

# Informed Consent Form

## Cumberland County Police Testing Consortium

The undersigned hereby gives informed consent to engage in a series of procedures relative to taking a battery of exercise tests and participating in a variety of physical activities. The purpose of the testing is to determine physical fitness, cardiovascular function, and health status. All exercise testing and physical activity sessions will be monitored. These activities include walking, running, and calisthenic exercises performed in either field or gymnasium settings.

There exists the possibility that certain detrimental physiological changes may occur during exercise and exercise testing. These changes could include heat related illness, abnormal heartbeats, abnormal blood pressure, and in rare instances, a heart attack. If abnormal changes were to occur, the staff has been trained to recognize symptoms and take appropriate action, including administering CPR and first aid.

I have read this form and understand that there are inherent risks associated with any physical activity and recognize it is my responsibility to provide accurate and complete health/medical history information. Furthermore, it is my responsibility to monitor my individual physical performance during any activity.

I hereby release the Cumberland County Police Testing Consortium, Cumberland County Chiefs of Police Association and its member agencies, officials, employees, and agents from any liability for injuries or death which may occur as a result of my participation in the police officer physical agility tests.

I give informed consent for testing data to be obtained to determine my state of physical readiness as it applies to the following list of essential job functions of a Police Officer for the departments represented by the Cumberland County Police Testing Consortium.

Running for several hundred yards	Climbing over or crawling under obstacles
Pulling or carrying accident, fire or crime victims	Using physical force to apprehend or subdue arrestees
Withstanding prolonged exposure to extreme weather	Withstanding prolonged periods of standing or sitting
Withstanding frequent exposure to stress-producing situations such as encountering persons injured or killed by accident, crime or suicide	Communicating with employees, tenants, patrons, trauma victims, and the traveling public in a professional, effective, and courteous manner
Dealing with domestic disputes	Operating a motor vehicle for long periods of time
Dealing with verbal and physical abuse of the officer including taunts, insults and threats to the officer, family members or fellow police officers	Using firearms effectively and being capable of successfully qualifying with department firearms (rifles, shotguns, handguns.)
Working shifts as assigned	Completing written reports in a clear, concise manner

\_\_\_\_\_  
**Applicant Signature**

\_\_\_\_\_  
**Applicant Printed Name**

\_\_\_\_\_  
**Date**