



City of Warrenton Police Department

Mathew J. Workman, Chief of Police



OREGON PHYSICAL ABILITY TEST (ORPAT) Informed Consent, Waiver and Release

I understand that participation in the physical fitness evaluations, which I am about to undergo, are an integral part of the selection process for the position of Officer with the Warrenton Police Department. I have voluntarily requested to become a candidate for the aforementioned position and I voluntarily desire to undergo the ensuing physical ability evaluations.

EXPLANATION OF THE PHYSICAL ABILITY TEST

The evaluation will include performing an obstacle course and push-pull machine for time of not more than 5 minutes and 30 seconds and a 165-pound "Dummy Drag" for 25' after 60 seconds of rest. **The obstacle course will include:**

- 1) 207' run
- 2) Crossing a balance beam 15' long, 6" wide and 10" high
- 3) Jumping over an obstacle 5' long by 3' wide
- 4) Climbing up and down 5' stairs
- 5) Crawling under an obstacle 30" high and 36" wide
- 6) Jumping over two obstacles 18" high
- 7) Vaulting over a 3' high object
- 8) Falling to your back or stomach multiple times and stand back upright

This course must be completed a total of six times.

Push-Pull Machine: You must push 80-pounds in a complete arc six times
You must pull 80-pounds in a complete arc six times

POSSIBLE RISKS AND DISCOMFORTS OF THE PHYSICAL ABILITY TEST

I am further aware that there is a risk of certain changes/hazards occurring during or following any physical activity involving maximum exertion. These changes/hazards may include muscle strains, ligament strains, falls, contusions, abrasions and abnormalities of blood pressure or heart rate or cardiac complications in rare instances. A physician will not be present during the evaluations, however instructions regarding the signs and symptoms of adverse reactions or responses to exercise have been provided to me. I also recognize that should I experience any adverse reactions, I may immediately terminate my participation in the physical ability evaluation process. Personnel trained in emergency first-aid/CPR will be available.

I acknowledge that I have had ample opportunity to ask questions regarding the physical ability test. Having been adequately informed of the procedures and possible risks, I, the undersigned, acknowledge that my participation is voluntary in the physical ability process for the position of Officer with the Warrenton Police Department. It is my express intent in signing this form to release D.P.S.S.T., the City of Warrenton, Warrenton Police Department, and their employees from any claims whatsoever or costs incurred in connection with said claims, which may arise as a result of my participation in the physical evaluation process. This waiver and release is granted freely, without coercion or any other inducement.

Signature of Applicant

Date Signed

Signature of Witness

Date Signed