

**VILLAGE PUBLIC SAFETY OFFICER**  
**PHYSICAL FITNESS**  
**SELECTION STANDARDS**

**THIS IS FOR YOUR KNOWLEDGE, YOU DO NOT NEED TO RETURN THIS FORM**

The Department of Public Safety has established physical fitness standards that must be met in order to be considered for selection as a Village Public Safety Officer. The Department recognizes the importance of physical fitness for success at the State Trooper Academy and in job performance.

These physical fitness standards help ensure the successful applicant can undergo both the physical, emotional and academic demands of the academy, and the law enforcement work environment without undue risk of injury or fatigue.

In an effort to brief Village Public Safety Officer, this pamphlet provides information on the rationale, purpose, procedures, standards of performance, and activities to prepare for fitness testing. It is intended to answer the basic questions pertaining to all aspects of the fitness testing process.

### **WHAT IS PHYSICAL FITNESS?**

Physical fitness for law enforcement officers may be defined as the ability to perform essential tasks with vigor, alertness, and little or no fatigue with a rapid recovery period after high levels of exertion.

During and after periods of physical exertion, a law enforcement officer must be able to maintain good judgment and make correct decisions.

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. Provide additional options besides the use of deadly force, and
5. Provide an outlet for relief from stress.

Physical fitness has been demonstrated to be a bona fide occupational qualification for law enforcement officers. Job analyses on law enforcement officers have demonstrated that fitness is an underlying factor in determining the physiological readiness to perform a variety of critical physical tasks necessary in law enforcement work. Physical fitness has been shown to be predictive of job performance and use of sick time.

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.

**ADVISEMENT**  
**VILLAGE PUBLIC SAFETY OFFICER PRE-EMPLOYMENT**  
**PHYSICAL FITNESS TESTING STANDARDS**

The Department of Public Safety and Village Public Safety Officer Program, in recognizing the importance of physical fitness for success as a Village Public Safety Officer at the Public Safety Training Academy, and as a Village Public Safety Officer in on the job performance, has established physical fitness entrance standards that must be met in order to be considered for selection as a Village Public Safety Officer.

These physical fitness entrance standards help ensure the successful applicant can undergo both the physical and academic demands of the academy and the law enforcement work environment without undue risk of injury or fatigue

In an effort to brief Department of Public Safety VPSO applicants, you were provided a pamphlet with information on the rationale, purpose, procedures, standards of performance, and fitness activities to prepare for fitness testing. The Physical Fitness Testing Standard test is physically demanding and a certain level of fitness is required to pass and to prevent injury.

**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. IF YOU WISH TO TEMPORARILY POSTPONE YOUR PHYSICAL FITNESS TEST TO CONSULT WITH A PHYSICIAN, ANOTHER DATE WILL BE SET FOR YOU.**

Every effort has been made by the State of Alaska and the potential employer to ensure these tests are conducted in the safest possible manner with a **MINIMUM RISK** to the applicant.

I waive and release any and all rights, liabilities, claims or damages against the potential employer: \_\_\_\_\_ and 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'S SIGNATURE

DATE \_\_\_\_\_

\_\_\_\_\_  
APPLICANT'S PRINTED NAME

\_\_\_\_\_  
WITNESS

DATE \_\_\_\_\_

PASSING CRITERIA	PFT RESULTS	
	Total	DPS Staff / VPSO Coordinator Initials
PUSH-UPS 25	_____	_____
SIT-UPS 27 (1 minute)	_____	_____
1.5 RUN 15:12	Time _____	_____