

STATE OF ALASKA

DEPARTMENT OF PUBLIC SAFETY

SARAH PALIN, GOVERNOR

Joseph A Masters
Commissioner

5700 E. Tudor Road
Anchorage, Alaska 99507
(907) 269-5976

Dear Applicant:

Thank you for applying for State Trooper Recruit vacancies with the Alaska Department of Public Safety. Your application for State Trooper Recruit has been accepted and we are pleased to inform you that we are proceeding with the selection process.

NOTICE OF INTENT - Check as appropriate

I am not interested at this time.

Please sign and date this form (at bottom of page) and mail *this page only* to:

**Department of Public Safety (DPS)
Anchorage Background/Recruitment Unit
5700 East Tudor Road
Anchorage, Alaska 99507**

I wish to be considered for the position of State Trooper Recruit.

IF YOU WISH TO BE CONSIDERED FOR STATE TROOPER RECRUIT YOU MUST:

Call the DPS Anchorage Background/Recruitment Unit at (907) 269-5976 or toll free 1-877-258-7667 immediately. Documents need to be returned to DPS Anchorage Background/Recruitment Unit and postmarked no later than 30 days from application.

The State of Alaska, Department of Public Safety complies with Title 1 of the Americans with Disabilities Act of 1990, the Rehabilitation Act of 1973, and the State Human Rights Act and is an equal opportunity employer. Reasonable accommodations will be made available to qualified individuals with disabilities upon request. Please contact Kerie Aerni at (907) 465-5494, voice phone, or the Department of Administration (907) 465-3412 TDD number.

Name (printed): _____ Date _____

Signature _____

APPLICANT CHECKLIST

- Call the Anchorage Background/Recruitment Unit at (907) 269-5976 or toll free 1-877-258-7667**

Have you included the following items in your background packet to be submitted to the Anchorage Background/Recruitment Unit?

Required (do not send original documents, no documents will be returned to you):

- ALL DOCUMENTS MUST BE IN YOUR OWN HANDWRITING, NO TYPED DOCUMENTS.**
- Notice of Intent Form (Cover Letter)
- F-3 Personal History Statement (**last page must be notarized**) must be complete for each process
- Waiver and Authorization to Release Information Form (**must be notarized**)
- Informed Consent Form (**must be notarized**)
- Release of Information to Law Enforcement Agencies Form
- Notice and Authorization to Use Consumer Credit Report Form
- Background Questionnaire
- Birth Certificate (if current name differs from that on the birth certificate, provide court documents showing name change)
- Either high school diploma or General Education (GED) certificate
- List work and home telephone numbers and addresses for your spouse and/or your ex-spouse(s) on the Personal History Statement (F-3)

Required, if applicable:

- Post secondary degree or certificate
- College transcripts if no degree received
- Current Police Officer Certification
- Military discharge or separation papers showing date and type of discharge (i.e. form DD214, Long Form)
- Military Police or Security Officer certificate of course completion (must include MOS)
- Any other letters of recommendation, employment evaluations, certifications, etc., you may wish to include.

Do not return this form to the Recruitment Office. This checklist is for your convenience only.

**STATE OF ALASKA
DEPARTMENT OF PUBLIC SAFETY**

**INFORMED CONSENT
RELEASE AND HOLD HARMLESS FOR CONFIDENTIALITY OF
PRE-EMPLOYMENT BACKGROUND INVESTIGATION DATA**

I recognize that individuals must clearly demonstrate their personal, medical, and psychological fitness to serve in the position of a Police officer. I further recognize that an employing agency has both a legal and moral obligation to take every reasonable effort to insure that any person employed by them as a Police officer will conform to the very highest standards.

I understand that I am authorizing an intensive investigation into all aspects of my personal, medical and psychological fitness, and that such an investigation will include contacting persons and/or organizations who have information relating to my fitness. I also understand that those persons and/or organizations may feel inhibited, intimidated or other-wise reticent about furnishing legitimate information concerning my fitness unless the confidentiality of their information can be guaranteed on a permanent basis.

