



## **PHYSICAL AGILITY RELEASE FORM**

Applicants who are chosen to take the Physical Agility Test are required to bring this form to the test site, stating they are physically able to take or attempt to take the following four physical tests.

### **RELEASE**

As an applicant for appointment as a probationary police officer, I understand that I will be required to undergo a PHYSICAL AGILITY TEST which will include the following physical events:

1. Aerobic power as measured by the 1.5-mile run: Applicant is required to cover a measured distance of 1.5 miles on an assigned course within the allotted time based upon the applicant's sex and age range.
2. Anaerobic power as measured by the 300-meter run: Applicant is required to cover a measured distance of 300 meters within the allotted time based upon the applicant's sex and age range.
3. Upper-body muscular endurance as measured by the push-up test: From a front supported position, hand and feet (toes), lower body as a unit with shoulders, hips and legs in the same plane, lowering the body by bending elbows until the upper arms are parallel to the ground, and return to a front supported position by straightening the arms. Once commenced, the push-up sequence must be continuous until the number of repetitions is reached or 1 minute lapse, whichever occurs first, based on the applicant's sex and age.
4. Abdominal muscular endurance as measured by the one minute sit-up test: With legs bent at a 90 degree angle, heels on the mat or ground, fingers interlocked behind the head, lift the body, touch elbows to knees and return to the starting position, shoulders touching the mat or ground, within one (1) minute based upon applicant's sex and age. Feet may be together or apart and may be held but not knelt upon by another. Fingers must stay interlocked behind the head throughout the event. The back cannot be arched, and the buttocks cannot be lifted from the mat.

Additional information relating to the physical agility test, including the standards based on age and gender to be used, are available at the following links:

<https://www.pa.gov/agencies/mpoetc/programs/training/basic-police-officer-training/physical-fitness>

<https://www.pa.gov/agencies/mpoetc/programs/training/basic-police-officer-training/fitness-videos>



• CRANBERRY TOWNSHIP •  
**POLICE**  
DEPARTMENT

In consideration of processing my application and intending to be legally bound hereby, I hereby release and discharge the Township of Cranberry, their employees, any boards and their members; and the owners, custodians, directors and employees of the property on which the test is given from all claims, demands and suits which may arise or result from any injury or illness which is caused by or results from taking or attempting to take the tests as listed above.

APPLICANT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_