



Waiver and Release

City of Hiram Police Department

217 Main St.

Hiram, GA. 30141

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[Hiram Police Department](#)

PHYSICAL AGILITY TESTING

The City of Hiram has chosen the Cooper Institutes standards for public safety employees. The physical fitness test will be conducted by a certified fitness professional. The fitness test will measure the applicant's ability to perform the essential functions of a police officer without reasonable accommodation. Each candidate must complete the following physical fitness test and obtain the minimum score in order to continue in the hiring process. There will be no re-test.

TEST	MINIMUM SCORE	REST
Vertical Jump	16.5 in	2 minutes
1-Minute Sit-Up	27	5-10 minutes
Push-Ups	18	10-15 minutes
300 Meter Run	68 seconds	5-10 minutes
1.5 Mile Run	15:20	Done

Candidates are strongly recommended to make the following preparations prior to the fitness assessment:

- *Fast for one hour prior to the fitness assessment. It is recommended that no food or light food items are consumed and that no caffeinated beverages or beverages with a high acidic content are consumed within one hour of testing.*
- *Wear workout clothing.*
- *Wear athletic shoes for running.*
- *Refrain from using tobacco products three to four hours prior to assessment.*

Candidates should consider having a complete physical exam at their own expense prior to attempting the physical fitness test.

I, the undersigned, acknowledge that I have willingly chosen to participate in the Hiram Police Department's physical fitness test for police officer candidates.

I hereby release the City of Hiram and its officials, employees, and agents from any liability for injuries or death which may occur as a result of my participation in the police officer physical agility tests.

I sign this waiver and release willingly and of my own volition without coercion of any kind. I understand that by signing this form I give up all rights whatsoever to recover damages from the City for injury or death arising out of the physical agility testing.

Name (print)

Signature

Date

Witness

Date