



NEW JERSEY STATE POLICE

Trooper Youth Week - Medical Certificate

Dear Physician:

The following individual has submitted an application to participate in the New Jersey State Police Trooper Youth Week Program.

Name: _____

Address: _____

As part of the Trooper Youth Week Program, the New Jersey State Police requires each nominee to undergo a medical examination by a licensed physician. Trooper Youth Candidates should be in good physical health and able to participate in physical fitness activities (marching, running on all surfaces [blacktop, grass, sand]), calisthenics and organized athletic sports. Trooper Youth Week is a residential program. Candidates receive room and board at the NJSP Academy in Sea Girt, NJ.

Physician's Statement (Please check one box)

- I have examined the above named candidate and find he/she can safely perform in the program.
- I have examined the above named candidate and find he/she cannot safely perform in the program.

▼ Examination shall be consistent with the 2007 12-Element AHA Recommendations.

▼ Examination date MAY NOT be greater than one year old from the last day the student attends the Trooper Youth Week Program.

Please Type or Print:

Physician's Signature

Date

Physician's Name: _____

Address: _____

Affix Physician's Office Stamp:

(Must be M.D. or D.O.; Physician Assistant or Nurse Practitioner is NOT acceptable.)



The 12-Element AHA Recommendations for Preparticipation Cardiovascular Screening of Competitive Athletes

Medical history*

Personal history

1. Exertional chest pain/discomfort
2. Unexplained syncope/near-syncope†
3. Excessive exertional and unexplained dyspnea/fatigue, associated with exercise
4. Prior recognition of a heart murmur
5. Elevated systemic blood pressure

Family history

6. Premature death (sudden and unexpected, or otherwise) before age 50 years due to heart disease, in >1 relative
7. Disability from heart disease in a close relative <50 years of age
8. Specific knowledge of certain cardiac conditions in family members: hypertrophic or dilated cardiomyopathy, long-QT syndrome or other ion channelopathies, Marfan syndrome, or clinically important arrhythmias

Physical examination

9. Heart murmur‡
10. Femoral pulses to exclude aortic coarctation
11. Physical stigmata of§Marfan syndrome
12. Brachial artery blood pressure (sitting position)§

*Parental verification is recommended for high school and middle school athletes.

†Judged not to be neurocardiogenic (vasovagal); of particular concern when related to exertion.

‡Auscultation should be performed in both supine and standing positions (or with Valsalva maneuver), specifically to identify murmurs of dynamic left ventricular outflow tract obstruction.

§Preferably taken in both arms.

Please list any relevant restrictions or limitations if any