Ross Hoffman
Chief of Police

Charles Kirk Hewitt
Director of Public Safety

Millville Police Department
Physical Fitness Assessment Testing

HOLD HARMLESS AGREEMENT

The physical testing you are about to undergo will involve five major segments of physical fitness and exercise.

PHYSICAL ABILITY TESTS

1. Vertical Jump
2. Sit-ups
3. 300 meter run
4. Push-ups
5. 1 ½ mile run

All five events are job related, non-discriminatory, and designed to show how an applicant would perform in situations related to law enforcement training. An applicant who fails to successfully pass the testing would not be effective in a situation which requires agility skills, strength, coordination, and good physical condition.

There have been few, if any, complications for those participating in the voluntary testing program. If an applicant is not tolerating the stress, the activity will be stopped. Risk of injury is possible in all physical activity, but minimal and rare. Any injuries which do occur **MUST** be reported to the instructor immediately.

I, (Print Name) _____, in signing this form, state that I understand the description of the program and its possible implications, including potential risks. Further, I agree for myself, my heirs, dependents or personal representatives not to assert any claim or suit for money damages against the **State of New Jersey, County of Cumberland, City of Millville, Millville Police Departmen**t, its officers, volunteers, agents, employees, for pain or suffering, medical expenses, loss of wages, injuries, permanent disabilities or pecuniary losses by reason of any injuries or losses I or my heirs or dependents may sustain during or as a result of my participation in activities conducted by the Millville Police Department. Furthermore, by signing this hold harmless agreement, I bind all my dependents, heirs, spouse, and personal representatives to this agreement and waive any derivative rights they may otherwise have based upon any injury or loss I may incur as a result of my participation in the described activities.

Applicant's Signature: _____   Date: _____

Confidential