



Rockland County Police & Public Safety Academy

Office of the Basic School Coordinator

50 Sanitorium Road, Building G, Room 136

Pomona, New York 10970

845-364-8700

Physician Certification Form

Dear Examining Physician:

_____ (insert candidate's name) is a candidate for entry into the Basic Course for Police Officers at the Rockland County Police and Public Safety Academy. The candidate will be required to pass a Physical Fitness Test (described below) and will also be required to conduct regular rigorous physical activity including but not limited to running long distances, upper and lower body strength and agility exercises. The Academy requires that a physician examine the candidate to determine that the overall fitness level of the candidate is sufficient to safely attempt any tests or training that the candidate will be expected participate.

Physical Fitness Cooper Standard

<u>Gender & Age</u>	<u>Sit Ups</u>	<u>Push Ups</u>	<u>1.5 Mile Run</u>
Male 20-29	40	33	11:58
Male 30-39	36	27	12:24
Male 40-49	31	21	13:12
Female 20-29	35	18	14:04
Female 30-39	27	14	14:34
Female 40-49	22	11	15:34

The score for push-ups is the number to be performed continuously without a time limit. The score for sit-ups is the number to be performed in one minute. The score for the 1.5-mile run is calculated in minutes: seconds.

After reviewing the Cooper Standard and examining the candidate, if you find the candidate suitable, please complete the Physician's Certification along with your office stamp (signature alone is inadequate) and return it to the candidate for presentation to the Rockland County Police and Public Safety Academy.

Physician's Certification

I, _____ have examined _____, a candidate for Police Training in the Rockland County Police Academy and believe that he/she can safely participate in physical training or any rigorous training that may be conducted at the academy.

Physician's Signature

Date*

***This form may not be completed earlier than (90 days before the start of training)**

Affix Office Stamp Here