

Berks County Chiefs of Police Association

Consortium Testing

P.O. Box 13296

Reading, PA 19612-3296

www.berks.policechief.org

Dear Physician:

In order for (print applicant's name) _____, an applicant for the position of police officer, to participate in the physical agility test, it is a necessary for him/her to obtain clearance from a licensed physician. Please review the test guidelines on the reverse side of this form and sign the appropriate line below. Additional space is allowed for comments, including any limitations on applicant's participation.

All testing is monitored by certified fitness coordinators. Testing is ended when the applicant meets the requirement, i.e. if the standard is 20 push-ups, the test ends when the applicant meets that standard. Any additional push-ups will not be counted. The test is of the pass/fail type.

I have examined the applicant whose name is listed above.
The applicant **MAY** participate in Physical Fitness Tests.

Physician's Signature: _____

OR

I have examined the applicant whose name is listed above.
The applicant **MAY NOT** participate in Physical Fitness Tests.

Physician's Signature: _____

Comments: _____

Questions regarding this form or the Physical Fitness Tests shall be directed to: William Gibson, Physical Fitness Consultant, Pennsylvania Chiefs of Police Association, 3905 North Front Street, Harrisburg, PA 17110, bgibson@pachiefs.org or (717) 579-7299.

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It is the responsibility of each applicant to possess an acceptable level of physical readiness which insures that the applicant is, at all times, at a level of physical readiness necessary to perform the essential tasks of a police officer.

In order to insure that each applicant can perform his/her duties safely and effectively without undue risk to themselves or the public, the applicant is required to take the Physical Fitness Tests as part of the selection procedures. This test was designed using the guidelines of the "American College of Sports Medicine" and the "Cooper Institute For Aerobics Research."

The test battery consists of:

300 Meter Run	66 Seconds
Sit-ups	30 Reps in 1 Minute
Push-ups	25 Reps in 1 Minute
Vertical Jump	15.5 Inches
1.5 Mile Run	15 Minutes 54 Seconds

Each test is preceded by a warm-up or rest period, with a mandatory cool-down period at the conclusion of the tests.