



**STATE OF NORTH CAROLINA
DEPARTMENT OF JUVENILE JUSTICE AND DELINQUENCY PREVENTION
1801 MAIL SERVICE CENTER
RALEIGH, NORTH CAROLINA 27699-1801
TELEPHONE: (919) 733-3388**

**Beverly Eaves Perdue
Governor**

**Linda Wheeler Hayes
Secretary**

_____ is required by the North Carolina Department of Juvenile Justice and Delinquency Prevention to successfully complete a Restraint, Control and Defense Techniques course. The course involves stretching, bending and floor exercises for flexibility, as well as extensive use of the arms, hands and wrists, shoulders and knees in practicing restraining techniques to be used in managing violent and assaultive youth. The course contains ground defense techniques that require the ability to rise from the floor without assistance. The use of physical force and/or exertion to control juveniles and ensure personal and public safety is one of the essential job functions of the above named employee's position and as such is a condition of employment.

Please indicate below your best medical assessment of the above named employee's physical ability to participate in Restraint, Control and Defense Techniques training.

- No limitations. May participate fully in RCDT.
- Medical condition indicates limited participation. Please describe in detail what patient should or should not be able to do physically. Participation should be limited to:

- Medical condition indicates no ability to participate at this time. Patient may expect to recover sufficient function to participate by _____ (date).
- Medical condition indicates no ability to participate at any time.

Comments:

Physician's Signature: _____, M.D.

Physician's Name Printed: _____ Date: _____

*Physical Location: 3010 Hammond Business Place • Raleigh, North Carolina 27603
An Equal Opportunity Employer*