

CLINTON COUNTY DEPARTMENT OF PERSONNEL
RETEST POLICY
FOR PHYSICAL AGILITY TESTS

A candidate who passes the written examination, but does not participate in the physical agility performance test on the scheduled date, or does not pass the physical agility performance test, may be allowed to retake the physical agility performance test one time. Candidates may retake the physical agility test today for the current vacancy or for the next vacancy for which their name is issued.

Candidates who do not successfully complete the physical agility performance test and retest will be removed from the eligible list since the physical agility test is part of the examination.

ACCIDENT WAIVER

WHEREAS, the Clinton County Department of Personnel, the Municipal Civil Service Agency with jurisdiction, called an examination to be held for the position of Police Officer; and

WHEREAS, I _____, the undersigned

residing at _____ have presented to said Department of Personnel my signed application to participate in this examination and have been informed that as a part of the examination given for this position, it will be necessary for me to demonstrate my strength, endurance and physical agility in a series of tests;

NOW, THEREFORE, I, for myself, my heirs, executors, administrators or assigns hereby waive any or all claims against the Department of Personnel, the Personnel Director, the Physical Fitness Screener(s) and the County itself, and any State agency or member thereof, now or hereafter to accrue for, on account of, because of any injury or damage that I may sustain because of, in connection with, or on account of this physical, strength, and agility test and hereby release the Department of Personnel, the Personnel Director, the Physical Fitness Screener(s) and the County, or any State agency or member thereof, from any or all liability of claim for damages for any injuries occurring as a result of these tests.

SIGNATURE

DATE

WITNESS SIGNATURE

DATE

MEDICAL & PHYSICAL FITNESS STANDARDS AND PROCEDURES FOR POLICE OFFICER CANDIDATES

Sit-up Muscular endurance (core body) – The score indicated below is the number of bent-leg sit-ups performed in one minute.

Push-up Muscular endurance (upper body) – The score indicated below is the number of full body repetitions that a candidate must complete without breaks.

1.5 Mile Run Cardiovascular capacity –

The (time) score indicated below is calculated in minutes:seconds.

AGE: GENDER		TEST		
	AGE	SIT UP	PUSH UP	1.5 MILE RUN
MALES	20-29	38	29	12:38
	30-39	35	24	12:58
	40-49	29	18	13:50
	50-59	24	13	15:06
	60+	19	10	16:46
FEMALES	20-29	32	15	14:50
	30-39	25	11	15:43
	40-49	20	9	16:31
	50-59	14	-	18:18
	60+	6	-	20:16

PHYSICAL FITNESS SCREENING TEST
FOR
POLICE OFFICERS AND DEPUTY SHERIFF

MUNICIPAL CIVIL SERVICE AGENCY

TEST DATE

CANDIDATE'S NAME

SIGNATURE

AGE

DATE OF BIRTH

EVENT	SCORE	MINIMUM PASSING	RESULTS PASS OR FAIL
SIT-UP Bent Leg Sit-Ups. Timed for one (1) minute. (Hold Feet Down)			
PUSH-UP Full body reps-without breaks			
1.5 MILE RUN (18 laps at CCC= 1.5 miles) (15 laps at Field House=1.5) (16.5 laps at City Rec = 1.5)			
FINISH TIME			
START TIME			
TOTAL TIME			
LAPS COMPLETED			

FINAL RESULTS: _____ PASSED _____ FAILED

EXAMINED BY: _____

CHECKED BY: _____

RETEST FORM

A candidate who does not pass his or her first agility test may choose to retest for the current vacancy or wait for the next vacancy for which their name is issued.

Please indicate which you prefer:

I will retest for the current vacancy today.

I will retest for the next vacancy for which my name is issued.

PRINT NAME

SIGNATURE

DATE

WITNESS SIGNATURE

DATE