



Massachusetts Firefighting Academy Career Recruit Training Program

Physical Fitness Orientation Liability Waiver

I, _____ (print name), an applicant for a physically challenging position with the _____ Fire Department, declare that I am physically able to complete the Massachusetts Firefighting Academy (a division of the Department of Fire Services) Physical Fitness Orientation Program. This mandatory orientation is a one-day program that is given at least six (6) weeks prior to the start of the applicant's Recruit Training Program start date. The orientation involves stretching, running, and other exercises similar to the physical training component of the Recruit Training Program.

The applicant is expected to prepare for the Recruit Training Program during the six-week period prior to the start of the program. This preparation is necessary for the applicant to safely and successfully complete the physical training component of the program.

By participating in the above mandatory physical fitness orientation day, I hereby assume all risks associated thereto and I voluntarily waive any all claims against the Commonwealth of Massachusetts, Department of Fire Services, or any employees, contractors or agents thereof, due to any and all injury, illness or damage sustained by my participation in the Physical Fitness Orientation Program.

Printed Name: _____

Date: _____

Signature: _____