

CERTIFICATE OF RELEASE

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

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 RETURN THIS FORM WITH APPLICATION
MUST BE NOTARIZED**

MEDICAL APPROVAL FORM

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
- Flexibility/sit and reach
- 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)

Fall15

PLEASE BRING THIS FORM TO PHYSICAL PERFORMANCE TEST

ENTRY LEVEL PHYSICAL FITNESS STANDARDS

PRE-EMPLOYMENT PHYSICAL FITNESS TEST BATTERY – 40% PERCENTILE

- 1. Sit and Reach Test** - This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion. The test involves stretching out to touch the toes or beyond with extended arms from the sitting position. The score is in the inches reached on a yardstick with 15 inches being at the toes and the 36" mark being at the far end away from the toes.
- 2. 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.
- 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 | | | |
|------------|--------|-------|----------|--------------|
| | SIT-UP | FLEX | PUSH UPS | 1.5 MILE RUN |
| MALE | | | | |
| 20-29 | 38 | 16.5 | 29 | 12:38 |
| 30-39 | 35 | 15.5 | 24 | 12:58 |
| 40-49 | 29 | 14.25 | 18 | 13:50 |
| 50-59 | 24 | 13.25 | 13 | 15:06 |
| FEMALE | | | | |
| 20-29 | 32 | 19.25 | 15 | 14:50 |
| 30-39 | 25 | 18.25 | 11 | 15:43 |
| 40-49 | 20 | 17.25 | 9 | 16:31 |
| 50-59 | 14 | 16.75 | 7 | 18:18 |

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