

## **APPLICANT INFORMATION**

The Milford Police Department will begin the testing of applicants to establish a list of appointment for full time positions as Police Officers. The Physical Agility test will be held on various dates to be determined throughout the hiring process.

You are requested to review the enclosed information carefully as it contains information, requirements, and qualifications needed to take part in the first phase of the testing process.

Enclosed in this package you will find the following:

1. Information on the Agility test.
2. Doctor's Certification of Fitness (***Note: Doctor must review Agility Battery instructions at time of physical. The doctor's Certification of Fitness Form must be completed and turned in at the Agility test. Fitness forms will be collected at the Agility test site only!***).
3. C.H.I.P. Card applicant information (to be used by applicants who have a valid CHIP card for the date of the agility test). Valid CHIP card applicants will be contacted, by email, when the written test is scheduled. Valid CHIP card applicants are not to appear for the agility test.
4. Liability Waiver Form – (Collected at Agility test site only!).

***Important:***

1. Applicants will be required to show a photo I.D. at the test site. If your application has not been submitted through [policeapp.com](http://policeapp.com) by **11:59 PM** on the determined deadline you will not be eligible to enter this process.
2. If you fail to have a completed Doctor's Certificate of Fitness to participate in the Agility test, you will **not** be allowed to take the agility test.

**CHIP CARD APPLICANTS:**

Applicants with valid C.H.I.P. cards must indicate exemption within their application submitted through [policeapp.com](http://policeapp.com) from participation in the Department agility test in order to be invited for the written exam.

**Note:** The applicant must pass **all** phases of the Agility test to be allowed into the next phase of the examination process.

**NO EXCEPTIONS TO THE ABOVE WILL BE ACCEPTED!**

**DOCTOR'S CERTIFICATE OF FITNESS TO PERFORM AGILITY TEST**

This is to certify that I have reviewed the attached five (5) elements of the Milford Physical Agility test and find that the candidate identified below

Can

Cannot

(Check applicable box)

Perform the elements of the test safely based on his/her physical condition.

Candidate's full name:

\_\_\_\_\_

Candidate's date of birth: \_\_\_\_\_

Doctor's Name  
(Typewritten or office stamp)

Date of doctor's exam:

Doctor's State License #

Doctor's signature

\_\_\_\_\_

\_\_\_\_\_

\*\*\*\*\*

**I solemnly swear that the above doctor's physical and Certification of Fitness is true and accurate to the best of my knowledge, belief and abilities.**

Candidate's signature \_\_\_\_\_

Date \_\_\_\_\_

**MILFORD POLICE DEPARTMENT AGILITY TEST WAIVER OF LIABILITY**

Having been allowed to voluntarily participate in the Milford Police Department's entry-level physical agility test, it is agreed that the Milford Police Department and the City of Milford shall not be held liable for any injuries or damages received by myself in connection with said activities.

Name \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth \_\_\_\_\_

Applicant's Signature

\_\_\_\_\_  
***(To be signed at Agility Test in presence of witness)***

Witness

## MILFORD POLICE AGILITY TEST

### Quick Reference Chart

#### PASSING SCORES MEET 40% REQUIREMENTS

- **Muscular Endurance:** The score is the number of bent-leg sit-ups performed in one minute.
- **Absolute Strength:** The score is the number of correct full-body push-ups performed in one minute.
- **Anaerobic Power:** The score is the time it takes the candidate to run at maximal effort for a distance of 300 meters.
- **Cardiovascular Capacity:** The score is the time (minutes:seconds) it takes the candidate to perform a 1.5-mile run.

Age/Gender	SIT-UPS			PUSH-UPS			300 METER RUN			1.5 MILE RUN			
	Reps per minute			Reps per minute			Seconds			(Minutes:Seconds)			
	30%	40%	50%	30%	40%	50%	30%	40%	50%	30%	40%	50%	
Male 20-29	35	38	40	26	29	33	62	59	56	13:16	12:38	11:58	
Male 30-39	32	35	36	20	24	27	63	59	57	13:46	13:04	12:24	
Male 40-49	27	29	31	15	18	21	77	72	67.6	14:34	13:49	13:12	
Male 50-59	21	24	26	10	13	15	87	83	80	15:58	15:03	14:23	
Male 60-69	17	19	20	8	10	15	N/A	N/A	N/A	17:38	16:46	15:56	
Female 20-29	30	32	35	*20	13	15	18	75	71	64	15:52	14:50	14:04
Female 30-39	22	25	27	*15	9	11	14	82	79	74	16:38	15:38	14:34
Female 40-49	17	20	22	*10	7	9	11	106.7	94	86	17:22	16:21	15:34
Female 50-59	12	14	17	*9	7	N/A	N/A	N/A	N/A	18:59	18:07	17:19	
Female 60-69	4	6	8	*3	N/A	N/A	N/A	N/A	N/A	21:20	20:06	20:13	