I further understand that although some of the information contained in this report is a matter of public record, or would otherwise be accessible to me, this information will be inextricably interwoven with other confidential data to which I otherwise would not be privy. I therefore understand that I will not be provided or have access to the information obtained in the course of this background investigation.

Therefore, I exonerate, release and discharge my prospective employer, the Department of Public Safety, and its' officers, agents, and assigns, now and in the future, from any claim or damages, whether in law or in equity, on behalf of myself, my heirs, agents, or assigns, for their refusal to make available any and all information contained in this pre-employment investigation, including but not limited to the identity of any person or organization who may have supplied information in the course of this investigation, as well as the substance of any such information supplied, even where such information has been the basis for my disqualification from further consideration.

I knowingly, voluntarily, specifically, and permanently waive any rights I may have to examine, review, or to otherwise discover the contents of this investigation and all documents related. I have had adequate time to review this form, I understand its meaning and purpose.

APPLICANT SIGNATURE _____

DATE _____

The above named individual appeared before me this date and having identified himself/herself, signed the above Informed Consent form in my presence.

Done at _____, _____ on the _____ day of _____, 20_____.
City State

SWORN TO AND SUBSCRIBED BEFORE ME

Notary

My Commission Expires: _____

NOTE: A PHOTOCOPY REPRODUCTION OF THIS FORM SHALL BE FOR ALL INTENTS AND PURPOSES AS VALID AS THE ORIGINAL.

**STATE OF ALASKA
DEPARTMENT OF PUBLIC SAFETY
WAIVER AND AUTHORIZATION TO RELEASE INFORMATION**

Applicant Name (print) _____

Applicant SS# _____ D.O.B. _____

I authorize the Department of Public Safety, its employees, and its agents to make a full and complete inquiry of any and all individuals or entities regarding my background, whether of a public, private, or confidential nature, including obtaining copies of any and all records and/or documents which the Department deems necessary for a full and complete background investigation. I understand that the intent of this **RELEASE OF INFORMATION** is to allow the Department to pursue a complete investigation into my background and personal life in order to process my application for employment with the Department of Public Safety.

I authorize and direct you to release such information and I release any individual from any and all liability or damage of any nature which may be a result of compliance, or any attempt to comply with this authorization.

PRIVACY ACT NOTICE: (a) Purposes and Uses: Copies of this completed form will be furnished to individuals in order to obtain information regarding your background to determine your suitability to be a Alaska State Trooper Recruit. (b) Effects of Nondisclosure: Furnishing the requested information, thereby authorizing collection of background information, is voluntary, but failure to provide all or part of the information will result in a lack of further consideration for the position of State Trooper Recruit.

I understand my rights under Title 5, United States Code, Section 552A, the Privacy Act of 1974, and waive those rights with the understanding that information furnished will be used by the Department of Public Safety and retained by them in confidence unless I authorize its release.

I also understand that if the Department of Public Safety obtains information during this investigation or during other steps in the application process regarding my own or others criminal conduct, this information will be provided to the applicable law enforcement agency for criminal investigation.

This **WAIVER AND AUTHORIZATION TO RELEASE INFORMATION** expires in one (1) year from the date of signature unless stated otherwise.

APPLICANT SIGNATURE _____

DATE _____

The above named individual appeared before me this date and having identified himself/herself, signed the above Waiver and Authorization to Release Information in my presence.

Done at _____, _____ on the _____ day of _____, 20_____.
City State

SWORN TO AND SUBSCRIBED BEFORE ME

Notary

My Commission Expires: _____

NOTE: A PHOTOCOPY REPRODUCTION OF THIS FORM SHALL BE FOR ALL INTENTS AND PURPOSES AS VALID AS THE ORIGINAL.

