

# NORTHERN VIRGINIA CRIMINAL JUSTICE TRAINING ACADEMY

## ENTRY LEVEL TRAINING REGISTRATION FORM

Session: \_\_\_\_\_

Agency: \_\_\_\_\_

**Type of Training Requested:** (Use a separate form for each school)

Entry Level Law Enforcement Training

Entry Level Combined Training

Entry Level Dispatcher Training

<b>Last Name:</b>		<b>First Name:</b>		<b>MI:</b>
<b>SSN:</b>		<b>Hire Date:</b>	<b>Physical Date:</b>	
<b>Background Date:</b>				

Primary Function:

Law Enforcement Officer

Jail Officer/Inmate Security

Court Security/Civil Process Officer

Dispatch/Communications Officer

Secondary Function (*Sheriff's Offices Only*)

Law Enforcement Officer

Jail Officer/Inmate Security

Court Security/Civil Process Officer

Dispatch/Communications Officer

I certify the above named personnel meet minimum qualifications in accordance with Academy Policy and Code of Virginia 15.2-1705(A) and all physicals were conducted by physicians made aware of the physical and stress aspects of academy training.

**AGENCY ADMINISTRATOR:** \_\_\_\_\_

**NORTHERN VIRGINIA CRIMINAL JUSTICE TRAINING ACADEMY**  
**MEDICAL RELEASE**

**NOTICE TO EXAMINING PHYSICIAN**  
**ACADEMY PHYSICAL REQUIREMENTS**

**Law Enforcement/ Jailer-Jail Officer/Court Security-Process Officer training programs require participation in physical assessment training. Students will be subject to physical requirements during their training program, to include the following:**

Running – The student will begin by running 1.5 miles, and increase distance up to 3 miles and intensity up to a 9 minute per mile pace. The student will also be subject to short sprints of simulated pursuit running intermittent defensive tactics simulation.

Weight Training – Students will perform a full body weight-training regimen, which will include both machine and free weight exercises. Flexibility exercises, to include all major joints, will be conducted. This will also include push-ups and crunches.

Defensive Tactics Training – 75 to 80-hours of defensive tactics training that will include physical force, twisting, turning, evasive maneuvers, falling, and handcuffing procedures.

Firearms Training – 40-hours of firearms training that will include standing, crouching, kneeling, twisting, leaning, holding the firearm extended with one hand and two hands, moving quickly from target-to-target, and running.

Driver Training – 40-hours of vehicle operations that will include sitting in a motor vehicle, twisting of the body, neck, and head; and rapid hand, arm and foot movements.

Classroom Training – Requires sitting in a classroom environment for up to eight hours per day with a 10-minute break after each fifty-minute lecture period, with a one hour lunch period.

Physical Assessment Test – A physical assessment testing will be administered during academy training. Testing will require maximum exertion. Testing categories will include aerobic capacity (1.5 mile run) absolute strength (free weight bench press), muscular endurance (push-ups and sit-ups), flexibility (sit & reach), and anaerobic capacity (300 meter run).

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**I have read and understand the physical training requirements necessary for attendance at the NVCJTA basic training program. I am physically capable of participating in a rigorous program of physical conditioning for a period of several weeks.**

<b>Applicant's Name:</b>	<b>Applicant's Signature:</b>
<b>Date:</b>	

MEDICAL RELEASE:

**I have examined the applicant and find that there are no identified medical contraindications to participating in a rigorous program of physical conditioning, as described above, for a period of 20 weeks.**

<b>Physician's Name:</b>	<b>Physician's Signature:</b>
<b>Date:</b>	
<b>Physician's Telephone # :</b>	<b>Address of Physician:</b>