

# UNISAFE PHYSICAL TRAINING HEALTH DECLARATION CONFIDENTIAL

(Please complete this form and retain it to present on first day of Physicals training)

NAME \_\_\_\_\_

WORKPLACE \_\_\_\_\_

## SECTION 1 to be completed prior to course (Please tick the relevant boxes)

1 a) I **do not** have reason for concern regarding my ability to complete this training

b) I **have** reason for concern regarding my physical ability to complete this training   
My concerns relate to:

Bruising	<input type="checkbox"/>	Muscle pain	<input type="checkbox"/>	Skin condition	<input type="checkbox"/>
Limited Arm movement	<input type="checkbox"/>	Limited neck movement	<input type="checkbox"/>	Limited leg movement	<input type="checkbox"/>
Balance	<input type="checkbox"/>	Back	<input type="checkbox"/>	Other (Explain below)	<input type="checkbox"/>

2 a) I **have** sought advice from my Doctor regarding my ability to complete this training   
b) I have **not** sought advice from my Doctor regarding my ability to complete this training   
c) I have reason for concern regarding this training because of past or present emotional and/or psychological experiences

Signed \_\_\_\_\_ Date \_\_\_\_\_

## SECTION 2 TO BE COMPLETED ON FIRST DAY OF TRAINING

**I have read and understood the Unisafe Training Conditions (found on page 2) and agree to abide by them.  
I have reread the above statements and confirm they still apply  
I wish no changes to be made to this document**

Signed \_\_\_\_\_ Date \_\_\_\_\_

# Physical De-escalation Skills

This Module is taught to a maximum of 16 participants by 2 trainers  
Content is based on the delegates identified needs

Participants need to have a general level of fitness, which allows the following movements:

- raise arms as high as shoulders
- rotate upper body 45 degrees
- bend and flex knees and arm joints

Furthermore participants accessing additional physical training will need to be able to:

- bend and flex all joints
- kneel on one knee
- kneel on both knees
- turn head to angle of 45° to either side
- extend both arms above the head

Each participant will complete an assessment at the end of the module

## Training Conditions

- Trainers will exclude, at their own discretion, any participant who they consider to be undermining the learning of themselves or others
- Unless due to negligence, the trainers and course designers cannot be held responsible for any injuries which may result during the course. Individuals must be aware of their own responsibilities to themselves and others with regard to issues of safety
- Participants should not attempt any physical de-escalation techniques which they feel may cause discomfort or which could in some way compromise their safety or that of others
- Participants should only use those physical techniques and exercises provided within the course