



CORRECTIONAL WORKER CORE PHYSICIAN STATEMENT FOR PARTICIPATION

Please complete this form with the necessary signatures and bring it to the first day of training.

Last Name:		First Name & MI:	
Agency:			
Current Medications:		Drug Allergies:	
Person to Contact in Case of Emergency:			Phone:

Applicant Statement:

I have reviewed the **Description of the Physical Training Components** on page 2 of this form and believe that I have no existing health problem or physical limitation which would or should preclude me from **fully and actively participating** in Correctional Work Core.

Academy Applicant Signature

Date

Physician Statement:

I have reviewed the **Description of the Physical Training Components** on page 2 of this form for the Correctional Worker Core Program and it is my professional opinion that the applicant can **fully and actively participate** safely and without undue hazard to his/her health.

Applicant may Participate:

- Without the need for reasonable accommodation
- Given the following reasonable accommodation as requested by the applicant (please specify):

Examining Physician Signature

Date

Print or Type name of Examining Physician (Physician/Office Stamp):

Address: _____ Phone: _____

Comments:

The contents of this document may be eligible for public disclosure. Social Security Numbers are considered confidential information and will be redacted in the event of such a request. This form is governed by Executive Order 16-01, RCW 42.56, and RCW 40.14.

Distribution: **ORIGINAL** – Employee Occupational Health Records

TACTICAL AEROBICS AND SELF DEFENSE

Activity Description: During the academy, the student will be required to complete a total of 36 hours of control and impedance tactics training. These techniques, if properly applied, are designed to ensure the safety of the student who is **free from health problems or physical limitations**.

Students will be required to participate in and pass all techniques. The defensive tactic/physical control maneuvers are done at 30% to 50% speed/force requiring each student to apply techniques used to control and/or restrain aggressive individuals. As a training partner, students will also be required to have the techniques applied to them.

Once hired, Correctional Officers/custody employees are required to participate in and pass annual in-service training, which will include weapons requalification and Defensive Tactics (DT) training.

Physical Requirements: These actions will place repeated stress on the joints and muscles of the abdomen, back, neck, knees, shoulders, wrists, and elbows. Students will sustain moderate to high impact on all parts of the body, specifically the arms, legs, abdomen, oblique's, and upper/lower back. Participation in this training will require repetitive falling motions, as well as repetitive getting up and down from a grounded position. Training requires a moderate amount of pressure applied to the person's back while lying in a prone position.

Warm-Up Exercises: Warm up exercises are intended to raise the resting pulse, warm-up the body, and loosen joints. During warm-ups, the DT instructor assesses the student's physical fitness and range of motion.

Warm-ups may include any of the following:

- Triangle footwork
- Hyper-flexion and hyper-rotation of the wrists and ankles
- Lunges
- Jogging in place, jumping jacks, push-ups
- Neck, wrists, hip, trunk rotations
- Shoulder, Achilles tendon, hamstring, quad stretching
- Bent knee toe touches
- Leg lifts

Defensive Maneuvers:

- Arm Bar Takedowns (places stress on arm, triceps, shoulder, elbow, wrist, back, knees)
- Figure 4/Over the Shoulder Takedown (places stress on wrist, shoulder, back, knees)
- Counter Joint Series (Gooseneck, Z-hold)
 - Takes joint beyond its normal range of motion, usually resulting in pain.
 - Places stress on wrist, elbow, shoulder, wrist, hand, fingers, thumbs
- Straight Wrist Twist Lock (places stress on shoulder, elbow, wrist, hand, fingers)

Weapons Training: Requires students to be able to:

- Carry and load a rifle, shotgun, and ammunition magazine with approximately 15 rounds,
- Accurately fire 9 mm semi-automatic pistol, AR15 rifle, or 12 gauge shotgun weighing as much as 10 lbs. for the purposes of using deadly force to prevent escape and/or protect human life, and
- Fire each type of weapon multiple times at different distances.