**PHYSICAL ABILITY TEST AUTHORIZATION FORM**

Each candidate seeking employment as a Mount Airy Police Department Entry-Level Police Officer will participate in the following physical ability tests after a warm-up period:

The physical ability test will consist of the following:

* 1.5 Mile Run/Walk
* Push-ups (One Minute)
* Sit-ups (One Minute)
* 300-meter run
* Barrier climb
* Moving/dragging weight (160-pound dummy)

The candidate must achieve the following minimum scores:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Male / Age** | **Sit-ups** | **Push-ups** | **1.5 Mile Run** | **300 Meter Run** |
| 20-29 | 40 | 33 | 12:53 | 56.0 |
| 30-39 | 36 | 27 | 13:25 | 57.0 |
| 40-49 | 31 | 21 | 14:10 | 67.6 |
| 50-59 | 26 | 15 | 15:53 | 80.0 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Female / Age** | **Sit-ups** | **Push-ups** | **1.5 Mile Run** | **300 Meter Run** |
| 20-29 | 35 | 18 | 15:32 | 64.0 |
| 30-39 | 27 | 14 | 16:43 | 74.0 |
| 40-49 | 22 | 11 | 17:38 | 86.0 |
| 50-59 | 17 | 10 | 19:43 | 96.0 |

**Each Candidate will climb up and over a barrier. (Two attempts to pass event) Each Candidate will move/drag 160 pound dummy 30 feet.**

**TO BE COMPLETED BY CANDIDATE**

**CANDIDATE’S NAME (PRINTCLEARLY):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SOCIAL SECURITY NUMBER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **DATE OF BIRTH:**

**TO BE COMPLETED BY PHYSICIAN**

**I certify that I have reviewed the above requirements and it is my opinion that the above-named candidate can perform the elements of this test with undue risk to himself/herself. Forms completed by Nurse Practitioners will be accepted.**

**PHYSICIANS’S NAME:** **PHYSICIAN’S ADDRESS:** **PHYSICIAN’S TELEPHONE:** **PHYSICIAN’S ORIGINAL SIGNATURE:**

**PLACE IMPRINT OF DOCTOR’S OFFICE STAMP HERE**

**\*DATE:** (Form is valid for six months from the date of physician’s signature)

**PHYSICIANS / NURSE ONLY** may contact CPL Ginevra at 301-703-1375 with any questions regarding this test.