BOROUGH OF AVALON

DEPARTMENT OF PUBLIC SAFETY

3000 DUNE DRIVE AVALON, NJ 08202

William McCormick Phone: 609-967-3411

*Chief of Police* Fax: 609-368-0114

DATE: June 4, 2015

TO: Eligible Full Time Police Officer Applicants

FROM: Chief William J. McCormick

**SUBJECT: Physical Fitness Testing Information**

This information is ONLY for applicants who received a phone call from the Avalon Police Department stating that your application has been received and you are eligible to continue in the Avalon Police Departments 2015 full time hiring process.

Notified and eligible candidates are invited to participate in the physical fitness test. The test will include the same testing components used in the Police Academy physical fitness test.

You are to report to the Avalon Police Department located at 3000 Dune Dr. Avalon NJ 08202 on Wednesday July 8, 2015 at 2:00PM if your last name begins with the letters A – L or 2:30PM if your last name starts with the letters M – Z. Anyone reporting after their designated time will not be permitted to participate in the testing process. You must bring in with you, your photo ID. DO NOT bring cell phones or any other devices. Report to the Police Department in the clothing you wish to wear during the PT test.

It is recommended to minimize caffeine use and NOT use any type energy drinks prior to the PT test as they tend to increase your heart rate and blood pressure. If your heart rate and / or blood pressure are not within the recommended requirements, you will not be permitted to take the test. NO EXCEPTIONS.

No one will be permitted to leave once inside without an instructor’s approval. If you leave without an instructor’s approval, you will not be permitted back in.

Those who receive a final average score of 70% or more on the PT test will continue in the hiring process and will be scheduled for an interview at the completion of the PT test. Be prepared, the interviews will begin on July 9, 2015 starting with the top scoring candidates.

If you wish to be removed from the hiring process, please call (609) 967 – 3411 and ask for Captain Christopher

Sincerely,



William McCormick

Chief of Police

Avalon Police Department