limitations identified by the examination, which would prevent the applicant from performing the essential functions of the training should be reported so that the Academy may determine whether the applicant may be reasonably accommodated.

_____ I hereby attest that I have examined the above named candidate and find him/her capable of performing the essential functions of the training for which he/she has been conditionally selected.

_____ I hereby attest that I have examined the above named candidate and find him/her not capable of performing the essential functions of the training for which he/she has been conditionally selected.

Blood Pressure _____ Systolic _____ Diastolic

12 Lead EKG Results _____ Normal _____ Abnormal

Date

Physician Signature

Address & Phone Number

Physician License Number