

**Borough of Coplay**  
**Civil Service Commission**  
**Physical Agility Test**  
**Release Form**

The physical agility examination will not be administered to an Applicant unless the Applicant produces a signed statement from a private physician who has reviewed the description of the examination that the Applicant can safely perform the examination, and the Applicant provides a written document assuming responsibility for the examination and releasing the Borough, the Commission, and their officers, Borough Council members, Commission members, employees, and agents or injuries incurred by the Applicant in performing the examination. Any Applicant who fails to provide the required documentation by the date of the examination shall be deemed to have failed the physical agility examination. An Applicant who fails the physical agility examination shall be rejected and shall not proceed further in the application process.

**Physical Agility Testing:**

- **Quarter Mile Run.** An Applicant is required to run a distance of one-quarter mile on a pre-measured course in less than 110 seconds.
- **Vertical Jump.** Applicant is to stand in front of a box measuring 16 inches high. With their feet together and parallel, the Applicant will perform a vertical jump and must land on the platform. Any part of the body hitting the platform will be considered an unsuccessful jump. Both feet must land simultaneously, an Applicant cannot raise one leg and assist the other to land on the platform. Applicant must start from a squatting position, and cannot have a running start, or pivot before the jump begins. The Applicant has three attempts to complete the standard mark of 16 inches.
- **Body Drag.** An Applicant is required to remove a simulated motor vehicle operator weighing approximately 200 lbs. from behind the steering wheel of a motor vehicle and drag the simulated operator to a point 50 feet from the vehicle.
- **Stretcher Carry.** Applicants will be paired off and required to carry a stretcher with a simulated patient weighing approximately 200 lbs. over a distance of 100 feet. Those Applicants failing on the first attempt will be allowed to retake the exercise with a person who has successfully completed the exercise.
- **30 Second Trigger Pull.** Within a 30 second time limit per hand, an Applicant is required to repeatedly pull fifteen times for each hand the trigger of a double action nonfunctional revolver with arms horizontally extended.

\_\_\_\_\_  
Applicant's Name

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

\_\_\_\_\_  
Print Name of Physician

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Address

\_\_\_\_\_  
Telephone Number

