



WILMINGTON POLICE DEPARTMENT
WILMINGTON, DELAWARE



PHYSICAL ABILITY TEST RELEASE FORM

THIS FORM MUST BE SIGNED AND NOTARIZED PRIOR TO REGISTRATION FOR THE WILMINGTON DEPARTMENT OF POLICE—PHYSICAL ABILITY EXAMINATION.

I, _____,

hereby release the City of Wilmington, Department of Police, its agents, and its employees from any liability for any injury I may suffer in the process of assessing my physical fitness for the purpose of obtaining employment with Wilmington Department of Police. I understand that the job for which I have applied is physically demanding; I understand that this fitness examination is physically demanding. My participation in the physical fitness assessment is for my benefit in furtherance of my application for employment with the City of Wilmington. I understand that if I leave the examination prior to completion, I will fail the examination. I understand that I am not an employee of the City of Wilmington within the meaning of the Delaware Worker's Compensation Act at the time I take the physical fitness examination. I further understand that taking this physical fitness examination will not ensure my employment with the Wilmington Department of Police. I understand that I risk injuring myself or aggravating pre-existing conditions in the process of undergoing this physical fitness assessment.

Understanding the risks involved, I waive any claim I may have against the Wilmington Department of Police, the City of Wilmington, and its agents and employees for any injury or aggravation of a pre-existing condition that I may suffer as a result of my participation in the physical fitness assessment in furtherance of my application for employment with the City of Wilmington, Department of Police.

SIGNED: _____

SUBSCRIBED AND SWORN to before me this _____ day of _____,
by _____ WITNESS my hand and official seal.

My commission expires: _____



**WILMINGTON POLICE DEPARTMENT
WILMINGTON, DELAWARE**



**PHYSICAL ABILITY TEST
DESCRIPTION AND REQUIREMENTS**

The physical ability test is designed to assess an applicant's basic physical condition, as well as to assess his/her ability to meet or exceed minimal standards in all phases of police work. The test consists of three (3) muscular endurance components and one (1) aerobic endurance component. The applicant will be required to meet or exceed the below listed minimum standards for each component of the test; failure to meet the below listed minimum standard for any component of this test will result in the applicant's failure of the physical ability test, thus, he/she will be eliminated from the process.

**MUSCULAR ENDURANCE
(PART 1)**

PUSH-UP TEST

The applicant will begin by having the body raised off the floor in the "up" position, arms straight and shoulder width apart, legs and back straight with feet together. A completed push-up will be executed by the applicant lowering him/herself from the "up" position until the elbows are locked. During the exercise, the applicant's body line (from head to ankles) will remain straight with both feet on the floor. The applicant will do as many push-ups as he/she can in one (1) minute. Resting is permitted in the "up" position. A full body push-up will be required for both men and women. The below chart lists the minimum number of push-ups an applicant must complete in one (1) minute to pass this component of the test.

Exercise	Male		Female	
	Age 20-29	Age 30-36	Age 20-29	Age 30-36
Push-ups	22	17	10	8

SIT-UP TEST

The applicant will begin by lying on his/her back with heels flat on the floor. With bent knees the applicant will raise to a sit-up position with arms crossed on his/her chest. The applicant's feet may be secured by a partner. A sit-up will be executed by raising the upper body until the elbows touch the knee; hands must maintain contact with the chest throughout the entire exercise. The applicant will then lower the upper body down until the small of the back touches the floor. The applicant will have one (1) minute to do as many sit-ups as possible. Resting is permitted in the "up" position. The below chart lists the minimum number of sit-ups an applicant must complete in one (1) minute to pass this component of the test.

Exercise	Male		Female	
	Age 20-29	Age 30-36	Age 20-29	Age 30-36
Sit-ups	33	30	24	20

VERTICAL JUMP TEST

This is a measure of jumping or explosive power. Using a yardstick taped to a smooth wall, the applicant will stand with one side toward the wall and reach as high as possible to mark his/her "standard reach." The applicant will then jump as high as possible marking the wall above his/her "standard reach" mark; this will be the applicant's "jump mark." Prior to the jump, one foot must remain stationary on the floor. The "score" is the distance between the standard reach mark and the top of the jump mark. The best of three (3) trials will be the applicant's "final score." The below chart lists the minimum final score the applicant must achieve to pass this component of the test.

Exercise	Male		Female	
	Age 20-29	Age 30-36	Age 20-29	Age 30-36
Vertical Jump	17.5"	16.5"	12.6"	11"

**AEROBIC ENDURANCE
 (PART 2)**

1.5 MILE RUN TEST

The applicant will run 1.5 miles as fast as possible. During the administration of the test, the applicant will be informed of his/her lap and finish times. Upon completion of the run, a mandatory "cool down" period will be enforced. The cool down period will require the applicant to walk slowly for a period of five (5) minutes immediately after the run. The below chart lists the maximum time (depicted as minutes:seconds) an applicant has to complete the 1.5 mile run to pass this component of the test.

Exercise	Male		Female	
	Age 20-29	Age 30-36	Age 20-29	Age 30-36
1.5 Mile Run	13:58	14:33	17:11	18:18