

SAN DIEGO MIRAMAR COLLEGE
PC 832 LAWS OF ARREST

MEDICAL RELEASE FORM

----- **Student Certification** -----

Student Name: _____ Student ID # _____

I have read the attached list of physical and cognitive activities required of students attending a PC 832 Laws of Arrest course. I certify that, to the best of my knowledge and belief, I can do all the activities listed. I further certify that if I had any concerns about my ability to do certain activities, I discussed those concerns with the medical professional listed below.

STUDENT'S SIGNATURE

DATE

----- **Medical Professional Certification** -----

NAME: _____
MEDICAL PROFESSIONAL - PLEASE PRINT

ADDRESS: _____

PHONE: _____

In the PC 832 Laws of Arrest course, students perform physical and cognitive activities listed on page two.

Medications prescribed? NO YES If yes, please check the appropriate box:

- Will **NOT** impair student's participation in the listed activities.
- WILL** impair student's participation in the listed activities.

The client listed above has been examined and found physically and cognitively acceptable for full and unrestricted participation in the PC 832 Laws of Arrest course. YES NO

Comments (*Please note if student needs an inhaler, EpiPen, etc.*): _____

MEDICAL PROFESSIONAL'S SIGNATURE

DATE

OFFICIAL STAMP

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In the PC 832 Laws of Arrest course, students are required to perform the physical and cognitive activities listed below:

I. GENERAL TRAINING (*PC 832 Laws of Arrest*)

- Handwrite multiple reports and memos.
- Type multiple reports and essays.
- Take handwritten and computerized tests.
- Participate in classroom discussions and required learning activities.
- Sit and/or stand throughout the training day.
- Participate in simulated law-enforcement situations (i.e., arrests).
- Read handouts, statute books, and workbooks.
- Remember and follow all course safety rules.
- Follow written and/or verbal instructions from staff and instructors.

II. ARREST AND CONTROL TECHNIQUES (*PC 832 Laws of Arrest*)

- Warm-up exercises include pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton strike maneuvers.
- Pain compliance holds to include wrist locks, arm bars, handcuffing, and take downs.
- Take down maneuvers, repetitive knee bends, lunges, ground fighting exercises, limb twisting, and repetitive body rotation maneuvers.
- Support body weight of another person while demonstrating take down, handcuffing, and ground fighting techniques.
- Obey immediately all auditory and visual commands, including immediately stopping training when given the command “Stop Training” or “Break.”
- Remember and follow all Arrest and Control safety rules.
- Students will participate in a high intensity learning activity that includes a foot pursuit, tactical movement, engaging with one or more aggressors, hand strikes, impact weapons, ground control, weapons retention, handcuffing, and searching.

III. SCENARIO TRAINING AND TESTING (*PC 832 Laws of Arrest*)

- Apply control holds to, arrest, and search single and/or multiple suspects.
- Repetitive standing, walking, and jogging on various terrain/surfaces.
- Stand, walk, and/or run unassisted with weapon in either hand.
- Obey immediately all auditory and visual commands, including immediately stopping training when given the command “Stop training” or “End scenario”.

** Students who are or may become pregnant are urged to discuss the possible health risks to the fetus from the physical activities required during training and from the inevitable loud noises and exposure to lead during firearms training.