



Orange County Fire Rescue Department CPAT Medical Clearance

Name _____ Home Phone _____

Address _____ Work Phone _____

Orange County Fire Rescue Department (OCFRD) is offering to our Firefighter applicants the opportunity to become physically fit while preparing themselves for the upcoming Candidate Physical Ability Test (CPAT). The person bearing this form has requested to attend a physical fitness-mentoring program offered by OCFRD. The staff of OCFRD is there to ensure the proper use of body mechanics, as well as to further educate and train the applicant while stressing the importance of physical fitness and nutrition. The staff of OCFRD will provide no medical monitoring or advice.

Please evaluate if the patient is capable of participating in the physically intense fitness program, which will consist of the components described below:

- Aerobic & Anaerobic
- Cardiovascular endurance
- Stamina training
- Strength training

Precautions/limitations _____

The above named individual is medically cleared to participate in OCFRD's physical fitness mentoring program: Yes: _____ No: _____

Physician's name (print) _____ Phone () _____

Office Address _____

Physician's Signature _____ ID# _____

DATE: _____