

INFORMED CONSENT FORM

This form must be completed by the applicant and presented to the Swatara Township Police Department upon arrival at the physical fitness test site. Failure to present this completed form will remove you from the testing process.

The undersigned hereby gives informed consent to engage in a series of procedures relative to taking a battery of exercise tests, and participating in a variety of physical activities. The purpose of the testing is to determine physical fitness, cardiovascular function, and health status. All exercise testing and physical activity sessions will be monitored. These activities include walking, running, and calisthenic exercises performed in either field or gymnasium settings.

There exists the possibility that certain detrimental physiological changes may occur during exercise and exercise testing. These changes could include heat related illness, abnormal heartbeats, abnormal blood pressure, and in rare instances, a heart attack. If abnormal changes were to occur, the staff has been trained to recognize symptoms and take appropriate action, including administering CPR and first aid.

I have read this form and understand that there are inherent risks associated with any physical activity and recognize it is my responsibility to provide accurate and complete health/medial history information. Furthermore, it is my responsibility to monitor my individual physical performance during any activity.

I give informed consent for testing data to be obtained to determine my state of physical readiness as it applies to the essential job functions of a Police Officer for the Swatara Township Police Department.

Applicant Signature

Date

Applicant Printed Name

ESSENTIAL DUTIES OF A POLICE OFFICER

1. Running for several hundred yards.
2. Climbing over obstacles.
3. Crawling.
4. Pulling or carrying accident, fire or crime victims.
5. Using physical force to apprehend and subdue arrestees.
6. Withstanding prolonged exposure, as long as 8 hours, to extreme weather conditions.
7. Withstanding prolonged periods of standing or sitting.
8. Withstanding frequent exposure to stress-producing situations such as encountering persons injured or killed by accident, crime or suicide.
9. Dealing with domestic disputes.
10. Communicating with employees, tenants, patrons and the traveling public in a professional, courteous manner.
11. Dealing with verbal and physical abuse of the officer including taunts, insults and threats to the officer, family members or fellow police officers.
12. Communicating effectively with individuals suffering from trauma.
13. Operating a motor vehicle for long periods of time.
14. Using firearms effectively and being capable or successfully qualifying with department firearms (rifles, shotguns, handguns).
15. Completing written reports in a clear, concise manner.
16. Working shifts as assigned.