

APPENDIX B
INFORMED CONSENT FOR THE
HEALTH AND FITNESS EVALUATION

1. Explanation of the "health-fitness" and "motor-fitness" test batteries.

The first set of tests you will participate in have been designed to assess your over-all health. The 12-minute Cooper Run has been selected to evaluate the efficiency of the heart, lungs, and circulatory system. You will also undergo a body composition analysis with skin fold calipers to determine your body fat percentage. Lastly in this category, your flexibility of lower back and hamstring musculature will be assessed.

In the "motor-fitness" test battery you will be assessed to determine your muscular-skeletal ability to perform job tasks specifically related to law enforcement. The push-up and squat thrust events will test muscular endurance, while the one repetition bench press is an excellent test of over-all upper body strength. Explosive power will be assessed through the standing vertical jump and broad jump. An optional event, the Police Performance Run, is a series of ten events that integrate the components of speed, balance, flexibility, focus, strength, and stamina.

2. Risks and Discomforts.

There exists the possibility of certain changes occurring during the tests. They include abnormal blood pressure, fainting, disorders of heartbeat, and in rare instances, heart attack. Every effort will be made to minimize these through on-going observation during testing. Emergency equipment and trained personnel will be available to deal with unusual situations which may arise.

The test events being administered to determine the muscular-skeletal system may result in joint sprain and/or muscle/tendon strain. A pre-test warm-up session will be run to minimize these particular possibilities.

3. Benefits to be expected.

The results obtained from the health and fitness tests will assist the Hartford Police Department in determining your over-all health and state of performance readiness. The results obtained will also benefit you in that you will be consciously aware of your physical health and motor ability. Having this awareness will help you target lifestyle activities to better balance your total well-being.

4. Inquiries.

Any questions about the procedures used in the health and fitness tests are encouraged. If you have any doubts or questions, please ask us for further explanations.

5. Freedom of Consent.

Your permission to perform the "health-fitness" and "motor-fitness" test batteries is voluntary. You are free to deny consent if you so desire.

I HAVE READ THIS FORM AND I UNDERSTAND THE TEST PROCEDURES THAT I WILL PERFORM. I CONSENT TO PARTICIPATE IN THE TESTS.

Signature

Date

Print Name

Witness