

Texas Emergency Services Retirement System

FAQ: Certification of Physical Fitness

1. *What is a certification of physical fitness?*

TESRS membership requirements state that before a person is enrolled as a member of the retirement system, they must present a certification of physical fitness by a qualified physician to the department head (Chief). The certification of physical fitness is not defined in TESRS statutes or rules. Depending on what is acceptable by your department, it may be any document that provides information about your physical condition, including a physical required by your place of employment.

2. *Do I have to get a new physical to be a member of the Retirement System?*

TESRS statutes and rules do not define a timeframe regarding the certification.

3. *What does the physical have to include?*

TESRS statutes and rules do not describe the areas covered by the physical.

4. *How often do I have to have a physical?*

TESRS membership requires certification of physical fitness only one time. It must be presented to the head of your department no later than the date of your entry into the retirement system.

If you are not an active volunteer for longer than six months and return as a volunteer, TESRS statutes and rules require that you must provide the head of your department with certification of physical fitness upon your return to the department.

5. *If I have a copy of a physical that is a year old, is that acceptable?*

TESRS statutes and rules do not define a timeframe regarding the certification. It is up to your department to determine the timeframe of the physical.

6. *Can I use a note from my doctor's office or is there a form I have to use?*

TESRS does not provide a required form.

7. *Do I have to send in my certification of physical fitness to TESRS?*

No.