MEDICAL RELEASE

To the licensed health care professional:

_____ is an applicant for the Basic Law Enforcement
(Print or type name)
Training (B.L.E.T.) program at Central Carolina Community College. This curriculum is
designed to train the student in competencies as they relate to an inexperienced law
enforcement officer. Such training includes physical fitness training, self-defense training,
firearms instruction, exposure to chemicals, and law enforcement driver training, as well as
other classroom and practical exercises.

Physical Fitness Training. The student will be tested at a sub-maximal level. Following a physical
assessment conducted by a certified physical fitness training instructor, this student will engage in physical
exercise approximately three times a week. These exercises are supervised by a qualified physical fitness trainer.
Listed below are activities that may be included in this section:

Aerobic Activities: Designed to increase energy levels, decrease stress, stabilize appetite, decrease body
fat, and condition the heart and lungs. Activities may include, but are not limited to, jogging up to three
miles, step aerobics, and sprints.

Flexibility Exercises: Designed to increase a participant's range of motion.

Absolute Strength Programs: Involves the use of weight equipment. Participants are pre-tested to
determine his/her maximum strength levels per one exercise at each station on the universal equipment.
Exercises are designed to use 40-60% of maximum strength.

Dynamic Strength Programs: Involves floor exercise and calisthenics-type activity. Activities may include,
but are not limited to, sit-ups, push-ups, knee bends, leg raises and jumping jacks.

Obstacle Course: Designed to simulate obstacles that may be encountered in a police duty situation.
Obstacles may include, but are not limited to, crawl through a darkened 40-ft. culvert; push open an
weighted metal door; drag a 150 lb. person 50 feet; negotiate a set of stairs; perform 40 push-ups and 40
sit-ups (divided over two sets); and run approximately 550 yards.

Subject Control / Arrest Technique. Students are required to demonstrate the correct procedure for
application of handcuffs in the kneeling, prone and standing positions. A student is partnered up with another
student and is expected to not only apply the handcuffs, but have them applied to them as well. Students must
learn and demonstrate baton techniques to include striking to non-lethal areas. They must demonstrate
application of pressure points, and stunning and distraction techniques. They must also demonstrate subject
takedowns and ground defense. Students demonstrate handgun take-aways and weapon retention techniques.
Students both apply these techniques and have the techniques applied to them by a partner or instructor.

Firearms. Firearms training includes range exercises, including structured courses of fire as well as simulated
combat situations. Participants fire handguns and shotguns, and are often exposed to inclement weather.

Crowd Management. Crowd control training may involve exposure, both protected and unprotected, to irritant
agents (CS) and Oleoresin Capsicum (OC) chemicals.

Law Enforcement Driver Training. Participants demonstrate the ability to use acceptable vehicle control methods, including, but not limited to, vehicle control methods to be used when conducting an emergency response and a vehicular pursuit. Students experience physical and mental stresses that are a part of emergency and pursuit driving. Participants are often exposed to inclement weather, and are required to stand for extended lengths of time.

_____

Do you have any reservations about this student fully participating in Basic Law Enforcement Training?
□   **- No**   □   **- Yes**

Comments (Please specify any limitations)

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(Please attach any documentation you desire.)

Note: This student may not be allowed to participate in any practical exercises required in B.L.E.T. until written approval has been given in writing from a licensed Physician or Surgeon.

Please direct any questions or comments to:

> B.L.E.T. Class Supervisor
> Central Carolina Community College
> 1105 Kelly Drive
> Sanford, NC 27330
> Telephone: 919-777-7774
> FAX: 919-777-7769

_____
      Physician's Signature

_____
      Date

Name and Address of Physician - Typed