



# Emerson Police Department

1 Municipal Place, Emerson, N.J. 07630  
HQ: (201) 262-2800 FAX: (201) 262-2886

Michael Mazzeo  
Chief of Police

## Emerson Police Department Physical Agility Test Waiver

Candidate's Name: \_\_\_\_\_

Candidate's Address: \_\_\_\_\_

Candidate's Date of Birth: \_\_\_\_\_

Candidates SS#: \_\_\_\_\_

The above listed candidate will be required to perform the following assessments in order to complete the physical agility phase for employment to the Emerson Police Department.

- 1.5 Mile Run
- Maximum push-ups in 1 minute
- Maximum sit-ups in 1 minute
- Obstacle Course consisting of sprints, climbs and weight carrying
- Bench Press

Based upon the medical examination and review of the physical agility testing requirements the above-named individual is determined to be: ( **By Physician Only**)

Medically fit to participate in the Emerson Police Department Physical Agility Test

Not Medically fit to participate in the Emerson Police Department Physical Agility Test

\_\_\_\_\_  
Physician's Signature and License No.

\_\_\_\_\_  
Date

*I do solemnly swear that the above listed information is true and accurate. I also hereby release and hold harmless the Emerson Police Department, their officers and employees from any injury or liability which I may suffer or sustain in the future as a result of the physical agility test.*

\_\_\_\_\_  
Candidate's Signature

\_\_\_\_\_  
Date