

**Hanover Police Department**

46 Lyme Road, Hanover, NH 03755

(603) 643-2222

Charles B. Dennis, Chief of Police

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**PHYSICAL AGILITY TEST RELEASE/WAIVER**

I have chosen to participate in the Physical Agility Test conducted by the Hanover Police Department. I understand that the test involves my participation in several physical exercises. I understand that the exercises involve:

* Push-ups
* Sit-ups
* Running 1.5 miles

I acknowledge and understand that physical strain and/or bodily injury to any degree could result to myself while participating in the Hanover Police Department’s Physical Agility Test.

I agree and promise to hold the Hanover Police Department, the Town of Hanover, NH and officials and employees thereof harmless; and to release them from liability for any strain and any bodily injury to myself, apparent or not readily discoverable, that may occur because of my participation in the Physical Agility Test.

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 Signature of Participant

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 Printed Name: Participant

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 Date