

Appendix 2  
Informed Consent

The Health/Fitness Assessment that you will undergo will be composed of six events:

1. Vertical Jump Test
2. 1 Repetition Maximum Bench Press
3. 1 Minute Sit-ups
4. 1 Minute Push-ups
5. 1.5 Mile Run
6. 300 Meter Run

All events are job related and designed to measure a candidate's general health and fitness. A candidate's general health and fitness is directly related to how he/she would perform in the areas of foot pursuit, lifting of persons/objects, dragging persons or equipment, climbing, jumping, pushing disabled vehicles, use of force situations, and putting himself/herself over obstacles in emergency or pursuit situations which require agility skills, strength, coordination and good physical condition.

All Candidates will be monitored throughout the test. If a person is not tolerating the stress, the activity will be stopped. Mild lightheadedness and muscle soreness may occur, but is not unusual and usually dissipates quickly. Risk of injuries is always possible in all physical activity, but is usually minimal and rare. Any injuries which do occur must be reported to your instructor immediately. Candidates should be familiar with their maximum bench press relative to free weights and an Olympic bar.

By signing the consent form, you are acknowledging that you understand the program and the potential risks. You also agree to provide a physician's certification medically clearing you for the testing procedure.

You will not be tested if you do not have a completed physician's referral form on the date of testing.

Dated: \_\_\_\_\_

Candidate: \_\_\_\_\_

Signature: \_\_\_\_\_