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.

MOUNT AIRY POLICE DEPARTMENT

<u>**TO BE COMPLETED BY CANDIDATE**</u>

CANDIDATE'S NAME (PRINTCLEARLY):

SOCIAL SECURITY NUMBER _____ **DATE OF BIRTH:** _____

<u>**TO BE COMPLETED BY PHYSICIAN**</u>

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 Chief Ginevra at 301-703-1375 with any questions regarding this test.