

Certification of Medical Fitness For Correctional Officer/Youth Worker

To be completed by a Physician licensed to practice medicine in Nova Scotia.

Candidate Name: _____

The above candidate has made application for employment with the Nova Scotia Department of Justice as a Correctional Officer/Youth Worker.

This is a custodial and enforcement position dealing with charged and/or sentenced persons; and operating in an environment that is stressful, as well as physically and emotionally demanding.

Periodically and unexpectedly the Officer may be required to use a maximum physical effort in response to a situation that may involve physical restraint of a violent person. Major factors which may affect employee health includes extensive walking, stairs climbing, tension resulting from awareness of possible offender disturbances, physical trauma or physical demands/ occurrences and the stress factors normally associated with custodial and enforcement duties.

Due to the nature of the job, physical, mental health and factors associated with the operating environment may become more critical in this position than in most other areas of the workforce.

As part of our assessment on the suitability of this candidate to engage in Correctional Officer/ Youth Worker duties, it is required that the following medical questionnaire be completed by a Nova Scotia licensed physician.

A position description has been attached for your consideration in completing the medical questionnaire.

PATIENT'S CONSENT AND AUTHORIZATION TO RELEASE INFORMATION

I hereby consent to, and authorize, my treating physician to complete the attached medical questionnaire and provide information relevant to my ability to perform the work functions and activities of a Correctional Officer/Youth Worker as outlined.

PATIENT'S SIGNATURE:

DATE

1. Are you the candidate's regular family doctor? YES NO
2. Do you have the necessary knowledge of this candidate's medical history to adequately answer this medical questionnaire? YES NO

Having reviewed the attached position description and based on your knowledge of this candidate, is the candidate medically capable to meet the following position requirements
(for each indicate yes or no; if no, based on objective evidence, please explain. DO NOT PROVIDE ANY SPECIFIC MEDICAL DIAGNOSIS)

3. Physical Requirements

- a. Upper and lower body strength to restrain or search inmates of various body weights and physical fitness levels? YES NO

If no, explain: _____

- b. Ability to handcuff and physically restrain inmates? YES NO

If no, explain: _____

- c. Good vision (corrected)? YES NO

If no, explain: _____

- d. Colour blind? YES NO

If yes, explain: _____

- e. Good hearing (aided)? YES NO

If no, explain: _____

- f. Depth perception (visual acuteness and awareness)? YES NO

If no, explain: _____

- g. Ability to wear a duty belt of 5 lb weight during a 8 to 12 hour shift, on special circumstances up to 16 hours? YES NO

If no, explain: _____

4. Mental Health Requirements – Previous or current mental health issues that would affect/impair:

- a. Emotional stability? YES NO

If no, explain: _____

b. Ability to deal with stress and trauma? YES NO

If no, explain: _____

c. Judgement? YES NO

If no, explain: _____

d. Ability to cope with verbal conflict, abuse or intimidation from inmates? YES NO

If no, explain: _____

5. Operational Requirements:

a. Prolonged sitting, e.g. security postings or escorts? YES NO

If no, explain: _____

b. Ability to undertake shift work that includes rotating days, evenings, nights and weekends including 12-hour shifts? This would involve ability to concentrate and focus throughout a shift schedule. YES NO

If no, explain: _____

c. 7-day week/24 hour operational environment? YES NO

If no, explain: _____

d. Prolonged walking, e.g. security tours? YES NO

If no, explain: _____

e. Ability to run up three flights of stairs? YES NO

If no, explain: _____

f. Ability to run a distance of 500 metres in the event of an emergency response, including responding to emergency calls outdoors (e.g. recreation, surveillance)? YES NO

If no, explain: _____

g. Ability to work in an enclosed and secured environment (confined i.e. locked facility)? YES NO

If no, explain: _____

Is the candidate medically capable to participate in the Security Management and Self Defence modules of the training program, in which they would be required to perform physical tasks that would include the *following* (for each indicate yes or no; if no, based on objective evidence, please explain):

6. Exerting themselves in 3-5 minutes of constant anaerobic exercises involving continuous physical exertion and resistance that may include:

a. Jogging (10 minutes) YES NO

If no, explain: _____

b. Pushing/pulling actions YES NO

If no, explain: _____

c. Push-ups YES NO

If no, explain: _____

d. Sit-ups YES NO

If no, explain: _____

e. Jumping jacks YES NO

If no, explain: _____

f. Squats YES NO

If no, explain: _____

g. Planks YES NO

If no, explain: _____

7. Kneeling for extended periods of time and standing up from a kneeling position or from lying on stomach position (up to 5 minute periods) while handcuffed from behind? YES NO

If no, explain: _____

8. Withstanding frequent application of handcuff to the wrists during training exercises? Participants typically experience soreness to the wrist area given the frequency and receptive nature of this exercise. YES No

If no, explain: _____

9. Undertaking physical control techniques (applying techniques to others and being a recipient of these same techniques) which includes physical joint holds and application of mechanical restraints? YES No

If no, explain: _____

10. Defensive stance – squatting for prolonged period of time (up to 5 minutes)? YES No

If no, explain: _____

11. Use of upper and lower body strength, i.e. assisting a person who has been handcuffed from behind, either sitting or kneeling, onto their feet? Adult weights are approximately 110 to 350 pounds YES No

If no, explain: _____

12. Overall balance? – i.e. they will be expected to control to the ground a student (i.e. tossing them on the ground) and get out of a strangle hold position by placing their hands and arms over their head, spin out quickly and get out of the hold. They will also be expected to demonstrate techniques in which they would manoeuvre someone's arm behind their back and walk them backwards. YES No

If no, explain: _____

13. Conducting/receiving various pain compliance techniques like pressure points and joint lock restrains? YES No

If no, explain: _____

14. Defence from choke techniques that involves students practicing being choked from behind and being tripped to fall? YES No

If no, explain: _____

15. In the offender role, being flipped onto the ground and handcuffed from behind while on stomach? YES No

If no, explain: _____

16. Is there any additional information you could provide to help the employer with determining the suitability of this candidate for Correctional Officer / Youth Worker in an incarceration environment?

Thank you for your time and consideration.

Doctor's Name: _____ Date: _____
PLEASE PRINT YYYY/MM/DD

Doctor's Signature: _____

PATIENT TO PLACE THE FORM IN A SEALED ENVELOPE AND SUBMIT TO THE HIRING MANAGER. THIS FORM WILL BE REVIEWED BY A MEDICAL PROFESSIONAL IN CONJUNCTION WITH THE HIRING PANEL.