



### PHYSICAL EFFICIENCY BATTERY "WAIVER"



**United States Park Police**  
Headquarters  
1100 Ohio Drive, S.W.  
Washington, D.C. 20002

I \_\_\_\_\_ understand that I am required to undergo and meet the minimum standards the Physical Efficiency Battery (PEB) test as part of the entrance requirements for employment as a United States Park Police Officer.

I also understand and acknowledge that I am required to meet a 70% efficiency score and failure of any individual segment of the PEB is a failure of the entire PEB test.

Date of my last medical examination: \_\_\_\_\_

Name and address of my medical doctor: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The Physical Efficiency Battery

#### HOW WILL PHYSICAL FITNESS BE MEASURED?

There are four (4) physical fitness tests that will be given in one day as a battery of tests.

1. **Sit and reach test.** This measures flexibility and consists of sitting on the ground with leg outstretched and stretching out over a yardstick or testing box as far as possible. This test is measured in inches.
2. **1 Repetition Maximum (RM) Bench Press.** This measures the absolute strength of the upper body. The test consists of a horizontal or vertical chest press, pushing as much weight as you can one time. This test is measured in pounds (lbs.)
3. **Agility run (The Illinois Agility Test)** This measures agility. The test consists of sprinting and dodging around obstacles over a 60 yard course as fast as possible. This test is measured in tenths of seconds,
4. **1.5 mile run.** This measures aerobic power or cardiovascular endurance (the ability to have stamina over time). The test consists of running/walking as fast as possible the distance of 1.5 miles. This test is measured in minutes and seconds.

*NOTE: We will consider requests for reasonable accommodation for disability or religious reasons under the applicable legal standards. This includes determining whether providing the accommodation would pose an undue hardship.*

Applicant Printed Name \_\_\_\_\_

Applicant Signature \_\_\_\_\_

Date of Signature \_\_\_\_\_

**This waiver is effective for six (6) months from the date of the applicant's signature.**

## NOTICES

### PRIVACY ACT NOTICE

**General:** This information is provided pursuant to Public Law 93-579 (Privacy Act of 1974), December 21, 1984, for individuals completing Federal Investigative forms.

**Authority:** The authority to collect information on the attached form is derived from one or more of the following:

Title 5, Code of Federal Regulations, section 5.2; Title 5, United States Code, sections 1303, 1304, and 3301; sections 8(b), 8(c), and 9(c) of Executive Order 10450; Title 42, United States Code, section 2455; and Title 22, United States Code, sections 1434 and 2585.

**Purposes and Uses:** The information you supply will be used principally as a basis for an investigation to determine your qualification for employment purposes. As part of such an investigation, the Standard Form 87 (Fingerprint Chart) will be sent to the Federal Bureau of Investigation and may be retained there. This information and information developed through this qualification determination may be furnished to designated officers and employees of agencies and departments of the Federal Government for employment purposes, including an access determination, an evaluation of qualifications and loyalty to the U.S. Government, and a determination regarding qualifications to perform a contractual service to the Federal Government. The information may also be disclosed to any agency of the Federal Government having a working relationship with regard to Office of Personnel Management activities, to the intelligence agencies of the Federal Government, or to others having reasons as published in the Federal Register.

**Effects of Nondisclosure:** The Personal Qualification Statement requests specific information. It is in your best interest to answer all of the questions. The U.S. Criminal Code, Title 18 U.S.C. 1001, provides that knowingly falsifying or concealing a material fact is a felony that may result in fines of up to \$10,000 or 5 years in prison, or both. Under 5 U.S.C. 8315, a false answer to questions relating to membership in the Communist Party, U.S.A., or other communist or fascist organizations could deprive you of your right to an annuity when you reach retirement age. Deliberately and materially making false or fraudulent statements on this form will be grounds for not hiring you or for firing you after you begin work. In addition, these violations will become part of your permanent record for future employment.

### PAPERWORK REDUCTION ACT STATEMENT

We are collecting this information subject to the Paperwork Reduction Act (44 U.S.C. 3501) as part of the pre-employment qualification phase of the application process to help us determine your qualifications for the position of a United States Park Police Officer. Your response is required to obtain or retain a benefit; however, failure to provide the requested information may prevent or delay the determination of your pre-employment qualifications, adversely affecting your consideration for appointment as a United States Park Police Officer. The OMB Control Number, 1024-0245, is currently valid. We may not collect this information and you are not required to respond unless this number is displayed.

### ESTIMATED BURDEN STATEMENT

Public reporting burden for this collection of information is estimated to average 10 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding the burden estimate or any other aspect of this collection of information to the Information Collection Clearance Officer, National Park Service, 12201 Sunrise Valley Dr. (MS-242), Reston, VA 20192. Do not send your completed form to this address.