



Hampton Roads Criminal Justice Training Academy

HRCJTA
805 City Center Blvd.
Newport News Virginia,
23606

This form is utilized to inform you about **some of 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, return to the academy, Office of the Registrar, as part of the student enrollment process.

Physical activities that recruits will be required to perform during entry-level training:

Physical Fitness Program:

1. Sit and Reach, 1.5 Mile Run, 1 Minute Maximum Sit-Ups, 1 Minute Maximum Push-Ups, 300 Meter sprint.
2. Law-Fit Obstacle Course - (6 foot wall climb, 5 foot ditch jump, first story window climb through, sprinting, low crawl, steps up & down, trigger pull, 160 pound dummy drag, visually identify a suspect)

Miscellaneous Activities Requiring Physical Fitness:

1. Defensive Tactics Program: kneeling, bending, handcuffing, squatting, striking, foot pursuit (sprint), etc.
2. Firearms Training: Standing, kneeling, & prone positions. Running, bending, able to; grip pistol with both hands and pull trigger, grip pistol with strong hand only and pull trigger, grip pistol with support hand only and pull trigger, use support hand to assist with reloads and immediate action drills (malfunctions).
3. General Physical Fitness Exercises: Examples include push-ups, jumping jacks, squat thrusts, sit-ups, six inches, etc.
4. Driving a vehicle at high speed utilizing both hands gripping the steering wheel (shuffle steering).
5. General activities law enforcement officers and jail officers would perform during the performance of their duties.
6. Meet DCJS mandatory performance objectives.

If you should need further information on the physical requirements, please contact Scott Barlow at (757) 223-8862 or sbarlow@hampton.gov.

Physicians Portion

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: _____