



**Calcasieu Parish Regional Law
Enforcement Training Academy
FULL BASIC PHYSICAL EXAMINATION FORM**

P. O. Box 3722, Lake Charles, Louisiana 70602

Phone: (337) 491-3850

Fax: (337) 494-1136

Must be completed and returned with registration form

Full Basic

151 Basic Transition

169 Trans. Correctional

**Refresher cadet only does not need a physical examination*

CADET INFORMATION					
Last Name (Please Print or Type)		First	Middle	<input type="checkbox"/> Mr. <input type="checkbox"/> Miss	Marital Status (Circle One)
				<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.	Single / Mar / Div. / Sep. / Wid.
Is This Your Legal Name?	If not, what is your legal name?		(Maiden Name)	Birthdate	Age Sex
<input type="checkbox"/> Yes <input type="checkbox"/> No				/ /	<input type="checkbox"/> M <input type="checkbox"/> F
Home Street Address		City	State Zip Code	Home Phone No.	Do You Smoke?
				()	<input type="checkbox"/> Yes <input type="checkbox"/> No
Employer:		Are you currently taking medication? If so, what kind? <input type="checkbox"/> Yes <input type="checkbox"/> No		Are you currently involved in a physical activity program? (Jogging, stretching, weight training, etc.) <input type="checkbox"/> Yes <input type="checkbox"/> No	
Describe your level of Physical Activity (check one)					
<input type="checkbox"/> Very Active <input type="checkbox"/> Moderately Active <input type="checkbox"/> Occasionally Active <input type="checkbox"/> Inactive <input type="checkbox"/> Other					
History of Hospitalization: If any item number is checked, please note item number and explain.					
1 <input type="checkbox"/> Allergies 2 <input type="checkbox"/> Injuries 3 <input type="checkbox"/> Operations 4 <input type="checkbox"/> Asthma 5 <input type="checkbox"/> Diabetes 6 <input type="checkbox"/> Other _____					
Past and Present Health History <input type="checkbox"/> 1. Stroke <input type="checkbox"/> 2. Epilepsy <input type="checkbox"/> 3. Orthopedic or muscular problems <input type="checkbox"/> 4. High Blood Pressure <input type="checkbox"/> 5. Cancer					
<input type="checkbox"/> 6. Heart & arterial diseases <input type="checkbox"/> 7. Anemia <input type="checkbox"/> 8. Abnormal chest x-ray <input type="checkbox"/> 9. Chest pains <input type="checkbox"/> 10. Other _____					
If any item number is checked, please note item number and explain.					
Any Previous Work. Comp. Injuries Or Claims: NO YES To What Area Year					
COMPLETE BY PHYSICIAN (To be completed by Physician ONLY)					
Blood Pressure Reading		Pulse Rate	Note any further information or recommendations on cadet's medical status		
Systolic / Diastolic					

From your examination, do you consider this cadet to be in good physical condition and capable of performing sustained physical activity and defensive tactics, such as push-ups, sit-ups, sit and reach, 1.5 mile run, 300 meter run, and obstacle course that includes a pull/drag 185 pound dummy. Besides the physical activities, cadets are required to participate in all defensive tactics training which includes punching, kicking, blocking drills, takedowns, and firearms training.

Please check one: DO Recommend DO NOT Recommend

If not recommended please explain: _____

MD SIGNATURE

This examination and resulting information applied to the foregoing questions truly depicts the physical condition of this applicant on this day.

X _____

PHYSICIAN SIGNATURE

DATE

Please place your business stamp or print in box below.



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Medical Release to Attend Basic Training Academy

Nov. 2020

Cadets attending the law enforcement training academy, can expect to endure the following during 500+ hours of training (this is not an all- inclusive list):

- Many facets of training take place for an extended number of hours (up to 8) in the heat or cold, depending on the time of year, and in inclement weather
- Many aspects of training are highly mentally and physically taxing with a very high probability of physical strain and being struck in various parts of the body
- Cadets will be exposed to 50+ people on a daily basis both in a classroom setting and in close physical proximity to each other while engaged in self-defense and other law enforcement training
- High intensity firearms training wherein cadets will shoot several thousand live rounds during the course of 80+ hours of training using a 9mm side-arm, patrol rifle, and shotgun; all cadets will be required to show proficiency with their weapon(s) while under extreme mental and physical stress
- Very high intensity officer survival training (80+ hours) involving all aspects of ground fighting including traditional self-defense tactics - striking, blocking, kicking; controlling non-compliant subjects; ground fighting and grappling tactics when the subject is stronger and larger than the officer; defense against disarming attempts; handcuffing non-compliant subjects from standing, kneeling and prone positions; and the ability to control resistive subjects
- Outdoor high intensity physical training such as running 2 -3 miles and circuit training several times each week
- Active shooter training and practical scenarios which are very high intensity both physically and mentally with a high probability cadets will be hit with simulated training ammunition and required to subdue combative role-players
- Training in diffusing riotous crowds during civil disturbances and physically gaining control of uncooperative subjects with a probability of physical strain and being struck in various parts of the body

Understanding the above requirements, by signing below, I: (please check one option below)

_____ Do Recommend

_____ Do NOT Recommend

_____ attend the Calcasieu Regional Law Enforcement Training Academy.

PHYSICIAN SIGNATURE

PHYSICIAN PRINTED NAME

DATE