

LEHIGH COUNTY CHIEFS OF POLICE ASSOCIATION CONSORTIUM

NOTE: THIS FORM IS REQUIRED TO BE COMPLETED PRIOR TO ARRIVING FOR TESTING AND NEEDS TO BE BROUGHT WITH THE CANDIDATE TO THE TESTING SITE

Informed Consent Form

The undersigned hereby gives informed consent to engage in an exercise test battery in order to determine their physical fitness including muscular strength, muscular endurance, and cardiovascular function. All aspects of the testing process will be supervised and monitored by trained personnel. The testing process includes running and other calisthenic exercises performed at an outdoor or indoor facility.

I am aware of the possibility certain physiological changes may occur during this process. These changes could be detrimental including heart-related illness, breathing-related illness, and / or blood pressure abnormalities. These detrimental changes may also include more serious events like a heart attack, stroke, or asthma attack. In these events, the staff has been trained to recognize symptoms and take appropriate action, which includes administering First Aid and CPR.

I have read this form and understand that there are inherent risks associated with any physical activity.

Furthermore, it is my responsibility to monitor my individual performance and alert the staff to any pain, discomfort, illness, or other adverse effects.

I hereby waive and release the Lehigh County Chiefs Testing Consortium, all of its employees, independent contractors, consultants, proctors, trainers, helpers, other test participants, and all other parties from any and all liability for any and all injury, damage, or other loss resulting from the testing process. This also includes the owner and operator of the test facility. I expressly assume the risk of such damage, injury, or loss while engaged in the testing process. I give informed consent for testing data to be recorded to determine my physical readiness as it applies to the essential job functions of a Police Officer.

During the testing process, the undersigned is responsible for providing and having on their person at all times any and all PRN or As Needed over-the-counter and / or legally prescribed medications including but not limited to asthma inhalers, EpiPen auto-injectors, Insulin injectors, or sub-lingual Nitroglycerin tablets.

Print Name: _____ Signature: _____

Emergency Contact: _____ Relationship: _____

Emergency Contact's Telephone#: _____ Date: _____

Lehigh County Chiefs of Police Testing Consortium
3223 MacArthur Road
Whitehall, PA 18052

Medical Release Form

Dear Provider:

In order for _____ (print applicant's name), to participate in a physical fitness test for the position of police officer, it is necessary for them to obtain a clearance from a physician, physician's assistant, nurse practitioner, licensed chiropractor or other certified health care provider. All testing is monitored by certified first responders. A test event is ended when the applicant meets the requirement. If the standard is 20 push-ups in one minute, the test ends when the applicant performs 20 correct repetitions within the allotted time. All events in the test battery are Pass / Fail. Please review the test guidelines attached to this form and check the appropriate box below.

I have examined the applicant, whose name is listed above.

MAY participate in the Physical Fitness Test.

OR

MAY NOT participate in the Physical Fitness Test.

Provider's Signature: _____ Date: _____

Provider's Business Address:

Any questions regarding this form or the Physical Fitness Test shall be directed to:
Chief Michael Marks, Lehigh County Chiefs of Police Association
3223 MacArthur Rd. Whitehall, PA 18052
mmarks@whitehallpd.com

Physical Performance Test Battery

- The Municipal Police Officers Physical Fitness Test consists of four exercise events, immediately preceded by a warm-up session with intermittent rest periods to ensure the safety of the applicants.
- The Physical Performance Test Battery is designed to measure the cumulative effect on each applicant. All events are Pass / Fail. Therefore, a failure on any one event constitutes a failure of the entire Test Battery and will exclude the applicant
- The Physical Performance Test Battery and Single Standards are detailed below along with a general explanation of each test event's protocols:

Municipal Police Officers Education and Training Commission (MPOETC) Standards

Male standards

Event	Age 18-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Sit-ups (1 minute - reps)	35	32	27	21	17
300-meter run (time - sec)	62.1	63	77	87	87
Push-ups (1 minute - reps)	26	20	15	10	8
1.5-mile run (time)	13:16	13:46	14:34	15:58	17:38

Female standards

Event	Age 18-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Sit-ups (1 minute - reps)	30	22	17	12	4
300-meter run (time - sec)	75	82	106.7	106.7	106.7
Push-ups (1 minute - reps)	13	9	7	7	7
1.5-mile run (time)	15:52	16:38	17:22	18:59	21:20

This is a cumulative test. All events must be completed within two (2) hours.

Testing Order:

- Sit-ups
- 300-meter run
- Push-ups
- 1.5-mile run

All Applicants:

- Are given a minimum rest time of five (5) minutes between events
- Are required to pass the Entrance Fitness Test with a score at the 30th percentile (charts above) in each event based on their biological (birth) gender and age at the time of testing
- Accepted into the police academy as enrolled cadets must maintain the 30th percentile physical fitness assessment standard throughout the academy until completion