



OKANOGAN COUNTY JUVENILE AND FAMILY SERVICES

PHYSICAL ABILITY TEST WAIVER OF CLAIM FOR INJURY

I am choosing to participate in the Physical Ability Test. I understand that I will be asked to perform the following three (3) physical ability tasks:

1. Push Ups
2. Sit Ups
3. 1.5 Mile Run/Walk

I have reviewed information regarding the physical ability test that will be administered. I have had the opportunity to consult my personal physician and have done so or chose not to. I understand that the physical ability tests are strenuous and hold the potential for serious injury. I acknowledge that I have willingly chosen to participate in this testing.

Accordingly, on behalf of myself and my estate, I hereby release and hold harmless, Okanogan County and all other jurisdictions to whom the test results may or may not be applied or reported, from any and all cost, claim, liability, damage, or cause of action which may result from or out of this testing process, including but not limited to death, physical injury or monetary loss of any kind or nature. I promise to hold harmless and indemnify such companies, agencies, municipalities and/or jurisdictions, from any and all loss, claim, liability, damage, cause of action or cost of defense and/or liability arising out of the testing process, including the reasonable costs of defense by counsel of the entities' choosing, PROVIDED, HOWEVER, this release and promise to indemnify shall not be interpreted to require me to release, and hold harmless or indemnify any party from the consequences of an intentionally tortious act which shall arise from or out of such process.

I sign this waiver and release willingly and of my own volition. I understand that by signing this form I give up all rights whatsoever to recover damages arising out of the testing process.

PRINT Last Name: _____ PRINT First Name: _____ MI: _____

Street Address: _____ Apt #: _____

City, State, ZIP: _____ Phone: (____) _____

Driver's License #: _____ State: _____ Date of Birth: _____

Applicant Signature: _____ Date: _____

Okanogan County Staff Witness: _____ Date: _____

Name		Push-Ups	Points	Sit-Ups	Points	Run	Points	Total					
Push-ups	Points	Sit-ups	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
15	50	18	50	18:31	27.6	18:04	32.3	17:37	37.0	17:10	41.7	16:43	46.45
14	46	17	46.67	18:30	27.7	18:03	32.5	17:36	37.2	17:09	41.9	16:42	46.63
13	42	16	43.34	18:29	27.9	18:02	32.6	17:35	37.4	17:08	42.1	16:41	46.8
12	38	15	40	18:28	28.1	18:01	32.8	17:34	37.5	17:07	42.3	16:40	46.98
11	34	14	36.67	18:27	28.3	18:00	33.0	17:33	37.7	17:06	42.4	16:39	47.15
10	30	13	33.34	18:26	28.4	17:59	33.2	17:32	37.9	17:05	42.6	16:38	47.33
9	0	12	30	18:25	28.6	17:58	33.3	17:31	38.1	17:04	42.8	16:37	47.5
		11 or <	0	18:24	28.8	17:57	33.5	17:30	38.2	17:03	43.0	16:36	47.68
				18:23	29.0	17:56	33.7	17:29	38.4	17:02	43.1	16:35	47.85
				18:22	29.1	17:55	33.9	17:28	38.6	17:01	43.3	16:34	48.03
				18:21	29.3	17:54	34.0	17:27	38.8	17:00	43.5	16:33	48.2
Official Use Only (Do not write in any box below)				18:20	29.5	17:53	34.2	17:26	38.9	16:59	43.7	16:32	48.38
				18:19	29.7	17:52	34.4	17:25	39.1	16:58	43.8	16:31	48.55
		Points		18:18	29.8	17:51	34.6	17:24	39.3	16:57	44.0	16:30	48.73
	Push-Ups			18:17	30.0	17:50	34.7	17:23	39.5	16:56	44.2	16:29	48.9
	Sit-Ups			18:16	30.2	17:49	34.9	17:22	39.6	16:55	44.4	16:28	49.08
	Run			18:15	30.4	17:48	35.1	17:21	39.8	16:54	44.5	16:27	49.25
		≤120		18:14	30.5	17:47	35.3	17:20	40.0	16:53	44.7	16:26	49.43
	Total:			18:13	30.7	17:46	35.4	17:19	40.2	16:52	44.9	16:25	49.6
				18:12	30.9	17:45	35.6	17:18	40.3	16:51	45.1	16:24	49.78
	Pass	Fail		18:11	31.1	17:44	35.8	17:17	40.5	16:50	45.2	16:23	49.95
				18:10	31.2	17:43	36.0	17:16	40.7	16:49	45.4	16:22	50.13
				18:09	31.4	17:42	36.1	17:15	40.9	16:48	45.6	16:21	50.3
				18:08	31.6	17:41	36.3	17:14	41.0	16:47	45.8	16:20	50.48
				18:07	31.8	17:40	36.5	17:13	41.2	16:46	45.9	16:19	50.65
				18:06	31.9	17:39	36.7	17:12	41.4	16:45	46.1	16:18	50.83
				18:05	32.1	17:38	36.8	17:11	41.6	16:44	46.3	16:17	51

Scoring

In order to pass the P.A.T., the participant must earn 120 points from three events while not scoring below the 30 point minimum. The participant can score only the number of points listed in the range for each event. The participant earns "0" points if they do less than the minimum number of repetitions for the event, therefore failure of any single event results in a complete test failure. The participant does not earn more points if they perform above the maximum for the specific event.

Push-ups and Sit-ups are timed events participants have 1 minute per event to complete as many push-ups and sit-ups as they can.