

IMPORTANT GUIDELINES FOR DOCTORS CERTIFYING FITNESS OF APPLICANT (S)

1. This course in the Civil Defence Academy, Singapore Civil Defence Force is physically demanding and requires the applicant to be physically fit.

2. The guidelines to help in the fitness certification of the applicant are set out in 3 Parts:

Part 1: Medical History
 - to be filled by applicant
Part 2: Medical History Report
 - more detailed and to be filled by a qualified doctor in the presence of the applicant
Part 3: Medical Examination Report
 - to be filled by a qualified doctor

3. Particular attention should be paid to the following areas in assessing the medical history and examination
 - a. Respiratory function – a chest X-ray is required
 - b. Cardio Vascular capability –a ECG is required
 - c. Upper and Lower Limb dexterity
 - d. Neurological & mental function

4. A **CERTIFICATE OF FITNESS** is required to be signed by the examining doctor once he is satisfied with the results of the medical history, physical examination and any clinical lab findings. This signed Certificate **must** be submitted by the applicant(s) to the CDA Course Administrator before the start of the course. If it is not presented, the applicant(s) will not be allowed to proceed with the course.

5. The other documents need not be submitted but must be kept as a record by the sponsoring agency of the applicant.