



Hold Harmless Agreement

_____, am a candidate for a recruit position with the Ulster County Law
Recruit
Enforcement Training Group (UCLETG) Police Academy.

By the signing of this agreement, I acknowledge that I have requested an opportunity to take the necessary physical agility tests conducted by the UCLETG and that I have been provided with a list of the physical agility tests: (40%-Entry)

Sit-Ups Muscular Endurance (Core Body) – The score indicated below is the number of bent leg sit-ups performed in one minute.

Pushups Muscular Endurance (Upper Body) – The score indicated below is the maximum number of full body repetitions that a candidate must complete without breaks.

1.5 Mile Run Cardiovascular Capacity – The score indicated below is calculated in minutes: seconds.

Male	Sit-Ups	Pushups	1.5 mile Run
20-29	38	29	12:38
30-39	35	24	12:58
40-49	29	18	13:50
50-59	24	13	15:06
60-69	19	10	16:46
70-79	19	10	18:38

Female	Sit-Ups	Pushups	1.5 mile Run
20-29	32	15	14:50
30-39	25	11	15:43
40-49	20	9	16:31
50-59	14	N/A	18:18
60-69	6	N/A	20:16
70-79	6	N/A	21:31

The undersigned does hereby hold harmless and indemnify to the fullest extent allowed by law the City of Kingston/County of Ulster/UCLETG/ Ulster County Community College and its agents for any damage or injury which may occur to myself or my personal property arising from my participation in said physical agility tests.

By: _____

Sworn to before me this _____

Day of _____, 20_____.

Notary Public