

(Name of Law Enforcement Agency)

AUTHORITY TO RELEASE INFORMATION

TO WHOM IT MAY CONCERN:

I hereby authorize the _____ and its authorized representatives bearing this release, or a copy thereof, within one year of its date, to obtain any information in your files pertaining to my employment, military, credit, education or medical records, including not limited to academic, achievement, attendance, athletic, personal history, and disciplinary records, medical records, and credit records.

I hereby direct you to release such information upon request of the bearer. This release is executed with full knowledge and understanding that the information is for official use. Consent is granted to all parties to furnish such information, as described above, to third parties in the course of fulfilling its official responsibilities. I hereby release you, as custodian of such records, and any school, college, university, or other educational institution, hospital, or other repository of medical records, credit bureau, lending institution, consumer reporting agency, or retail business establishment including its officers, employees, or related personnel, both individually and collectively, from any and all liability for damages of whatever kind, which may at any time result to me, my heirs, family or associates because of compliance with this authorization and request to release information, or attempt to comply with it.

I am furnishing my Social Security Account Number on a voluntary basis with the understanding such is not required by any law or regulation. I have been advised that all parties will utilize this number only to facilitate the location of employment, military, credit, and educational records concerning me in connection with this application. Should there be any question as to the validity of this release, you may contact me as indicated below:

Applicant's Printed Full Name: _____

Address: _____

Telephone Number: _____

Applicant's Notarized Signature: _____

Sworn to and signed before me, on this the _____ day of _____, _____, in and for _____ county, in the state of _____.

Signature of Notary Public: _____

NOTARY SEAL

Printed Name of Notary Public: _____

My Commission Expires: _____



HENDERSON POLICE DEPARTMENT PHYSICAL FITNESS STANDARDS PRE-EMPLOYMENT TESTING

The Henderson Police Department will require any applicant applying for a sworn position to meet the following physical fitness standards during the course of their consideration for employment with the department. The three tests will be designed to measure the aerobic/cardiovascular fitness, usable upper body strength and core endurance and strength needed to effectively perform duties related to the safety of the public and the officer. Standards required at the time of testing are listed below.

The testing will consist of:

- **1.5 mile timed run (Minimum time 18:48)**
- **Pushups (Minimum of 10 completed/no time limit)**
- **Sit-ups (Minimum of 16 completed in one (1) minute time limit)**

These tests will be conducted prior to any offer of employment with the department.



Henderson Police Department

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Integrity • Respect • Accountability • Courage • Professionalism • Dedication • Service

Executive Order/Directive - 09/26/2019

Ref: Applicant PT Standards

The Henderson Police Department is adding the Concept 2 Rower test as an alternative for the 1.5 mile run for applicant PT testing. To determine your minimum standard for a passing at 35%, visit the [Texas Department of Public Safety website](#) and follow the steps below:

- select your gender and age range then type in your weight
- under the "Desired Results" section, type in "35"
- click "Calculate"
- you must achieve that time or faster to pass the Concept 2 Rower test.

This calculation will be reviewed and the test will be given by the chief or his designee. The test will be given in the Henderson Police department fitness room.

A handwritten signature in blue ink, appearing to read 'Chad Taylor'.

Chad Taylor, Chief of Police