



## **Pre-Test Orientation – Hands-On Physical Ability**

There will be a pre-test orientation held on Saturday, September 17, 2022 at the Training Center located at 15990 SE 130<sup>th</sup> Avenue, Clackamas, Oregon.

If you want to participate in this orientation, you will need to contact Rodonna at 503-742-2682 to reserve a time. If you do not pre-schedule you will not be allowed to participate in the orientation. The deadline for scheduling is no later than September 9, 2022, at 4pm. Please wear comfortable clothing and shoes with support and traction.

Prior to the Pre-Test Orientation you are **required** to have the waiver of claim for injury form and the doctors release form both signed and in hand on that day to participate. If you do not come on September 17<sup>th</sup> you **must** bring the forms on the testing date-September 24<sup>th</sup>. If you bring them on September 17<sup>th</sup>, you do not need to bring forms on the testing date-September 24<sup>th</sup>- we will keep yours on file.

At the Pre-Test Orientation, the Physical Ability proctors will explain the equipment used at each task, the purpose of each task, the task itself and the common difficulties and failures associated with each task. There will be a demonstration of each event with the most common technique variations shown, as well as possible technique for different statures. You will be allowed to ask questions at this time.

You will not be able to run through the test in its entirety, but you will be allowed to look at and touch the equipment. This will be a time to ask questions and become familiar with the test.

**FAILURE TO PROVIDE THE REQUIRED FORMS SIGNED WILL PREVENT YOU  
FROM CONTINUING IN THE TESTING PROCESS.**

**THERE WILL BE NO EXCEPTIONS.**