WASHINGTON TOWNSHIP POLICE DEPARTMENT

JEFF ALMER
CHIEF

1 EAST SPRINGTOWN RD.
LONG VALLEY, NEW JERSEY 07853

908-876-3232
FAX 908-876-5655

PHYSICAL AGILITY TESTING HOLD HARMLESS AGREEMENT

The physical testing that you are about to undergo will involve eight major segments of physical fitness and exercise. The first 5 core exercises are mandatory to pass or you will be eliminated from the process.

1. **PUSH-UPS**
2. **SIT-UPS**
3. **Vertical Jump**
4. **300 meter run**
5. **1.5 mile run**
6. **Squat Thrusts**
7. **Wall climb**
8. **Pull Ups**

All eight events are job related, non-discriminatory and designed to show how a candidate would perform in a situation related to law enforcement. There have been few, if any, complications for those participating in the testing program. If a candidate is not tolerating the stress of one of the segments, then the activity will be stopped. Risk of injury is possible in all physical activity, but is minimal and rare. Any injuries which do occur, MUST be reported to one of the test proctors immediately.

I (print your name) _____in signing this form, state that I understand the description of the program and its possible implications. Further, I agree for myself, my heirs, dependents, and personal representative not to assert any claim of suit for money damages against the Township of Washington, the Washington Township Police Department, and it's officers, the County of Morris, the Morris County Firefighter and Police Training Academy, West Morris Central High School and it's Officers and employees, for pain and suffering, medical expenses, loss of wages, injuries, permanent disability or pecuniary losses by reason of any injuries or losses I or my heirs or my dependents may sustain during or as a result of my participation in activities conducted by the Washington Township Police Department at the Morris County Firefighter and Police Training Academy or West Morris Central High School.

Candidates Signature:
Date:

Washington Twp is an Equal Opportunity Employer

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PHYSICIANS RELEASE FORM

Candidate's Name (Last, First, MI) _____

Candidate's Address: _____

Candidate's Date of Birth: _____

Candidate's Social Security Number _____

Candidate's Signature: _____

The above named candidate will participate in a physical agility test as outlined below.

Kindly examine the candidate to determine his/her fitness for participation in this physical agility test:

1. PUSH UPS
2. SIT-UPS
3. SQUAT THRUSTS
4. Vertical Jump
5. 300 meter run
6. VERTICAL WALL CLIMB
7. 1.5 mile run
8. Pull Ups

The candidate is required to perform their maximum amount of exercises in the given time period. Based upon the medical examination, the above named candidate is determined to be: (Please check the appropriate space)

_____ Medically fit to participate in the physical agility test.

_____ NOT Medically fit to participate in the physical agility test.

_____

Physician's Name: _____

Physician's Address:

_____ _____

Physician's Signature and License Number Date

PATROL OFFICER ESSENTIAL FUNCTION ACKNOWLEDGEMENT

Name: _____

Last, First Middle

Date of Birth: _____ **Social Security Number:** _____

Attached is a list of essential functions police officers in the agency are expected to perform on a routine basis. Please review the attached list carefully. If you have any questions concerning the essential functions listed on the attached sheets please contact Lt. Brian Bigham at bbigham@wtpdmorris.org

If you believe that you can perform these essential functions and wish to be further considered for the position of patrol officer, please sign, and date this form and return it at the written exam check in. If you successfully complete you will be required to pick up a detailed application and return it by the date specified. If you advance pass the oral interview phase you will be required to submit fingerprints, sign a waiver authorizing the release of personal and/or confidential information for an extensive background investigation. The hiring process will include a medical and psychological exam.

A drug test will be administered at least once during the hiring process. All members of this agency are subject to random drug testing throughout their employment. A positive test for illegal drugs will result in termination and bar future law enforcement employment.

_____ _____

Applicants signature Date

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Patrol Officers Essential Functions. This list is comprehensive but not exhaustive of potential functions.

- Walk, sometimes for long periods, in extreme weather conditions, in physically hazardous conditions and locations.
- Run or sprint for short or long distances in extreme weather conditions, in physically hazardous conditions and locations.
- Ascend and descend stairs
- Climb over, pull up over, jump obstacles
- Jump down from elevated surfaces and areas
- Climb and crawl through openings
- Balance on uneven or narrow surfaces
- Use body force to gain entrance or break through barriers
- Push objects, vehicles, or persons
- Pull objects or persons
- Lift and carry objects or persons
- Drag objects or persons
- Sit or stand for extended periods of time
- Employ defensive tactics, using balance, leverage, concentration of power and opponents' energy
- Swim
- Operate a motor vehicle, during the day or night, in emergency situations, at high rates of speed, on the open road or in congested traffic, in unsafe conditions caused by factors such as fog, smoke, rain, ice or snow
- Detain individuals
- Stop suspicious vehicles or individuals
- Pursue fleeing suspects in a vehicle or on foot
- Disarm people
- Restrain or subdue resisting people
- Effectuate a full physical custody arrest, forcibly if necessary, using handcuffs or other restraints
- Conduct surveillance
- Perform law enforcement patrol functions on foot or in a vehicle
- Issue summons
- Direct traffic, sometimes for long periods of time, using hand signals, whistles, flares, barricades, etc
- Observe, record, recall and report incidents and information
- Operate radar equipment
- Administer field sobriety tests

- Operate computer equipment
- Operate a fire extinguisher
- Fingerprint, photograph and video record individuals, objects and scenes
- Transport citizens, prisoners, and committed mental patients, using handcuffs and other restraints, when appropriate
- Work rotating shifts including holidays and weekends
- Maintain mental alertness and readiness to act, even during long periods of calm and inactivity
- Identify, collect, label and preserve evidence
- Secure the scene of a crime, emergency or disaster
- Stand guard at the scene of a crime, emergency or disaster to prevent damage, loss or injury
- Control Crowds
- Secure and evacuate persons from particular areas, using either verbal commands or the appropriate degree of physical force
- Administer first aid
- Physically check buildings and properties
- Mediate hazardous conditions by direct action or notification or appropriate authority
- Perform searches for people in buildings, vehicles, and large outdoor areas, which may involve seeing feeling, and detecting minute objects, and walk for long periods of time
- Search for missing, wanted, or lost persons and evidence
- Legally possess, carry and retain controls of firearms
- Load, unload, aim and fire a handgun and a patrol rifle in day or night conditions from a variety of body positions at the proficiency level equal to or higher than the minimum qualification standards set by the Attorney General.
- Understand and follow orders, polices, directives and procedures
- Accept directions and function as part of a team
- Communicate effectively verbally and in writing, detailing incidents
- Prepare written reports, using appropriate grammar and spelling
- Read and comprehend legal and non-legal documents, including reports, warrants and affidavits
- Communicate effectively over a telephone or police radio, initiating or responding to verbal communications
- Testify in Court
- Promote common goals and objectives of the agency
- Communicate with juveniles in various settings
- Mediate disputes and confrontations with hostile and potentially violent individuals
- Make timely and sound decisions in stressful and non-stressful situations
- Perform a variety of tasks involving different and sometime contrasting skills in rapid succession during short periods of time while under physical and mental stress
- Exercise independent judgement in determining reasonable suspicion to detain, probably cause to search and arrest and use the appropriate amount of force
- Endure verbal, mental, and physical abuse, including threats, taunts and insults to self, family and fellow officers
- Withstand exposure to and deal appropriately wit stress involved in dealing with hostile views, opinions and behavior in antagonistic settings; with crime victims, accident victims, disaster victims, and their families; with incidents of suicide, domestic violence and homicide