

COOK COUNTY
SHERIFF'S MERIT BOARD
69 West Washington - Suite 1100
Chicago, IL 60602



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Fax: 312-603-9865

Email: Sheriff.MeritBoard@ccsheriff.org

PHYSICAL ABILITY TEST RELEASE AND WAIVER

Date: _____

To: Cook County Sheriff's Merit Board

From: Applicant: _____
(Applicant, please **PRINT** your full name)

I understand that the **Cook County Sheriff's Merit Board** mandated **Physical Ability Test**, requires a degree of physical strength and agility and I recognize and acknowledge that there are certain risks of physical injury. As a participant in the **Cook County Sheriff's Merit Board** mandated **Physical Ability Test**, I agree to assume all risks and to release, remise and discharge the Cook County Sheriff's Merit Board, Cook County of Illinois, the Sheriff of Cook County, Moraine Valley Community College, and/or any of its employees and/or agents thereof from any and all claims, demands and liabilities to me, my family or heirs as the direct or indirect result of any and all injuries, death, losses and/or damages to my person or property, I may consider to have been caused or may arise as the result of participating in any and all activities connected with or associated with the **Physical Ability Test**, including any errors or omissions by either the Cook County Sheriff's Merit Board, its agents or employees, and/or any conditions or latent defects in and on the premises where the particular test is given; which are alleged to be the proximate cause of my injury.

I hereby affirm and declare that I have read all the foregoing terms, conditions and declarations and I fully understand and agree with them.

Applicant's Name: (Print) _____

Applicant's Signature: _____

Date: _____

Witness's Name: (Print) _____

Witness's Signature: _____

Date: _____

Applicant: This form must be completed in its entirety and you must bring it with you on your scheduled Physical Ability Test date. Failure to follow these instructions may result in your disqualification.

PHYSICAL ABILITY TEST REQUIREMENTS

How Will Physical Fitness Be Measured?

The Physical Ability Test consists of three (3) basic tests. All applicants must pass every test. All applicants are required to meet the same level of proficiency as stated below each test.

1. One (1) Minute Sit-Up Test

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing Correctional Officer tasks that may involve the use of force and is also an important area for maintaining good posture and minimizing lower back problems.



You must obtain a score of ten (10) bent leg sit ups performed in one (1) minute.

2. 1.5 Mile Run

This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area for performing Correctional Officer tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

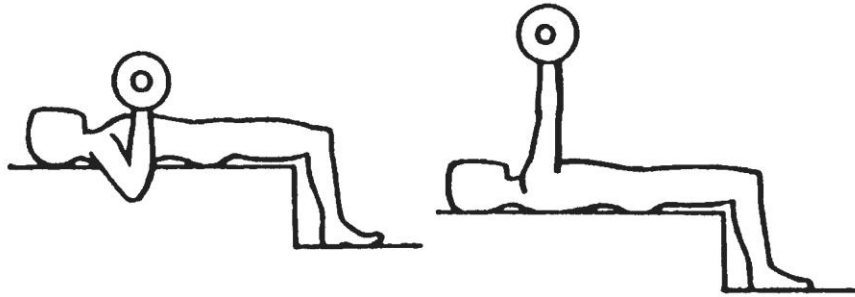


You must complete the 1.5 mile run in 20:44 minutes.

PHYSICAL ABILITY TEST REQUIREMENTS

3. One (1) Repetition Maximum Bench Press

This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate.



You must complete one bench press equal to .39% of your total body weight.

Please Note: You must complete all three components of the Physical Ability Test. It is highly recommended that you begin training as soon as possible.

