

CRAFTON HILLS COLLEGE REGIONAL FIRE ACADEMY

PHYSICIAN CLEARANCE FORM

Student Name: _____ **Date:** _____

The Crafton Hills College Basic Firefighter Academy requires an individual to participate in activities which require the moving, lifting and maneuvering of heavy equipment such as ladders, bundles of hose, and other skills related to performing the functions of a firefighter.

This is to certify that the above-named individual is medically clear to participate in the following physical requirements of the Crafton Hills College Basic Firefighter Academy.

1. Cadence marching and drilling.
2. Lift objects weighing a minimum of 50 lbs. from the ground to a minimum of shoulder height.
3. Participate in a physical fitness program including cardiovascular efficiency and endurance exercise.
4. Participate in exercise and activities requiring eye-hand coordination, leg strength and coordination, grip strength, arm and upper body strength, shoulder strength and correct body weight distribution.
5. Maneuver, balance and climb ladders.
6. Lift, pull and maneuver charged and uncharged hose lines.
7. Perform in situations requiring the use of a self-contained breathing apparatus (standing and crawling).
8. Climb in and out of and up and down into fire apparatus.
9. Cardio-vascular efficiency.
10. Respiratory compliance.

Physician's Signature: _____ Date: _____

Physician's Name: _____
(Please Print)

Physician's ID#: _____

- This form must be submitted with the academy application packet. This form is valid for two years from the examination date and must remain valid through the graduation date of your academy.