

# DEPARTMENT OF PUBLIC SAFETY PHYSICAL FITNESS TEST

Applicants are **strongly** encouraged to complete the initial physical fitness test as soon as possible after applying for position on Workplace Alaska. Test proctor may be any adult, preferably at a gym or fitness center.

## Instructions:

1. Read this cover page and the waiver on page two;
2. Sign/date the waiver in front of a witness (witness can also be the proctor);
3. Arrange for a proctor to administer the test and fill out the final page;
4. Submit via Guardian Dashboard in the *Agency Provided Documents* section.

***Due date is the same as your Personal History Questionnaire and Supplemental Questionnaire.***

The Department of Public Safety has established physical fitness standards that must be met in order to be considered for selection as a State Trooper Recruit/State Trooper in the Department of Public Safety. These physical fitness entrance standards help ensure that the successful applicant can undergo both the physical and academic demands of the academy, and the law enforcement work environment without risk of injury or fatigue.

## WHAT IS PHYSICAL FITNESS?

Physical fitness for law enforcement officers may be defined as the ability to perform essential tasks with vigor, alertness, and minimal fatigue after high levels of exertion.

Good physical conditioning has been shown to:

1. Reduce the incidence of back injury (the most common injury suffered by law enforcement officers) and heart attack (major cause of death of law enforcement officers over 35 years old);
2. Reduce the amount of sick leave needed and retirements due to disability;
3. Enhance recovery from injury;
4. Improve ability to maintain good judgment and make correct decisions;
5. Provide additional options besides the use of deadly force; and
6. Provide an outlet for relief from stress.

Physical fitness is a bona fide occupational qualification for law enforcement officers. Job analyses on law enforcement officers have demonstrated it to be an underlying factor in determining physiological readiness to perform a variety of critical physical tasks necessary in law enforcement work.

Physical fitness can be an important area for minimizing liability. The unfit law enforcement officer is less able to respond fully to strenuous physical activity and may be of danger to him or herself, colleagues, or the public.

**Warning:** *The Department of Public Safety's Pre-Employment Physical Fitness Test includes push-ups, sit-ups, and a 1.5 mile run. Before taking the test, we recommend that you take the time to properly prepare, by starting a personal fitness program that includes both strength and aerobic exercises. Before participating in any physical exercise program, it is recommended that you see a medical doctor.*

## INITIAL PFT TEST ADVISEMENT AND WAIVER

The Department of Public Safety, in recognizing the importance of physical fitness for success as a Court Services Officer/Deputy Fire Marshal/Alaska State Trooper in on-the-job performance, has established physical fitness entrance standards that must be met in order to be considered for hire to the Department of Public Safety.

**YOU SHOULD NOT TAKE THIS TEST IF YOU HAVE ANY RESERVATIONS ABOUT YOUR FITNESS LEVEL. IF YOU HAVE ANY CONCERNS ABOUT YOUR ABILITY TO COMPLETE THE TEST, YOU SHOULD DISCUSS YOUR CONCERNS WITH YOUR PHYSICIAN.**

Every effort has been made by the State of Alaska to ensure that test requirements are reasonable and safe, with a MINIMUM RISK to the applicant.

Be advised that your honesty in regard to these scores will be evaluated later in the process as a part of the polygraph examination and that a second PFT will be required in the final testing phase of the hiring process.

I waive and release any and all rights, liabilities, claims or damages against the Department of Public Safety or its employees or agents, which may result from injury during or as result of participating in taking the Physical Fitness Test.

**MY SIGNATURE INDICATES THAT I HAVE READ THIS AND THAT I UNDERSTAND THIS ADVISEMENT FORM.**

---

**Applicant Signature**

---

**Date Signed**

---

**Applicant Printed Name**

---

**Witness Signature**

---

**Date Signed**

---

**Witness Printed Name**

**Role:**    Relative    Friend    Proctor

Other: \_\_\_\_\_

# INSTRUCTIONS TO BE READ TO APPLICANT

## *Push-ups to Failure*

The subject must begin with their hands placed about shoulder-width apart, fingers pointing forward, and their feet together. A test administrator will place a 3-inch block under the subject's sternum. Starting from the up position (elbows extended), the subject must lower their body to the floor until their chest touches the 3-inch block. The subject then returns to the up position. This is one repetition.

Repositioning of the hands or feet is not allowed at any time during this test. When the subject moves their hands or feet, the test will be determined finished. Resting is allowed during this exercise in the up position only. While resting, the subject must remain in up position with their arms fully extended and their back straight. If the subject fails to keep their back straight, or repositions their hands or feet during a period of rest, the test will be determined finished. Pushups performed without the back essentially straight are not counted. The minimum number of acceptable pushups is 25.

**- Allow applicant a 5 minute break before SIT-UPS -**

## *1 Minute Sit-ups*

The subject starts in the down position by lying on their back, knees bent, heels flat on the floor, with their fingers laced and held behind their neck. A partner holds the subject's feet down firmly. The subject then performs as many correct sit-ups as possible in one minute. In the up position, the individual should touch their elbows to their knees, or pass the plane of their knees with their elbows. The subject then returns to the down position (until their shoulder blades touch the floor.) Resting is allowed in the up position only. During this exercise, the subject's chin should be held towards their chest, and their elbows must be in parallel to the sides of their body, and their hips must remain on the floor. You are to perform as many sit-ups as possible in 1 minute. The minimum number of acceptable sit-ups within this time frame is 27; please complete as many as you can.

**-Allow applicant a 10 minute break before RUN-**

## *1.5 Mile Run*

This is a timed run over a measured course. The course may be on a sidewalk, a cross-country trail, a treadmill or an oval track. Maximum acceptable time is 15 minutes, 12 seconds (15:12).

---

**Test Proctor Signature**

**Date Signed**

---

**Test Proctor Printed Name**

<b>Scores Necessary to Pass:</b>		<b>Actual results:</b>	
PUSH-UPS	25	_____	Proctor Initial: _____
SIT-UPS	27 (1 minute)	_____	Proctor Initial: _____
1.5 MILE RUN	15:12	_____	Proctor Initial: _____