

APPLICATION FOR POSITION OF POLICE OFFICER

Once all Paperwork has been turned in, your name will be added to the list for the exam. You will not receive anything in the mail reminding you of the test date.

TESTING DATE & LOCATION:

Sunday, May 21, 2017 at 9:00 AM promptly at:

Londonderry High School

295 Mammoth Road

Londonderry, NH

***A PHYSICAL AGILITY TEST WILL BE HELD AT THE
COMPLETION OF THE WRITTEN EXAM SO PLEASE
DRESS ACCORDINGLY.***

NEW HAMPSHIRE FULL-TIME CERTIFIED APPLICANTS:

You will be required to take the physical agility ONLY (written exam is waived).

***PLEASE BRING A VALID LICENSE FOR
IDENTIFICATION PURPOSES TO BOTH THE WRITTEN
AND PHYSICAL AGILITY TESTS.***

LONDONDERRY POLICE DEPARTMENT

WAIVER OF LIABILITY

I _____ do hereby certify, that I am physically fit to participate in the Londonderry Police Department's Physical Agility Test, Entry Level Requirements for Police Officer.

I further certify that a copy of the Londonderry Police Department's Physical Agility Test, Entry Level Requirements has been provided to me in advance, that I have reviewed the Entry Level Requirements (copy attached) and there are no medical reasons that I am aware of or have made the Londonderry Police Department aware of, that would prohibit me from participating.

I further understand that by participating in the Londonderry Police Department's Physical Agility Test, and by signing this "**Waiver of Liability**," I hold the Londonderry Police Department, it's employees administering the test, and the New Hampshire Police Training Academy, "**Harmless from All Civil Actions, and/or Medical Costs**," arising from injuries that might occur, during my participation in the Physical Agility Test.

I further agree to indemnify the Londonderry Police Department, its employees administering the test and the New Hampshire Police Training Academy, for any and all cost incurred, including attorney's fees, should I or anyone representing my interests, file any civil action to collect for injuries sustained during my participation in the Physical Agility Test.

Date: _____

Signature of Participant

Date: _____

Witnessed By

PLEASE COMPLETE AND SUBMIT WITH APPLICATION

**LONDONDERRY POLICE
FITNESS TESTING STANDARDS
(35 PERCENTILE)**

MALES:

AGE	RUN	BENCH PRESS	SIT-UPS (in 60 seconds)	PUSH-UPS
18 – 29	12:53	.96 x weight	37	27
30 – 39	13:24	.86 x weight	33	21
40 – 49	14:07	.78 x weight	28	16
50 – 59	15:20	.70 x weight	22	11
60 – 69	17:11	.65 x weight	18	9
70 – 79	19:39	.65 x weight	18	9

FEMALES:

AGE	RUN	BENCH PRESS	SIT-UPS (in 60 seconds)	PUSH-UPS	
				Modified	Full Body
18 – 29	15:14	.58 x weight	31	22	14
30 – 39	15:58	.52 x weight	24	17	10
40 – 49	16:46	.48 x weight	19	11	8
50 – 59	18:37	.43 x weight	12	10	---
60 – 69	20:46	.41 x weight	5	4	---
70 – 79	22:20	.41 x weight	5	4	---