



GEORGIA PUBLIC SAFETY  
TRAINING CENTER

## Medical Waiver

### Student Information

Name (print) \_\_\_\_\_ Age \_\_\_\_\_

Sex \_\_\_\_\_ Agency \_\_\_\_\_

Physician \_\_\_\_\_ Physician Phone \_\_\_\_\_

### Physician

This person is an applicant for Defensive Tactics Instructor Training. During this two-week block of instruction, this applicant will be exposed to various physical activities and drills that may be strenuous in nature.

As part of the program, this person must complete a Physical Agility Test where the student will have to complete the course in 2:06 or less. The test will be administered the morning of the first day of class.

The course measures a total of 870 feet (290 yards/265.2 meters). The course consists of a series of nine interspersed individual tasks, arranged in continuous format, that are viewed as being essential (physical) job-tasks for law enforcement training. They include:

- 1) running
- 2) jumping (low hurdle)
- 3) climbing stairs
- 4) low crawl
- 5) jumping (broad-type)
- 6) climbing a fence (chain-link/four feet)
- 7) climbing through a window
- 8) moving/dragging a weight (150 pounds)
- 9) changing direction on the run

The course is outlined as such:

1. The LEO runs 1.75 laps around the perimeter of the course.
2. The first obstacle encountered in the interior consists of 2 hurdles, 1.5 feet high and 4 feet long, placed 13 feet apart.
3. After clearing the hurdles, stairs (5 steps up to a 32-inch wide landing, 45 inches above the floor, and 5 steps down) must be negotiated twice. (Note that each step has a 7.5 inch rise and tread that is 11 inches wide.)
4. Once the stair event is completed, another low hurdle must be cleared. The LEO must then successfully negotiate a low crawl under an obstacle set at 2.5 feet above the floor.

5. After the low crawl, the LEO must make a turn and clear a ditch simulation that is 6 feet in width.
6. After another turn, a chain-link fence (4 feet in height) must be climbed.
7. Two additional turns must be made, and a 4-foot window (opening is 3' wide x 4.5' high) must be successfully entered.
8. The LEO must then drag a 150-pound dead weight a distance of 20 feet.
9. After the weight drag, the candidate exits the course, completes 1 final lap around the perimeter, and finishes at the point indicated in red on the course floor.

This person will have to perform joint locks, strikes, takedowns, restraining holds, weapon disarmament, weapon retention, vascular neck restraints, ground fighting and vehicle extractions. These techniques will also be performed on each student.

**Physician's Impression**

\_\_\_\_\_ I find no medical conditions that I consider incompatible for the activities of this course including the PT Test and the above-mentioned techniques.

\_\_\_\_\_ I am unable to recommend this individual for this course.

**Remarks**

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Physician Signature \_\_\_\_\_  
(Nurse Practitioner may also sign this form)

Date \_\_\_\_\_