

KENTUCKY LAW ENFORCEMENT COUNCIL
Peace Officer Professional Standards
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FORM T-1a
Physician's Medical Release Form

NAME: _____

Date of Birth ____/____/____ **SS#** ____-____-_____

Peace officer applicants in the Commonwealth of Kentucky are required to perform a variety of essential physically demanding tasks including the following:

- Walking for extended periods
- Short sprints
- Long pursuit running lasting over 2 minutes
- Jumping over and around obstacles
- Lifting and carrying objects sometimes up and down stairs
- Using hands and feet in use of force situations
- Using force in short and long term (greater than 2 minutes) efforts
- Bending and reaching
- Dragging people and objects as in extracting victims from vehicles

To measure an individual's capacity to perform these critical tasks all applicants must undergo a physical fitness test consisting of the following (6) items:

1. 1.5 mile run to measure aerobic power
2. 300 meter run to measure anaerobic power
3. 1 minute sit up to measure abdominal muscular endurance
4. Maximum push up to measure upper body muscular endurance
5. 1 repetition maximum bench press to measure upper body absolute strength
6. Vertical jump to measure leg explosive strength or power

Your professional opinion is requested as to whether the individual can safely participate in physical agility testing.

PLEASE CHECK ONE:

- _____ **There are no contraindications to the individual either 1) being capable of performing the essential physical tasks or 2) being capable of undergoing the physical agility test items.**
- _____ **There are contraindications and it is not recommended that the individual participate in the physical agility test items.**

I hereby verify that the above information is true and accurate.

Signed this _____ day of _____, 20_____.

Signature of Physician

Printed Name of Physician