



DECLARATION FOR THE INDIVIDUAL PHYSICAL PROFICIENCY TEST (IPPT)

To note:

This form must be completed and forwarded to the Training Officer before the officer is allowed to book for an IPPT slot (if the IPPT date is booked less than 4 weeks in advance).

This declaration is only valid for a maximum of 4 weeks from the intended IPPT date. Any declaration made more than 4 weeks will be invalid, and officer will need to submit the declaration again.

If the answer is 'Yes' to the question below, officer is to be referred to HTMB to assess if he is fit to take IPPT.

Rank and Name : _____

NRIC No. : _____

Unit : _____

Q. Were you on medical/ hospitalisation leave for 4 weeks or more in the last 6 months? If yes, please provide the details of the medical condition and dates of the medical/ hospitalisation leave:

Yes/ No*

*Please circle accordingly.

Signature : _____

Date : _____