



**Hampton Roads Criminal Justice  
Training Academy**

805 City Center Blvd.  
Newport News Va. 23606  
Telephone: (757) 591-9059  
Fax: (757) 595-1801

Dear Agency Members and Agency Physicians:

This form is utilized to inform you about the physical requirement for entry-level law enforcement and jailor recruits. This information should be provided to the physician(s) performing the pre-employment physicals on your employees. Physicians need this information to determine if the employee/recruit is fit for duty. The physician performing the physical must sign this document and it must be returned to the academy, Office of the Registrar, as part of the student enrollment process.

Following are the physical activities that recruits will be required to perform during entry-level training:

**Physical Fitness Program**

1. Sit and Reach
2. 1.5 Mile Run
3. 1 Minute Maximum Sit-Ups
4. 1 Minute Maximum Push-Ups
5. 300 Meter Run

**Miscellaneous Activities Requiring Physical Fitness**

1. Defensive Tactics Program: kneeling, bending, handcuffing, squatting, etc.
2. Firearms Training: kneeling, running, bending, trigger pull, etc.
3. General Physical Fitness Exercises: Examples include push-ups, jumping jacks, squat thrusts, sit-ups, six inches, etc.
4. General activities law enforcement officers and jail officers would perform during the performance of their duties.

If you should need further information on the physical requirements, please contact Scott Barlow at (757) 223-8863 or [sbarlow@hampton.gov](mailto:sbarlow@hampton.gov).

**Physicians Portion**

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Basic Student \_\_\_\_\_ is fit for duty and able to participate in the above listed physical activities while enrolled at the Hampton Roads Criminal Justice Training Academy.

\_\_\_\_\_  
Printed name of physician (Date)

\_\_\_\_\_  
Signature of physician (Date)

Medical Office Name and Address:\_\_\_\_\_.