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NOTICE TO PHYSICIAN

Under N.J.A.C. 13:1-8.1(a)5, the individual you are examining is required to obtain medical clearance prior to acceptance into a Police Training Commission basic course involving physical activity. This training may include physical conditioning, defensive tactics (unarmed defense) training, baton training, physical restraint training, exposure to chemical agents and firearms training.

Physical conditioning consists of a series of physical fitness assessments and a program of physical exercise conducted at a school approved by the Police Training Commission. The exercise program will be conducted a minimum of three and a maximum of five times per week, with each session lasting sixty minutes. For individuals who are more highly fit, an additional ten minutes of aerobic activity is permitted. The program of physical exercise will focus on flexibility, cardiorespiratory endurance (aerobics), strength, power, speed, and neuromuscular coordination (agility, balance). The intensity of training is individualized to the extent possible in a group setting, and is gradually increased throughout the course of the exercise program.

Please note that some of the Commission-approved schools have requested and received Commission approval to include variations to the mandated physical conditioning training program. These variations include the use of Universal equipment, super-circuit weight training, boxing, obstacle courses and the horizontal ladder. The director of the school where the trainee will be enrolled has been informed to supply directly to you information concerning a school's variation from the Commission-mandated physical conditioning program.

Defensive tactics (unarmed defense) training teaches the trainee to use body parts as defensive weapons. The trainee will use the open hand, elbow, forearm, knee, foot, and hand during the defensive moves. Take-down tactics, holds, punching, straight kicks and headblocks are some of the defensive tactics employed during the training. Balance and leverage (extensive use of trunk and abdominal muscles) are part of the defensive stance used by the trainee.



Chemical agent training is conducted at either an indoor or an outdoor training area. A trainee may be exposed to either a direct facial spray of Oleoresin Capsicum (OC), or a room in which a chemical agent has been released. The trainee experiences the physiological impairments and reactions associated with the agent as well as understanding the aftercare required.

Firearms training is conducted at either an indoor or an outdoor range, and the trainees use handguns and shotguns. A trainee walks briskly or slowly jogs from the 25-yard to the 1-yard line, with intermittent stops at designated yard lines, and fires the handgun. Standing, prone, kneeling and barricaded positions are assumed. Trainees use both the strong and support hands for handgun firing. Shotguns, weighing approximately 11 pounds, are fired from a standing position using the strong shoulder position. In the Basic Course for State Corrections Officers, rifle training is required. Rifles, weighing approximately 12 -13 pounds are fired from behind barricades from a standing and kneeling position. The strong shoulder and strong knee positions are used.

For firearms training, manual dexterity is required, and there may be problems if any fingers or limbs are missing, or if there are problems with vision.

To assist you in understanding the training program this individual will participate in, we have enclosed the following:

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| Chart 1 | Physical Conditioning Exercise Program Overview and Sequence of Exercises for a Five-Day Week |
| Chart 2 | Physical Conditioning Exercise Program Overview and Sequence of Exercises for a Three-Day Week |
| Chart 3 | Static and Dynamic Flexibility Exercises |
| Chart 4 | Calisthenics/Strength Exercises |
| Chart 5 | Defensive Tactics |
| Other | Medical Certification Form |

The Commission-approved Physical Conditioning Training Program manual specifies that the following shall be included in the physical examination:

- A hearing examination.
- Physical examination of the spine and limbs for bone and joint abnormalities, and of the neck, chest, abdomen, eyes, ears, nose, and throat
- Auscultation of heart and lung sounds for identification of possible cardiac murmurs, dysrhythmias, or chronic lung disease
- Measurement of resting heart rate, blood pressure and respiration
- Height and weight

The following laboratory work is required:

- Chemical analysis of blood for levels of serum cholesterol, triglycerides, glucose, and uric acid
- Urinalysis
- Electrocardiogram.

If indicated because of medical history or as a result of the examination, a chest x-ray may be required.

A maximal exercise stress test may be required. In keeping with the guidelines of the American College of Sports Medicine, it is desirable for an individual 45 years of age or older to have a maximal exercise stress test before beginning the training program. An exercise stress test prior to acceptance into the school is strongly recommended for prospective trainees whose medical screening and fitness evaluation indicate a higher risk status or the presence of disease. The physician, however, will determine whether or not the stress test is to be administered.

A Health History Statement (PTC-7), including cardiac-related information, has been completed by the trainee to assist you in determining whether or not the individual is fit to undergo the Commission-approved programs as specified in this letter. The trainee has been directed to provide the completed Health History Statement for you to review during the medical examination. The responses contained in the Health History Statement are to be used as a starting point in the medical examination. Please feel free to inquire into any other areas which,

in your medical opinion, are necessary so that you may accurately determine whether the prospective trainee is medically fit to undergo the programs described. Please retain a copy of the completed Health History Statement (PTC-7) in your files in accordance with N.J.A.C. 13:35-6.5.

Following the examination, it is requested that you complete the enclosed Medical Certification Form (PTC-8). Please indicate whether the individual is:

- Medically fit to participate in Defensive Tactics (unarmed defense), Chemical Agent exposure, Baton training, Physical Restraint training, Firearms Training and the Police Training Commission Physical Conditioning Training Program, without limitation.
- If the individual has a temporary illness or injury which will clear prior to the training program, please note that on the PTC-8 form.
- Not medically fit to undergo training.

The nature and severity of any risks or disease should be viewed in light of the content of the training programs and the physical condition of the trainee.

To ensure confidentiality of the completed Medical Certification Form and the Health History Statement, please return both in the envelope which is marked Confidential and is addressed to the chief executive of the employing agency.

Please contact the Police Training Commission at 609-984-0960 if you need further information or clarification. You should retain a copy of the completed Medical Certification Form for your records.

Thank you for your cooperation.