



U.S. Department of Justice

Federal Bureau of Investigation

Washington, D. C. 20535-0001

Special Agent Applicant Liability Waiver

I, _____ (print name), an applicant for a physically challenging position with the FBI, declare that I am currently engaged in a regular physical exercise program and can complete the FBI's physical fitness test without harm to myself. I understand that FBI's physical fitness test is comprised of the following events; 1) one minute of situ-ups, 2) a 300 meter sprint, 3) maximum push-ups, 4) a 1.5 mile run, and 5) maximum pull-ups. I also understand that the events of the physical fitness test will be administered according to the protocols described on "Attachment A." I further understand the purpose of these tests is to measure my general level of physical fitness and my present ability to safely and successfully complete New Agent Training.

By participating in the above described physical fitness tests, I hereby assume all risks associated thereto and I voluntarily waive any and all claims against the U.S. Government and the test administration facilities, or employees thereof, due to any and all injury or damage sustained with my participation or execution of these physical fitness tests.

I have a disability that will require reasonable accommodation to complete one or more of these tests.

Yes No (must check one)

If yes, specify which test(s): _____

(Signature)

(Date)

Witness (FBI Employee)

Field Office

ATTACHMENT A

1. **Sit-ups: Men and Women**

Trainee lies on back with tops of shoulder blades touching the floor; hands behind the head with fingers interlaced. The knees are bent at a ninety degree angle with the feet placed flat on the floor (feet are held in place by a partner with partner's hands at the tongue of the trainee's shoes and knees on the trainee's toes). Trainee raises upper body until the base of the neck is in line with the base of the spine (back is perpendicular to the floor); trainee then returns to the starting position (i.e. the tops of both shoulder blades must touch the floor). This is a timed one (1) minute continuous motion exercise.

2. **300 Meter Sprint**

The event takes place on a 1/4 mile oval track. Trainee will start from a standing position and run 300 meters (3/4 of one lap).

3. **Push-ups: Men and Women**

Trainee begins in front leaning rest position (i.e. hands on the floor one to two hand widths beyond the shoulders and elbows must be away from the body, arms fully extended, body held straight with the feet no more than 3" apart and the toes touching the floor). As the arms are flexed, the body is lowered toward the floor until the upper arms are parallel to the floor (straight line from center axis of elbow to center axis of shoulder). Trainee completes the exercise after returning to the starting position. This is a continuous motion exercise.

4. **1.5 Mile Run: Men and Women**

The event takes place on a 1/4 mile oval track. Trainee runs six (6) laps around the track.

5. **Pull-ups: Men and Women**

Trainee hangs from a horizontal bar, hands at least shoulder width apart (but no more than 23 inches apart as measured from the outsides of the hands) with palms turned away from face and arms fully extended. As the arms are flexed, trainee's body is pulled upward until trainee's chin is higher than the bar. Trainee may not swing or jerk the body or use the legs in an effort to propel the body upward. Trainee's body is then lowered back to the hanging position with the arms fully extended. This is a continuous motion exercise.