

APPLICANT INFORMATION

The Milford Police Department will begin the testing of applicants to establish a list of appointment for full time positions as Police Officers. The Physical Agility test will be held on a date **To Be Determined**.

You are requested to review the enclosed information carefully as it contains information, requirements, and qualifications needed to take part in the first phase of the testing process.

Enclosed in this package you will find the following:

1. Information on the Agility test.
2. Doctor's Certification of Fitness (*Note: Doctor must review Agility Battery instructions at time of physical. The doctor's Certification of Fitness Form must be completed and turned in at the Agility test. Fitness forms will be collected at the Agility test site only!*).
3. C.H.I.P. Card applicant information (to be used by applicants who have a valid CHIP card for the date of the agility test). Valid CHIP card applicants will be contacted, by email, when the written test is scheduled. Valid CHIP card applicants are not to appear for the agility test.
4. Liability Waiver Form – (Collected at Agility test site only!).

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Important:

1. Applicants will be required to show a photo I.D. at the test site. If your application has not been submitted through policeapp.com by **11:59 PM** on the determined deadline you will not be eligible to enter this process.
2. If you fail to have a completed Doctor's Certificate of Fitness to participate in the Agility test, you will **not** be allowed to take the agility test.

CHIP CARD APPLICANTS:

Applicants with valid C.H.I.P. cards must indicate exemption within their application submitted through policeapp.com from participation in the Department agility test in order to be invited for the written exam.

Note: The applicant must pass ***all*** phases of the Agility test to be allowed into the next phase of the examination process.

NO EXCEPTIONS TO THE ABOVE WILL BE ACCEPTED!

APPLICANTS, WHO SUCCESSFULLY PASS THE AGILITY TEST, WILL BE INVITED TO THE WRITTEN TEST, WHICH WILL BE SCHEDULED IN THE VERY NEAR FUTURE.

**CITY OF MILFORD
POLICE TRAINING ACADEMY
PHYSICAL AGILITY TEST**

Note: Bring Agility Battery instructions to your physical. They must be reviewed by your doctor.

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DOCTOR'S CERTIFICATE OF FITNESS TO PERFORM AGILITY TEST

This is to certify that I have reviewed the attached five (5) elements of the Milford Physical Agility test and find that the candidate identified below

Can

Cannot

(Check applicable box)

Perform the elements of the test safely based on his/her physical condition.

Candidate's full name:

Candidate's date of birth: _____

Doctor's Name
(Typewritten or office stamp)

Date of doctor's exam

Doctor's State License #

Doctor's signature _____

I solemnly swear that the above doctor's physical and Certification of Fitness is true and accurate to the best of my knowledge, belief and abilities.

Candidate's signature _____

Date _____

MILFORD POLICE DEPARTMENT AGILITY TEST WAIVER OF LIABILITY

Having been allowed to voluntarily participate in the Milford Police Department's entry-level physical agility test, it is agreed that the Milford Police Department and the City of Milford

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shall not be held liable for any injuries or damages received by myself in connection with said activities.

Name _____

Address _____

Date of Birth _____

Applicant's Signature _____

(To be signed at Agility Test in presence of witness)

Witness _____

MILFORD POLICE AGILITY TEST

Quick Reference Chart

PHYSICAL PERFORMANCE

<u>Age/Gender</u>	<u>Sit-Ups</u>	<u>Push-Ups</u>	<u>300 Meter Run</u>	_____
(Minutes:Seconds)	<u>1.5 Mile Run</u>			12:38
Male 20-29	38	29	59 seconds	
Male 30-39	35	24	59 seconds	13:04
Male 40-49	29	18	72 seconds	13:49
Male 50-59	24	13	83 seconds	15:03
Male 60-69	19	10	N/A	16:46
Female 20-29	32	15	71 seconds	14:50
Female 30-39	25 11	79 seconds	15:38	Female 40-49 20 9 94 seconds 16:21
Female 50-59	14 7	N/A	18:07	
Female 60-69	N/A	N/A	N/A	20:06

- **Muscular Endurance:** The score is the number of bent-leg sit-ups performed in one minute.

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- **Absolute Strength:** The score is the number of correct full-body push-ups performed in one minute.
- **Anaerobic Power:** The score is the time it takes the candidate to run at maximal effort for a distance of 300 meters.
- **Cardiovascular Capacity:** The score is the time (minutes:seconds) it takes the candidate to perform a 1.5-mile run.