

**LAW ENFORCEMENT OFFICER PHYSICIAN'S  
CERTIFICATE  
Revised 10/25/2025**

This is to certify that I examined

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(Patient's name)

for suitability for law enforcement officer training.

**PHYSICAL PARAMETERS OF LAW ENFORCEMENT TRAINING**

Entry level trainees are required to perform various physical tasks during the course of law enforcement training. While performing the physical examination, please note any deficiencies or physical limitations which would affect the ability of the student to participate in and complete the physical training requirements set forth below.

- A. Strenuous physical exercise, which requires:
  - physical agility
  - strength
  - musculoskeletal range of motion (to include joints)
  - neuro-muscular coordination, hand-eye coordination and balance
  - cardio-pulmonary stamina and aerobic endurance, which will allow the officer to jog/run distances of at least 1.5 miles.
  
- B. Practical exercise training which involves physical exertion including:
  - 1. 1. Use of non-deadly weapons requiring use of a police baton to subdue an aggressive suspect, proper footwork, maintaining body balance, and escaping from an aggressive grab. In addition, students are exposed to chemical agents such as Oleoresin Capsicum (Pepper Spray) and CS - Orthochlorobenzalmalononitrile. Please specify any physical condition that would prevent the student from being exposed to the chemical agents.
  - 2. Unarmed confrontations utilizing control hold and take-down tactics that place force on joints and extremities, self-defense techniques that require strength, stamina and agility and disarming suspects with various weapons.
  - 3. Simulated hazardous situations such as auto accidents or disaster sites where the lifting and removal of victims may be necessary, or where the administration of first aid and CPR is required.
  - 4. Operation of a motor vehicle under simulated emergency conditions requiring safe driving techniques, skid control, backing, and defensive driving.
  - 5. The pursuit, arrest, and restraint of aggressive/hostile suspects.
  - 6. Response to officer ambush or sniper situations both on foot and in a vehicle.

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- C. Vision requirements are set by the employing agency. Color distinction, night vision and depth of field/ peripheral vision is needed in training for:
  - 1. Observation techniques, on foot, in a vehicle and during investigation;
  - 2. Firearms training requires completion of day and night target and combat ranges;
  - 3. Vehicle operations, color distinction of signs and suspect vehicles, and emergency traffic situations require visual acuity in all areas; and
  - 4. Officer survival in all suspect confrontation situations, ambush or sniper situations, and handling multiple arrests require normal depth of field and peripheral functioning.
- D. Hearing requirements are set by the employing agency. The ability to hear class-room and field instruction is required.
- E. Physical ability to fire a handgun and/or shotgun. The student should have no physical deformity, defect or restriction which would prevent the repeated cocking and firing of a handgun or shotgun. Firearms training requires the student to fire from the standing, kneeling, sitting and prone positions. Combat ranges require mobility and the use of various barriers. Both day and night training are required.
- F. Training is both physically and psychologically stress oriented to elicit spontaneous reactions. Students are placed in situations where they must make critical life and death decisions such as: when to use deadly force, shoot/no shoot situations, disaster response, ambush and sniper attacks, domestic violence and response to various in-progress criminal activity. Any psychological abnormalities observed during the physical exam should be explored and thoroughly documented.

In light of the attached parameters for law enforcement officer training and based on my review of his/her past medical history, physical examination and laboratory studies, it is my opinion that this patient is physically fit for participation in law enforcement officer training without restrictions, now and for the foreseeable future.

Signature: \_\_\_\_\_ M.D.

Office Address:

\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

LAW ENFORCEMENT OFFICER PHYSICIAN'S CERTIFICATE  
Revised June 23, 2026

SUPPLEMENTAL MEDICAL SCREENING: SICKLE CELL TRAIT

Central Virginia Criminal Justice Academy

This is to certify that I examined \_\_\_\_\_  
(Patient's name)

In accordance with current best practices in recruit safety and medical risk management, the following information is requested regarding sickle cell trait screening. This screening is not used for disqualification purposes but to promote health and safety during physically strenuous training.

Sickle Cell Trait Screening:

☐ Has the recruit been screened for sickle cell trait? ☐ Yes

☐ If yes, result: ☐ Positive ☐ Negative

☐ If positive, please describe any medical guidance or precautions recommended for participation in high-exertion or heat-intensive training exercises.

Note: The presence of sickle cell trait is not disqualifying. Any information provided is used solely to inform appropriate risk mitigation during training.

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Medical License Number: \_\_\_\_\_