MEDICAL CLEARANCE CERTIFICATE

Applicant Name

1. This individual has been hired as a Public Safety Officer. Prior to being considered for placement, the individual will be required to successfully accomplish a Physical Fitness Assessment that will consist of the following:

- Run 1.5 miles in 17:30 minutes

- Perform 21 push-ups in 2 minutes

- Perform 29 sit-ups in 2 minutes

- Run 300 meters in 81 seconds

2. Based on your knowledge/review of the individual's medical history please make a medical determination that the individual is able to complete the physical requirements of the fitness test with minimal risk to health and safety.

3. Recommendations should be based on an assessment of physical limitations and identification of risk factors for potential adverse effects during physical exercise. Recommended guidance could include the 10 year risk for myocardial infarction and coronary death as estimated by the Framingham Risk scoring that considers total cholesterol, HDL cholesterol, systolic blood pressure, treatment of hypertension, and tobacco use. A Framingham Risk score greater than 15% should be considered as a factor for not medically clearing the individual for the 1.5 mile run.

4. Upon completion of the medical record review or medical/evaluation, please complete the endorsement below and return to the individual.

TO: International Boundary & Water Commission, Special Operations Division

I medically evaluated _____ on _____.
(Employee Name) *(Date)*

Medical findings are as follows:

- Employee is/is not medically cleared for the 1.5 mile timed run.

- Employee is/is not medically cleared for the push-up assessment.

- Employee is/is not medically cleared for the sit-up assessment.

- Employee is/is not medically cleared for the 300 meter sprint.

Telephone Number	Physician Printed Name	Physician Signature or Stamp