



Rockingham County

DEPARTMENT OF CORRECTIONS

Jason M. Henry
Superintendent

Major David Consentino
Assistant Superintendent

WAIVER OF RESPONSIBILITY for ENTRANCE LEVEL PHYSICAL AGILITY TESTING

I _____ /_____/_____
(Applicant Printed Name) (D.O.B.)

Of _____
(Complete Home Address)

Do hereby agree that the Rockingham County Department of Corrections, its employees and agents, and all others involved in the testing procedures are released from any claim of liability, and are in no way accountable for any injury or physical malfunction, which should occur during the Entrance Level Physical Fitness Test.

I fully understand that the successful completion of this test is required as part of the NH Group II Retirement plan and initial or continued employment as a Correctional Officer with Rockingham County, NH.

_____/_____/_____
(Applicant Signature) (Date)

_____/_____/_____
(Witness Signature) (Date)

Rockingham County Department of Corrections

Physical Agility Test Record (Entrance Level)

Physical Fitness standards (Circle the Age / Gender that apply)

Age / Gender	Push Ups (60 sec)	Sit ups (60 sec)	1.5 Mile (min:sec)	300 Meter (seconds)	Sit & Reach	Vertical Leap	Bench Press (% BW)
< 20 / Male	27	39	12:53	60	16"	19"	1.01% bw
< 20 / Female	22	30	15:14	74.5	20"	13.9"	57% bw
Results							
Pass / Fail							

Age / Gender	Push Ups (60 sec)	Sit ups (60 sec)	1.5 Mile (min:sec)	300 Meter (seconds)	Sit & Reach	Vertical Leap	Bench Press (% BW)
20-29 / Male	27	37	12:53	60	16"	19"	96% bw
20-29 / Female	22	31	15:14	74.5	19"	13.9"	58% bw
Results							
Pass / Fail							

Age / Gender	Push Ups (60 sec)	Sit ups (60 sec)	1.5 Mile (min:sec)	300 Meter (seconds)	Sit & Reach	Vertical Leap	Bench Press (% BW)
30-39 / Male	21	33	13:24	61	15"	18.5"	86% bw
30-39 / Female	17	24	15:58	80.5	17.8"	12"	52% bw
Results							
Pass / Fail							

Age / Gender	Push Ups (60 sec)	Sit ups (60 sec)	1.5 Mile (min:sec)	300 Meter (seconds)	Sit & Reach	Vertical Leap	Bench Press (% BW)
40-49 / Male	16	28	14:07	74.8	14"	15"	78% bw
40-49 / Female	11	19	16:46	101.8	17"	9"	48% bw
Results							
Pass / Fail							

Age / Gender	Push Ups (60 sec)	Sit ups (60 sec)	1.5 Mile (min:sec)	300 Meter (seconds)	Sit & Reach	Vertical Leap	Bench Press (% BW)
50-59 / Male	11	22	15:20	85	12.5"	13.5	70% bw
50-59 / Female	10	12	18:37	N/A	16"	N/A	43% bw
Results							
Pass / Fail							

Age / Gender	Push Ups (60 sec)	Sit ups (60 sec)	1.5 Mile (min:sec)	300 Meter (seconds)	Sit & Reach	Vertical Leap	Bench Press (% BW)
60-69 / Male	9	18	17:11	N/A	12"	N/A	65% bw
60-69 / Female	4	5	20:46	N/A	15.2"	N/A	41% bw
Results							
Pass / Fail							

Age / Gender	Push Ups (60 sec)	Sit ups (60 sec)	1.5 Mile (min:sec)	300 Meter (seconds)	Sit & Reach	Vertical Leap	Bench Press (% BW)
70-79 / Male	9	18	19:39	N/A	12"	N/A	65% bw
70-79 / Female	4	5	22:20	N/A	15.2"	N/A	41% bw
Results							
Pass / Fail							

VOID

_____ / _____ / _____
 (Applicant Printed Name) (Date)

I affirm that I have witnessed the applicant's performance of the above listed physical fitness tests and properly recorded the results.

VOID

_____ **PASS / FAIL** _____
 (Witness Printed Name) (Overall Test Results – Circle one)