**STATE OF ALASKA
DEPARTMENT OF PUBLIC SAFETY**

RELEASE OF INFORMATION TO LAW ENFORCEMENT AGENCIES

I consent to the release of information obtained by the Department of Public Safety concerning my background and this application with the Department of Public Safety to other law enforcement agencies should they request the information in order to evaluate any application for employment which I might file with other law enforcement agencies.

APPLICANT SIGNATURE

DATE

This **RELEASE OF INFORMATION TO LAW ENFORCEMENT AGENCIES** expires in five (5) years from the date of signature unless stated otherwise.

**STATE OF ALASKA
DEPARTMENT OF PUBLIC SAFETY**

NOTICE AND AUTHORIZATION TO USE CONSUMER CREDIT REPORT

Applicant Name (print) _____

Applicant SS# _____ D.O.B. _____

NOTICE

In compliance with Sub-section 604(b) of the Fair Credit Reporting Act ("FRCA") amended by the Consumer Credit Reporting Reform Act of 1996, this is your notice that the Department of Public Safety intends to obtain and use a Consumer Credit Report for employment purposes.

Authorization to allow the department to obtain and use the report is voluntary, but failure to provide the authorization to obtain and use the report will result in a lack of further consideration for the position.

AUTHORIZATION

I authorize the Department of Public Safety, its employees, and its agents to obtain and make use of a Consumer Credit Report for employment purposes.

APPLICANT SIGNATURE _____

DATE _____

PERSONAL HISTORY STATEMENT

F-3

GENERAL INSTRUCTIONS:	Hand print or type an answer to EVERY QUESTION. If the question does not apply to you, respond with N/A. If space available is insufficient, use section #28 or a separate sheet and precede each answer with the number of the referenced block. DO NOT MISREPRESENT OR OMIT a requested fact since the statements made herein are subject to verification to determine your qualifications for employment.				
1. Last Name		First Name	Middle Name	2. Male <input type="checkbox"/>	
				Female <input type="checkbox"/>	
3. Other Names, Alias(es), Nickname(s)				Social Security Number	
4. Mailing Address		City	State	Zip Code	
Present Residence Address		City	State	Zip Code	
Residence Phone No.	Business Phone No.	Cell Phone No.	Email		
5. Date of Birth (<i>Month, Day, Year</i>)		Place of Birth (<i>City, County, State</i>)		Attach a copy of birth certificate or passport (mandatory)	
6. Weight		Height	Eye Color	Hair Color	
7. U.S. Citizen Yes <input type="checkbox"/> No <input type="checkbox"/>		If Naturalized, Certificate Number	Date, Place, and Court		
		Name of Spouse or Significant Other (<i>Last, First, Middle</i>)			
8. Marital Status Married <input type="checkbox"/> Single <input type="checkbox"/>		Address (<i>Street, City, State</i>)			
Name and Present Address of Spouse(s) if Divorced or Separated:					
Name		Address			
Name		Address			
9. Children and Dependents List all your children, including stepchildren and adopted, and give the following information:					
Name	Date of Birth	Place of Birth	Residence Address	With Whom	Supported by Whom

