



## MEDICAL CERTIFICATE

PLEASE PRINT

Student's Name: \_\_\_\_\_  
Last First MI

Examining Health Care Provider: \_\_\_\_\_

Provider's Phone: \_\_\_\_\_  
and/or  
Provider's Email: \_\_\_\_\_

Dear Health Care Provider:

This person is being considered for participation in the Illinois Law Enforcement Training & Standards Board (ILETSB) Peace Officer Wellness Evaluation Report (POWER) test. This physical fitness exam will be provided to all candidates prior to beginning training at the Macon County Law Enforcement Training Center (MCLETC). It is intended to ensure each recruit can undergo the physical and academic demands of the MCLETC without undue risk of injury and with a level a fatigue tolerance to meet all ILETSB and MCLETC requirements. If the recruit does not meet all standards, the recruit will not be allowed to enter the MCLETC. Laws providing compensation for injuries make it imperative that this certificate be accurate and complete.

The POWER test includes measuring flexibility through the sit and reach test, performing a number of sit-ups in one minute, completing a bench press, and running 1.5 miles under their required time limit (scores may be based on age, sex and weight, according to the individual activity). All basic law enforcement recruits are also required to participate in daily physical conditioning (walking, running, stretching, strength exercises and agility drills), firearms training and control/arrest tactics (manual dexterity of each hand, punching, kicking, blocking, handcuffing, and physical takedowns).

Any fees for this medical examination will be paid for by the recruit or their sponsoring law enforcement agency. A photocopy of this release form will be valid as an original thereof, even though the said photocopy does not contain an original of your signature.

The recruit (\_\_\_\_) is or (\_\_\_\_) is not qualified to participate in the above physical training.

Signature of Health Care Provider: \_\_\_\_\_

Date: \_\_\_\_\_

Note to recruit and sponsoring agency: This form must be completed and returned to the MCLETC prior to the first full day of academy training.