

BRING THIS WAIVER WITH YOU TO
THE TEST SITE.

I HAVE REVIEWED THE ATTACHED DESCRIPTION OF
THE BALTIMORE COUNTY POLICE DEPARTMENT PRE-
EMPLOYMENT PHYSICAL AGILITY TEST AND CERTIFY
THAT THE APPLICANT,

_____, _____,
(Applicant's Name) (Date of Birth)

IS UNDER MY CARE AND IS IN APPROPRIATE PHYSICAL
CONDITION TO BE ABLE TO SAFELY PERFORM THE
PHYSICAL AGILITY TEST AS DESCRIBED ON THE
REVERSE SIDE.

AUTHORIZING PHYSICIAN SIGNATURE

PHYSICIAN'S NAME (Type or Print)

ADDRESS

CITY, STATE, ZIP CODE

PHONE

YOU WILL NEED TO BRING THIS SIGNED WAIVER FROM YOUR DOCTOR TO THE TEST SITE IN ORDER TO PARTICIPATE. YOU WILL BE NOTIFIED AS TO THE DATE, TIME AND LOCATION OF THE TEST.

BALTIMORE COUNTY PRE-ENTRANCE PHYSICAL AGILITY TEST POLICE OFFICER/CADET

The following is the test that you will have to complete successfully to continue in the selection process:

SIT-UP MUSCULAR ENDURANCE-The score is the number of bent-leg sit-ups performed in one minute.

BENCH ABSOLUTE STRENGTH-One repetition maximum bench press using Dynamic Variable Resistance protocol (Universal Weight System). The score is a ratio of weight pressed divided by body weight.

1.5 MILE RUN CARDIOVASCULAR CAPACITY - 1.5 mile run. The score is in minutes: seconds

**TRIGGER/
SLIDE PULL** HAND STRENGTH – Trigger Pull is measured in seconds for strong and weak hands. (45 sec. – S-30, W-20). Slide Pull is measured in minutes for number of times slide is pulled. (Min. 5 times in 20 seconds). Scoring is same for male/female, all ages.

Minimum Scores for Employment as a Law Enforcement Officer in Baltimore County:

<u>AGE/SEX</u>	<u>TESTS</u>		
	SIT-UP	BENCH	1.5 MILE RUN
MALE			
20-29	35	.93%	13:08
30-39	32	.83%	13:48
40-49	27	.76%	14:33
50-59	21	.68%	16:16
FEMALE			
20-29	30	.56%	15:56
30-39	22	.51%	16:46
40-49	17	.47%	18:26
50-59	12	.42%	20:17

VISUAL STANDARDS – all candidates must have binocular vision. Corrected vision shall be at least 20/30 in the weaker eye and shall be for both eyes together. The uncorrected standard shall not be worse Than 20/100 in the weaker eye (20/180 is soft contacts are worn regularly and consistently for vision correction.