



MIDDLESEX COUNTY AUXILIARY POLICE ACADEMY
11 Patrol Road – Edison, NJ 08837
732-650-6710
auxiliarypolice@co.middlesex.nj.us

Auxiliary Police Academy Recruit Abilities

Recruit / Patient name: _____ Date of Birth: _____

Physician Instructions:

Please read this document, and then complete the bottom of page four, checking off if the recruit / patient will be able to participate in the Auxiliary Police Academy.

Recruit must be able to:

1. Stand at the position of “attention” for an extended period of time (up to 8 hours with brief breaks which are determined by the staff or Instructors).
 - a. The position of attention shall be described as: Bring the heels together with the toes pointing out evenly, forming an angle of 45 degrees, resting the weight of the body evenly on the heels and balls of both feet. Keep the legs straight without locking the knees. Hold the body erect with the hips level, chest lifted and arched, and the shoulders square.
 - b. This may be done indoors as well as outdoors during extreme temperatures (heat and cold).
2. Sit for an extended period of time (up to 8 hours with brief breaks which are determined by the staff or Instructors).
3. Kneels, sit, and lay down on a flat, hard surface such as the ground / floor.
4. Walk at a fast pace over a variety of surfaces.
5. Handle an academic environment that will require good note taking skills.
 - a. Written testing will occur after each class.
6. Deal with a fast-paced, stressful, paramilitary learning environment.
 - a. Instructors may use strong / stern verbal tones when recruits are not in compliance.



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7. Other training or duties that may be assigned.
 - a. Provide life-saving measures such as CPR and first aid.
 - b. Conduct field interviews of suspicious persons.
 - c. Provide crowd control for gatherings.
 - d. Direct and reroute vehicle traffic which may occur during extreme temperatures (Heat and cold) and weather (Rain, snow, wind, etc.).
 - e. Effect custodial arrests utilizing that force which is necessary as to immobilize a suspect.
 - f. Able to use equipment issued such as Expandable Baton, handcuffs, and Oleoresin Capsicum (Pepper Spray)
 - g. Drive police vehicles in a safe manner in compliance with all laws and regulations in all kinds of weather and traffic conditions under stress and non-stress conditions, occasionally at speeds above normal driving. (If instructed at academy)
 - h. Utilize verbal and physical skills to obtain and maintain control of situations.
 - i. Conduct searches of prisoners or buildings.
 - j. Deal with a fast-paced, stressful environment.



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In addition to the above daily requirements, recruits will also be expected to participate in defensive tactics. The defensive tactics classes will be held outdoors and indoors.

Recruits will be expected to:

1. Demonstrate how to effectively use the Monadnock Expandable Baton.
 - a. This will involve the participant to strike a punching bag numerous times with such force so as that it would immobilize an actual suspect.
 - b. Recruit will be expected to allow another recruit to practice holding techniques on them, which will involve placing the baton between the recruit's bicep and wrist and having their arm twisted behind their back resulting in a hammerlock.
2. Take a direct hit in the eyes with a chemical agent / OC Spray (Oleoresin Capsicum).
 - a. Recruit will then be expected to physically strike a dummy with elbows and knee.
 - b. Identify and order "suspects" to the ground.
3. Intentionally free-fall to the ground from a standing position to learn the correct way to fall.
 - a. Falling will occur on a mat to minimize the chances of injury.
4. Allow another recruit to practice handcuffing techniques:
 - a. Recruit will be expected to be upright on their knees with their hands behind their back where they will be cuffed; Recruits feet will also be crossed.
 - b. Recruit will also be expected to be handcuffed while lying flat on their stomach, with hands behind their back and feet crossed.
 - c. Recruits will be lifted onto their feet from this position (once feet are uncrossed) by being rolled over onto their side and assisted by being pulled by the upper arm in a straight motion firmly upwards.
5. Practice hand-to-hand defensive tactics against another recruit.



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Physician's Recommendations

I have read the above three (3)-page document titled: "Auxiliary Police Academy Recruit Abilities", and make the following recommendation:

I acknowledge the recruit / patient is medically clear to participate fully in the above Auxiliary Police program.

I do NOT recommend the recruit / patient participate in the above Auxiliary Police Program.

Recruit / Patient name: _____

Recruit / Patient Date of Birth: _____

Physician's Signature	Date	
Physician's name (print)	Phone	
Physician's License Number:		
Address	City	State & Zip