

**ST. CHARLES COUNTY
PRE-EMPLOYMENT PHYSICAL AGILITY TEST
APPLICANT DISCLAIMER AND
MEDICAL CLEARANCE FOR PARTICIPATION**

APPLICANT DISCLAIMER

I, the undersigned, agree to hold St. Charles County, entities thereof, all other agencies, and the administrators of the physical fitness pre-employment test **free and harmless** from any injuries of physical problems which I might incur as a result of performing or participating in the physical agility portion of the employment procedure, which is part of the process to qualify myself for potential employment as a law enforcement officer with St. Charles County.

This test is known to me as "The PQ Tests for Police Candidates" and is validated and scored by the American Physical Qualification Testing Corporation.

I further believe that from knowing my own physical abilities and limitations, and that unprepared strenuous physical exertion can have serious complications, and after having an absolute understanding of the battery of tests which I am to take, that I am capable of involvement in this portion of the hiring process.

Furthermore my personal medical doctor, after reviewing the different physical qualification tests involved, a copy of which is printed on the back of this form, has been brought to his/her attention, gives his/her approval of my ability to participate in the required testing, which has a two hour time limit.

Candidate's Printed Name

Signature

Date

MEDICAL CLEARANCE

I have reviewed the different physical qualifications tests involved, (which are printed on the back of this form) and understand these four PQ tests must be completed within a two hour time limit. Based upon this information, and my assessment of the applicant's state of health, I believe that the applicant can safely participate in the Physical Agility Test.

Printed Name/Title

Signature

Date

Candidate's Medical Doctor

Doctor's Address : Street, City, State, Zip Code

THE PQ TESTS FOR POLICE CANDIDATES

Developed by PHYSICAL STANDARDS RESEARCH FOUNDATION, the PQ Tests have been designed to determine which job applicants have the physical abilities necessary to perform certain representative emergency tasks required of police officers.

The PQ Tests are a battery of four physical qualification tests.

PQ Test #1 --- Backyard Pursuit Test A timed run over an obstacle course involving running, dodging, vaulting, jumping and crawling. You must run the complete course 3 times. Total distance for the three laps is 225 yards.

1. Vault over 46" box
2. Jump 6' ditch
3. Crawl under 18" high 6' long obstacle

PQ Test #2 --- Stretcher Carry Test A timed test of ability to carry a loaded stretcher up and down stairs. Total time 45 seconds.

1. Carry 2 50-lb. dumbbells up 10 steps.
2. Back down steps slowly.
3. Repeat step 1
4. Turn, and walk down steps slowly
5. If 45 seconds hasn't elapsed, stand and hold dumbbells at side until time has elapsed.

PQ Test #3 --- Emergency Lift and Drag Test A timed test to determine the candidate's ability to run to a limp body and carefully lift and drag the body 60'.

1. Run 60' to limp body.
2. Grip victim under arms and drag the body 60'.

PQ Test #4 --- Pursuit Run Test A timed test to determine the candidate's ability to pursue a fleeing person, with only one change of direction. Test of speed and cardio-respiratory endurance. Total distance 300 yards.

1. Run 150 yards, run around cone and return 150 yards.

All four of the tests must be completed within a 2 hour time limit.

ADDENDUM TO APPLICATIONS: Deputy Patrol &/or Park Ranger

St. Charles County anticipates a highly competitive process for the few future vacancies that are anticipated. We are interested in hiring only the best possible candidates for these important positions. While we will be looking for candidates that excel on the standardized written and physical agility tests and during the structured oral interview, we also feel that it is important to give credit to those applicants who have highly successful work histories, academic records, and relevant special training. **We understand that gathering and submitting the information listed below may involve some inconvenience, however, the information is necessary so that we may give proper credit to those who have exemplary qualifications for our positions. It is not necessary to submit Addendum information for both Deputy Patrol AND Park Ranger. The information need only be submitted once.**

For those applicants with prior peace officer or park ranger experience:

- * Letters of reference from two professional peace officers (other than County Sheriff's Dept. or Park Dept. employees) with whom you have worked. Letters should address your level of performance and your relationships with peers, supervisors, and the general public.
- * A **listing** of all formal training received in the past 24 months.
- * A **listing** of all formal commendations, honors, or awards received in the past 5 years.
- * A copy of the last 2 performance evaluations that you have received. If you have not been a peace officer long enough to have had 2 performance evaluations, please submit final grade report from your academy.
- * A **listing** of special assignments (DARE officer, Traffic, or SWAT member, Detective bureau, etc.) that you have been given during your law enforcement career.
- * A typed (or neatly written) statement of at least three paragraphs explaining what you think distinguishes outstanding performance in a peace officer position from performance that might be acceptable.

For those applicants with no prior peace officer or ranger experience:

- * Grade report (or similar document) from your police academy showing your class standing, your grades, commendations and awards, etc.
- * Letters of reference from two peace officers, or instructors regarding your level of performance as a peace officer or a student, and your relationships with your peers, supervisors or instructors, etc.
- * A typed (or neatly written) statement explaining any prior work or educational experiences that you feel will help you excel if you are hired as a Deputy Patrol or Park Ranger (whichever is applicable – If applying for both positions, please submit one for each type of position)
- * A typed (or neatly written) statement of at least three paragraphs explaining what you think distinguishes outstanding performance in a peace officer position from performance that might be acceptable.

Information listed above must be received not later than **Friday, May 14, 2010**. References should be sent directly to the Human Resources Department. All material should include the applicant's full name to assure that it is credited properly. All material should be delivered to:

St. Charles County Human Resources
201 No. Second, Rm. 519
St. Charles, MO 63301