

Lorain County Community College
ASSUMPTION OF RISK WAIVER & RELEASE APPLICATION

Event: Agility Testing at Lorain County Community College

Location/Destination: LCCC, Ewing Center Field House

Date: _____

Name of Cadet (Print): _____

Address: _____

City/State: _____ Zip: _____

Phone: _____

I understand that there may be inherent risks, dangerous conditions or harmful consequences of my participation in the Agility Testing at Lorain County Community College. I further understand that there are both known and unknown risks. I acknowledge that although Lorain County Community College has made every reasonable effort to insure safety, there are unavoidable risks involved in an activity of this type.

Because of the dangers and risks of participating in this activity, I recognize the importance of following facilitators' instructions regarding techniques, training, rules, other safety standards, and to obey such instructions.

I accept full responsibility for safety and well being of myself while participating in this activity and I understand that I am giving up specific legal rights by signing this document.

I do hereby agree to hold Lorain County Community College, City of Elyria, its employee and affiliates, harmless and indemnify them from any loss, damages, costs, or expenses which may be sustained or incurred by me as a result of my participation in this activity.

I hereby consent to first aid, emergency medical care and, if necessary, admission to an accredited hospital when necessary for executing such care, for treatment for injuries that I may sustain while participating in any activity associated with LCCC. I agree to be financially responsible for any and all medical care.

I have read and executed this document with full knowledge of its significance.

Name of cadet or legal guardian (please print)

Date

Signature of cadet or legal guardian

DOB: _____

Last 4 digits SS#: _____

**OHIO PEACE OFFICER BASIC TRAINING PROGRAM
PHYSICAL FITNESS REQUIREMENTS**

2019 ELYRIA POLICE OFFICER ENTRANCE EXAMINATION

Age and Gender Minimum Scores

	Males (<29)	Females (<29)
Sit-ups (1 min.)	36	31
Push-ups (1 min.)	29	16
1.5 Mile Run	13:10	15:41
	Males (30-39)	Females (30-39)
Sit-ups (1 min.)	32	24
Push-ups (1 min.)	24	12
1.5 Mile Run	13:40	16:45
	Males (40-49)	Females (40-49)
Sit-ups (1 min.)	27	19
Push-ups (1 min.)	18	9
1.5 Mile Run	14:24	17:50
	Males (50-59)	Females (50-59)
Sit-ups (1 min.)	23	15
Push-ups (1 min.)	13	11* Modified
1.5 Mile Run	16:00	19:54
	Males (60+)	Females (60+)
Sit-ups (1 min.)	18	7
Push-ups (1 min.)	13	7* Modified
1.5 Mile Run	17:57	22:09

*Modified form per OPOTC Lesson Plan