



Paul R. LePage
Governor

STATE OF MAINE
Department of Public Safety
MAINE CRIMINAL JUSTICE ACADEMY
15 Oak Grove Road
Vassalboro, Maine 04989



John E. Morris
Commissioner

John B. Rogers
Director

MEDICAL EXAMINATION FORM

TO THE PHYSICIAN:

Applicant: _____ has applied to participate in one of the programs listed below; (PRINT NAME)

(Circle one)

1. Basic Law Enforcement Training Program
2. Law Enforcement Pre-Service Training Program
3. Basic Correction Training Program

This candidate should be free of medical conditions which would interfere with his/her ability to safely participate in and successfully perform certain activities including, but not limited to the following program requirements:

1. Basic Law Enforcement Training Program:

- Complete a run of up to 3 miles without stopping
- Perform sit-ups to the limit of his/her ability
- Perform bench presses or pushups to the limit of his/her ability
- Tolerate exposure to heat/cold/humidity/inclement weather
- Climb/crawl/wrestle/box/lift/drag heavy weights
- Visually distinguish targets on the firing range during daylight and in low light situations
- Safely operate a motor vehicle at various speeds and under varying driving and road conditions during the day and night
- Safely handle various types of firearms
- Tolerate the psychological stress of law enforcement work
- Physically rigorous defense tactics training (joint manipulation/handcuffing/take downs kicks/strikes/ground fighting)
- Complete a physical assessment consisting of maximum effort 1.5 mile run/ 1 minute sit-ups/and 1 minute push ups
- Sustain this level of functioning for 12- 14 hours a day.



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2. Law Enforcement Pre-Service Training Program:

- Complete a run up to 2 miles without stopping
- Perform sit-ups to the limit of his/her ability
- Perform bench presses or pushups to the limit of his/her ability
- Tolerate exposure to heat/cold/humidity/inclement weather
- Climb/crawl/wrestle/jump/box/lift/drag heavy weights
- Tolerate the psychological stress of law enforcement work
- Physically rigorous defense tactics training (joint manipulation/handcuffing/take downs/kicks/strikes/ground fighting)
- Complete a physical fitness assessment consisting of maximum effort 1.5 mile run/1 minute sit-ups/and 1 minute push-ups
- Sustain this level of functioning for 12- 14 hours per day

3. Basic Corrections Training Program:

- Participation in a physical fitness program consisting of running, standing, power walking, and/or sports activity to the limits of the individual
- Physically rigorous defense tactics training (joint manipulation/handcuffing/take downs/kicks/strikes)
- Climb/crawl/wrestle/jump/box/lift/drag heavy weights
- Participate in interactive use of force training
- Sustain this level of functioning for 12- 14 hours a day.

Based on a review of the corresponding program #_____ the above named candidate is:

- a. _____Medically SUITABLE to participate in training at the Maine Criminal Justice Academy, OR
- b. _____Medically UNSUITABLE to participate in training at the Maine Criminal Justice Academy for the following reasons:_____

Comments:

Are ADA Accommodations Requested? Yes No

Physician's signature: _____ Date _____
 Physician name: (printed) _____

Candidate's signature: _____ Date _____

THIS PAGE MUST BE COMPLETED TO INCLUDE REQUIRED SIGNATURES