

**CERTIFICATE OF RELEASE**

Desiring to become a police officer with a department in the South Central Connecticut region, I declare and represent that I am in good health, that I have read the Physical Performance Test which I am about to take, and that I understand the nature of these tests.

In consideration of being given permission to take these Physical Performance Tests, I **ASSUME THE RISK** of any loss, damage, costs, expense, loss of earnings, personal injury and death, consequential damage and property damage arising out of or related to any accident, illness or disability (hereafter referred to as "event") which results from or occurs in connection with my taking of these Physical Performance Tests. I assume all such risks whether such events occurs in, on, or about the place where the tests are given; whether the effects of such event are felt during the tests or afterwards, so long as they are medically related to the tests and to my presence in, on, or about the place where the tests are given; and whether such event results from or arises out of the condition, maintenance, repair, alteration or use of that place or of any equipment or fixtures contained in, on, or about that place.

I also agree to release the South Central Connecticut department or departments to which I am applying for the position of police officer, and its (their) officers, employees, agents and servants of all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage or injury, including death, that may result, directly or indirectly from my participation in said tests and my presence for the purpose in, on, or about the place where the tests are given.

This release is binding upon my heirs, assigns, next of kin, executors and administrators.

I HAVE READ THIS RELEASE IN FULL. I UNDERSTAND THAT, BY SIGNING IT, I AM WAIVING AND RELEASING MY RIGHTS WHICH I COULD EXERCISE BUT FOR MY SIGNING OF THIS RELEASE.

\_\_\_\_\_  
PRINT NAME OF CANDIDATE

\_\_\_\_\_  
SIGNATURE OF CANDIDATE

SUBSCRIBED AND SWORN TO ME THIS \_\_\_\_\_ DAY OF \_\_\_\_\_, 201\_\_.

\_\_\_\_\_  
PRINT NAME OF NOTARY PUBLIC

\_\_\_\_\_  
SIGNATURE OF NOTARY PUBLIC

**PLEASE BRING THIS FORM TO EITHER THE  
PHYSICAL PERFORMANCE TEST OR THE  
WRITTEN EXAM  
MUST BE NOTARIZED**

**MEDICAL APPROVAL FORM**

PLEASE COMPLETE IF YOU DO NOT HAVE A VALID CHIP CARD.

**PHYSICIAN'S CERTIFICATION OF ABILITY TO PARTICPATE IN THE SOUTH CENTRAL CONNECTICUT POLICE OFFICER PHYSICAL FITNESS TEST**

This is to certify that I have reviewed the below listed activities conducted during physical fitness testing.

The fitness test will include the following physical fitness activities:

- One minute of sit ups
- 300 Meter Run
- One minute of push ups
- Run of one and one-half (1½) miles

It is my professional opinion that the candidate named below:

Candidate's Name: \_\_\_\_\_

Agency To Which  
Application is Made: \_\_\_\_\_  
(List Departments)

Date of Physician's Exam: \_\_\_\_\_

IS MEDICALLY CAPABLE OF PARTICIPATING IN THE POST FITNESS TEST.

Physician's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Physician's Name:  
(Typed or Imprinted with Office Stamp)

Fall17

**PLEASE BRING THIS FORM TO PHYSICAL PERFORMANCE TEST**

## ENTRY LEVEL PHYSICAL FITNESS STANDARDS

### PRE-EMPLOYMENT PHYSICAL FITNESS TEST BATTERY – 40% PERCENTILE

- 1. One Minute Sit-Up Test** - This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force. The score is in the number of bent leg sit-ups performed in one minute.
  
- 2. 300 Meter Run** - Anaerobic Power Run at maximal effort for 300 meters.
  
- 3. One Minute Push-Up Test** - This is a measure of the muscular endurance of the upper body. The hands of the test subject are placed slightly wider than shoulder width apart with fingers pointing forward and the subject's head looking forward. The test starts with elbows fully extended. The subject's back must be straight and flat at all times. The subject will lower his/her body to the floor until the chest touches the measuring tool. The subject then returns to the up position with elbows fully extended. This completes one repetition. Resting should only be done in the up position. The subject's knees will not touch the floor. The score is the number of correct push-ups performed in one minute.
  
- 4. 1.5 Mile Run** - This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance. The score is in minutes and seconds.

| GENDER/AGE |        | TEST             |          |              |
|------------|--------|------------------|----------|--------------|
| MALE       | SIT-UP | 300 METER<br>RUN | PUSH UPS | 1.5 MILE RUN |
| 20-29      | 38     | 59 seconds       | 29       | 12:38        |
| 30-39      | 35     | 59 seconds       | 24       | 12:58        |
| 40-49      | 29     | 72 seconds       | 18       | 13:50        |
| 50-59      | 24     | 83 seconds       | 13       | 15:06        |
| FEMALE     |        |                  |          |              |
| 20-29      | 32     | 71 seconds       | 15       | 14:50        |
| 30-39      | 25     | 79 seconds       | 11       | 15:43        |
| 40-49      | 20     | 94 seconds       | 9        | 16:31        |
| 50-59      | 14     | N/A              | 7        | 18:18        |

**THIS PAGE TO BE KEPT BY THE CANDIDATE AND  
NOT RETURNED TO SCCJA**