



IDOC Probation and Parole Officer Physical Readiness Waiver Form

APPLICANT'S FULL NAME: _____

The Probation and Parole Officer physical readiness test is comprised of five events:

1. Vertical Jump – Minimum 14 inches
2. One Minute Sit-Ups – Minimum 15 correct sit-ups in one minute
3. Maximum Correct Push-Ups – Minimum 21 correct push-ups
4. 300-Meter Run – Maximum time is 77 seconds
5. 1.5-Mile Run/Walk – Maximum time is 17 minutes and 17 seconds

I have been provided a copy of the details of the physical readiness test and understand that that the physical readiness test is physically rigorous, involves both cardiovascular and musculoskeletal activities, and may entail the risk of accidents or personal injury, which may be serious. I have been informed of the nature and extent of the physical tasks required and I fully understand the potential risks and dangers of engaging in the physical readiness test.

By participating in the physical readiness test, I hereby consent to and agree to assume all risks associated with participating in the physical readiness test and to hold harmless the State of Idaho, the Idaho Department of Correction (IDOC), and all of their officers, agents and employees, for any and all injuries that may arise from my participation. I also hereby voluntarily release, discharge, waive, and relinquish, for myself, my heirs and my assigns, any and all claims, causes of action, damages, and liabilities, known or unknown, which I have or which may hereafter accrue against the State of Idaho, IDOC, or any of their officers, agents or employees, arising out of my engaging in the physical readiness test or any incidental activities, including, but not limited to, for bodily injury, death, property damage, wages or any other consequences. I understand that IDOC is not providing workers' compensation insurance to me against medical or physical injuries that may occur from participating in the physical readiness test.

By signing below, I acknowledge that I have read the foregoing and that I fully understand and voluntarily agree to these terms. I also acknowledge that successfully passing the physical readiness test is a required part of the IDOC Probation and Parole Officer application process for which I have applied.

Signature of Applicant

Date

IDOC Witness

Print Name

Signature

Date