

**Attachment B**  
**Golden West College-Regional Criminal Justice Training Center**  
**PC 832 Arrest and Control-Medical Clearance**

TO: Physician for the Applicant Student

FROM: Tim Vu  
Director-Associate Dean, PC 832 Course

RE: Medical Clearance

The individual you are examining is scheduled to attend the PC 832 Course at the Golden West College-Regional Criminal Justice Training Center (RCJTC). During this one-week program there will be strenuous days of academic and physical activity including stress, exercise, and arrest and control techniques. You are asked to approve student participation. Listed below is the description and the content of the physical requirements of this program.

Students will be required to participate in the defensive tactics and restraint techniques portion of the class:

- Warm-up exercises to include jogging, side-stepping, shoulder shrugs, stretching, neck rotation, etc.
- Pain compliance holds including wrist locks, handcuffing, take downs, and control holds.
- Take down maneuvers, repetitive knee bends, lunges, and repetitive body rotation maneuvers.
- Ability to support body weight of another person while demonstrating take down and handcuffing techniques.

Medical clearance to participate in the Golden West College-RCJTC PC 832 Arrest Course for:

---

(Print name of individual)

I have read the description provided of the physical conditioning and defensive tactics and restraint techniques programs included in the PC 832 Course. I have personally examined the above-named individual's current physical condition and reviewed his/her medical history. It is my professional opinion that the above-named candidate:

\_\_\_\_\_ Participation in these programs will not pose a medical risk to the above-named individual.

\_\_\_\_\_ The above-named individual should **not** participate in these programs.

---

Physician's Name (Printed)

---

Physician's Signature

---

Date