CAMPUS MAP

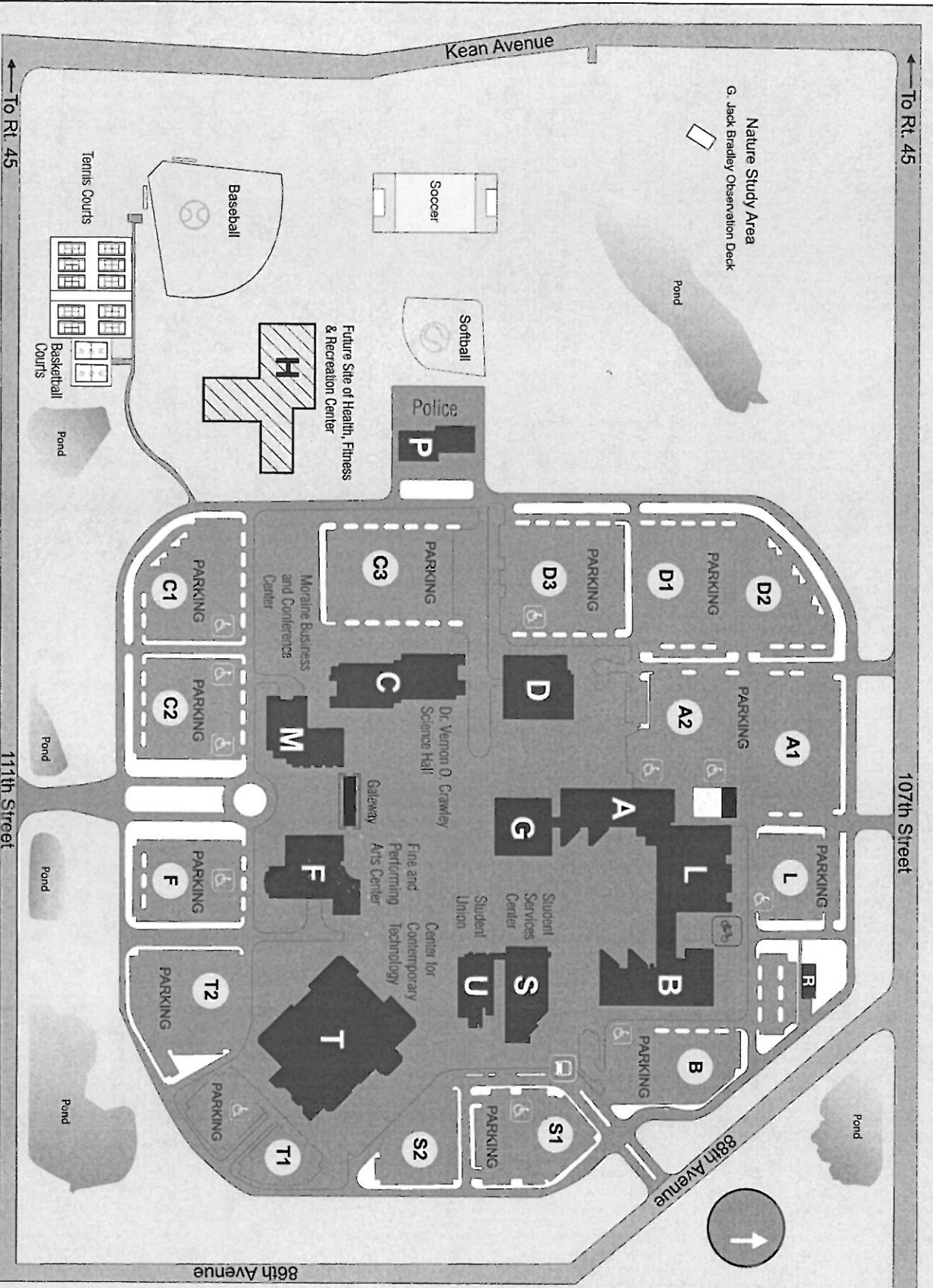
9000 W. COLLEGE PKWY., PALOS HILLS, IL 60465-2478

MORAINEVALLEY.EDU

(708) 974-4300



Moraine Valley
Community College



- Building A**
- Building B**
 - Testing Services
- Building C**
- Dr. Vernon O. Crawley Science Hall**
- Building D**
 - Bookstore
 - President's Office
- Building F**
- Fine and Performing Arts Center**
 - Dorothy Menker Theater
 - John and Angelina Oremus Theater
 - Robert F. DeCaprio Art Gallery
- Building G**
 - Cyclone Center
 - Health Fitness Center
- Building L**
 - Library
 - Dr. Irene H. Bradle Academic Skills Center
- Building M**
- Moraine Business and Conference Center**
 - Foundation Office
- Building P**
 - Campus Operations
 - Police Department
- Building R**
- Receiving and Shipping**
- Building S**
- Student Services Center**
 - Admissions
 - Registration
 - Financial Aid
 - Academic Advising
 - Counseling
 - Cashier
- Building T**
- Center for Contemporary Technology**
 - Fogelson Theater
 - CCCE
- Building U**
- Student Union**
 - Bob and Marge Bobb Social/Cultural Lounge