



Ross Hoffman
Chief of Police

Charles Kirk Hewitt
Director of Public Safety

**Millville Police Department
Physical Fitness Assessment Testing**

Medical Certification Form

Applicant's Name: _____
Date of Birth: _____
Social Security Number: _____

The above named individual is an applicant with the Millville Police Department for the position of Police Officer. A fitness assessment test will be conducted, by a physical fitness instructor(s), on all applicants prior to being employed with the Millville Police Department.

All applicants must be cleared by a physician to participate in the below fitness assessment test:

1 ½ mile run (minimal required time is 15 minutes and 55 seconds)
300 meter sprint (minimal required time is 70 seconds)
Push-ups (24 in 1 minute)
Sit-ups (28 in 1 minute)
Vertical Jump (15 inches)

Additional tests could include:

Pull-ups
Should flex
Standing long jump
Sit and reach

_____ Applicant is deemed physically able to participate in the fitness assessment test.

_____ Applicant is not deemed physically able to participate at this time in the fitness assessment test.

Physician's Name: _____
Address: _____
Signature: _____
Date: _____