



AUXILIARY DEPUTY CHIEF RONALD PEDERSEN

Auxiliary Police Academy Recruit Abilities - Medical Clearance

Daily requirements. Recruit must be able to:

1. Sit for an extended period of time (up to 8 hours total with brief breaks which are determined by the staff).
 - a. Sitting will be upright with the back straight, hands on the desk and both feet flat on the floor.
2. 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).
 - a. The position of attention shall be described as: Bringing 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).
3. Walk/ jog at a rapid pace over a variety of surfaces.
4. Kneel, sit, and lay down on a flat, hard surfaces such as pavement or tiled floor.
5. Deal with a fast-paced, stressful. paramilitary learning environment.
 - a. Instructors may use strong, stern verbal tones.
6. Handle an academic environment that will require good note taking skills.
 - a. Written testing will occur after each class.
7. Exposure to police vehicle emergency lighting and siren; during daytime and nighttime hours for extended periods of time.
8. Bending, lifting, and moving objects such as lit road flares, traffic cones and barricades.



In addition to the previously listed daily requirements, recruits will also be expected to participate in defensive tactics. The defensive tactic classes will be held during the last few weeks of the academy, outdoors and indoors. Recruits will be expected to:

1. Demonstrate how to effectively use the Monadnock® collapsible straight baton.
 - a. This will involve the participant to rigorously strike a punching bag numerous times with the baton 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. Be sprayed in the face /eyes with a chemical agent - OC spray (Oleoresin Capsicum (pepper spray)).
 - a. Recruit will then be expected to physically strike a dummy with elbows and knee.
 - b. Visually identify and verbally 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 on them.
 - a. Recruit will be expected to be upright on their knees with their hands behind their back where they will be cuffed. Recruit's feet shall also be crossed.
 - b. Recruit will also be expected to be handcuffed while lying flat on their stomach, hands behind their back and feet crossed.
 - i. Recruit 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.
-



Dear Physician:

This is to inform you of the below-named individuals intentions with regards to participation in the Basic Auxiliary Police Academy training program for the Old Bridge Police Auxiliary. We are aware of the fact that strenuous physical activity may be inadvisable for some individuals. As such, we request that you indicate whether the applicant has any medical condition or disorder that would preclude his or her participation.

Physician's Recommendation

Name of Applicant (print): _____ DOB: _____

I have read the above two-page document titled: "Auxiliary Police Academy Recruit Abilities - Medical Clearance" that describes the physical and mental hardships that are being asked of this applicant. I have examined this applicant and his/her medical history, and based upon my evaluation I recommend that:

- Participation is NOT advisable at the present time. (If you advise against participation, please do not disclose the applicant's medical condition on this form.)
- Within a reasonable degree of probability, no medical condition or disorder presently exists which precludes this applicant from participation in this program as described.

Physician Signature: _____ Date _____

Physician's Office Stamp (or address/phone):



AUXILIARY DEPUTY CHIEF RONALD PEDERSEN

Attention Applicant:

This form must be completed by your personal physician. Only the attached form is to be returned.

Do not include any additional medical information or records.

Once completed, return to:

Old Bridge Auxiliary Police

Attn: Deputy Chief Ronald Pedersen

1 Old Bridge Plaza

Old Bridge, NJ 08857

If this presents a problem, contact our recruitment division at: Oldbridgepoliceaux@gmail.com