



Gloucester County Police Academy  
1400 Tanyard Road  
Sewell, NJ 08080

**HOLD HARMLESS AGREEMENT-PARTICIPANT (PT PREP PROGRAM)**

The physical conditioning you are about to undergo will involve physical exercises that will prepare you for the five major segments of the physical fitness pre-assessment test. Below, are the minimum requirements that must be achieved to enter the police academy:

<u>PHYSICAL ABILITY TEST</u>	<u>CUT-OFF SCORE</u>
1. Vertical Jump	15 inches
2. Sit-up	28 in 60 seconds
3. 300 meter run	70.1 seconds
4. Push-up	24 in 60 seconds
5. 1.5 mile run	15:55 minutes or less

All five events are job related, non-discriminatory, and designed to show how a candidate would perform in situations related to law enforcement training. A candidate who fails to successfully pass the testing would not be effective in a situation which requires agility skills, strength, coordination, and good physical condition.

There have been few, if any, complications for those participating in the voluntary testing program. If a candidate is not tolerating the stress, the activity will be stopped. Risk of injury is possible in all physical activity, but minimal and rare. Any injuries which do occur MUST be reported to the instructor immediately.

I (Print Name) \_\_\_\_\_, in signing this form, state that I understand the description of the program and its possible implications, including potential risks. Further, I agree for myself, my heirs, dependents or personal representatives not to assert any claim or suit for money damages against Rowan College of South Jersey, County of Gloucester, Washington Township Board of Education, Township of West Deptford, Riverwinds Community Center, State of New Jersey, Division of Criminal Justice, Police Training Commission, its officers, agents and employees, for pain or suffering, medical expenses, loss of wages, injuries, permanent disabilities or pecuniary losses by reason of any injuries or losses I or my heirs or dependents may sustain during or as a result of my participation in activities conducted by the Gloucester County Police Academy. Furthermore, by signing this hold harmless agreement, I bind all my dependents, heirs, spouse, and personal representatives to this agreement and waive any derivative rights they may otherwise have based upon any injury or loss I may incur as a result of my participation in the described activities.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date