

**PIMA COUNTY SHERIFF'S DEPARTMENT DEPUTY SHERIFF CANDIDATE
WAIVER OF LIABILITY FOR PHYSICAL FITNESS ASSESSMENT**

The Physical Fitness Assessment consists of the AZPOST Peace Officer Physical Aptitude Test (POPAT), involving five individually administered tests. These tests were developed through extensive examination and detailed job analysis, and simulate actual job-related tasks for commissioned peace officers (navigating obstacles, moving incapacitated individuals, etc.)

Peace Officer Physical Aptitude Test	
EVENTS	TIME
	<small>All times are in seconds</small>
99-YARD OBSTACLE COURSE Run a 99-yard obstacle course consisting of several sharp turns, a number of curb height obstacles, and a 34-inch obstacle that must be vaulted	33.5
BODY DRAG Lift and drag 165 pound, lifelike dummy 32 feet	27.9
CHAIN-LINK FENCE Run five yards to a six-foot, chain-link fence, climb over fence, continue running another 25 yards	15.1
SOLID FENCE CLIMB Run five yards to a six-foot solid fence, climb over fence, continue running another 25 yards	19.6
500-YARD RUN Run 500 yards (equivalent to one lap plus 60 yards of a standard running track)	199.9

Revised 03/2014

Certain risks are inherent in any strenuous physical activity, particularly for those who do not exercise on a regular basis. Possible risks include abnormal blood pressure, fainting, and disorders of the heartbeat to include, in rare instances, heart attack. If you feel you cannot perform any or all of these tests to determine fitness, it is your responsibility to consult with your physician prior to participation.

INFORMED CONSENT: I, _____, understand that the testing process is very rigorous in nature and that there are inherent risks in participating in the described tests, particularly for individuals who do not exercise on a regular basis. Acknowledging and understanding these facts, I hereby waive any and all rights and claims against the Pima County Sheriff's Department, Pima County and their representatives, agents and successors for any and all injuries that may result from my participation in the above described physical fitness evaluation.

Having read the above information and understanding the testing procedures, the possible risks involved, and the "Waiver of Liability/Informed Consent" clause, I consent to participate in the described physical fitness evaluation.

SIGNATURE:	AGE:	DATE:
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Your Physical Fitness Assessment is scheduled for:

LOCATION:
Pima County Sheriff's Department Training Center,
1250 W. Silverlake Rd., Tucson, AZ.

(Behind the Adult Detention Center. Enter just west of the Santa Cruz River and follow the road around to the Training Center, located in the back. **DO NOT PARK IN THE PARKING LOT IN FRONT OF THE BUILDING. PARK IN THE LOTS TO THE EAST AND WEST OF THE BUILDING.**)

