



OHIO DEPARTMENT OF PUBLIC SAFETY
OHIO STATE HIGHWAY PATROL

PHYSICIAN RELEASE

The Ohio State Highway Patrol requires each applicant to bring a completed Physician Release Form to the Physical Fitness assessment before he / she will be allowed to participate. A statement must be obtained from a licensed physician that the applicant is of sufficient physical condition to undergo the Physical Fitness assessment. The examination must be within one (1) month of the Physical Fitness assessment.

The Physical Fitness assessment consists of a timed 1.5 mile run, one minute timed push-ups, one minute timed sit-ups, and grip strength test. Below are the minimum fitness standards for male and females.

Male	1.5 mile run	Push-Ups	Sit-Ups
20-29	13:08	26	35
30+	13:48	20	32
Female	1.5 mile run	Push-Ups	Sit-Ups
20-29	15:56	13	30
30+	16:46	9	22

Physician's Statement

I have examined _____ on _____.
(Applicant Name Printed) (Date)

After reviewing each of the four (4) events, I find him / her to be of sufficient physical condition to allow the applicant to participate in the Ohio State Highway Patrol's Physical Fitness assessment.

LICENSED PHYSICIAN SIGNATURE X	PRINTED NAME OF LICENSED PHYSICIAN	DATE	
STREET ADDRESS	CITY	STATE	ZIP
TELEPHONE			