10. Military Status:		Attach copy of DD 214					
Have you served in the U.S. Armed Forces? Yes <input type="checkbox"/> No <input type="checkbox"/>		If YES, Branch		Serial Number			
Type of Discharge		Date of Service From To		Rank			
<p>A. While in the military, were you ever a subject of a criminal investigation, issued a summons, detained or arrested for an offense which resulted in a trial by deck court or by summary, special or general court-martial, Article 15, captain's mast or an equivalent proceeding? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, give date, place, law enforcing authority or type of court or court-martial, charge and action taken for each incident, using separate sheet to record this information.</p>							
<p>B. Are you presently a member of the U.S. Reserve or National or State Guard organization? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, complete the following:</p>							
Grade and Service Number		Service and Component		Active <input type="checkbox"/> Inactive <input type="checkbox"/> Standby <input type="checkbox"/>			
Organization and Station or Unit and Location			Indicate Reserve Obligation if any:				
11. Education:			Attach diploma or certificate of graduation (mandatory)				
A. List all high schools attended. Name		Address	Dates Attended	Years Completed	Graduated Yes No		
B. Higher education. List information below for all colleges or universities attended.			Attach transcript or diploma from all institutions of higher education attended.				
Name & Address of College or University		Dates Attended		Credit Hours		Degree Received	Year Received
		From	To	Semester	Quarter		
Major and Minor College Courses:							
<p>C. List vocational or technical training. List all law enforcement training. Give the name for each and the location of school, dates attended, subjects studied, certificate, and any other pertinent data. Include college courses in Criminal Justice or Law Enforcement.</p>							
<p>12. Do you speak a language other than English? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, what language(s) do you speak?</p>							
<p>How fluently? Fair <input type="checkbox"/> Good <input type="checkbox"/> Excellent <input type="checkbox"/></p>							

13. Special Qualifications and Skills:

A. Have you ever applied for certification or been certified as a law enforcement officer (*correctional, probation, parole, or police officer, etc.*)?
 Yes No If yes, list name and location of certification authority, date of issue, and date current certification expires (*if applicable*).

B. Have you ever had a law enforcement certification revoked? Yes No If yes, state name of revoking authority, date of revocation, and reason for revocation.

C. Indicate type of special license such as pilot, vessel, radio operator, etc., showing licensing authority where the license was first issued, and date current license expires (*except vehicle operator's license*).

D. Special skills you possess and machines and equipment you can use. (*For example, scientific or professional devices, communications or navigational equipment*).

E. Approximate number of words per minute: Typing _____ Shorthand _____

F. Special qualifications not covered in application. (*For example, your most important publications (do not submit copies unless requested); your patents or inventions; public speaking and publications experience; membership in professional or scientific societies, etc.; and honors and fellowships received.*)

14. Vehicle Operator's License (*Drivers, Commercial Drivers License, etc.*): Give the following information concerning any vehicle operator's license you have held or now hold. If more space is needed please list information in section 28.

Kind of License and Number	Place of Issue	Date of Expiration	Restrictions

Have you ever been denied issuance of a license or have you ever had a license suspended or revoked? Yes No
 If yes, explain fully:

Have you ever had automobile insurance withdrawn or revoked or have you ever been refused automobile insurance? Yes No
 If yes, give details, including reasons, names of companies, dates, etc.:

Give name and address of the insurance company with whom you now have automobile insurance: _____ Policy coverage: _____

15. Family:

List in the order given, showing relationship, parents, guardians, stepparents, foster parents, parents-in-law, spouse, brothers, and sisters. Include any others you have resided with or whom a close relationship existed or exists.

Relationship/Date	Name	Present Address if living
Father		
Mother		

If any person listed above is not a U.S. citizen by birth, give the date and place of birth, the date and port of entry, alien registration number, naturalization certificate number, and place of issuance.

16. Employment: Begin with your most recent job and list your work history for the past TEN years, including part-time, temporary or seasonal employment, and all periods of unemployment.

From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
Salary	Name of Supervisor	Phone	Name of Co-worker	Phone
From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
Salary	Name of Supervisor	Phone	Name of Co-worker	Phone
From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
Salary	Name of Supervisor	Phone	Name of Co-worker	Phone
From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
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From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
Salary	Name of Supervisor	Phone	Name of Co-worker	Phone
From Date	Name and Address of Employer		Reason for leaving?	Job Title
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Salary	Name of Supervisor	Phone	Name of Co-worker	Phone
From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
Salary	Name of Supervisor	Phone	Name of Co-worker	Phone
From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
Salary	Name of Supervisor	Phone	Name of Co-worker	Phone
From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
Salary	Name of Supervisor	Phone	Name of Co-worker	Phone
From Date	Name and Address of Employer		Reason for leaving?	Job Title
To Date			Description of Duties	
Salary	Name of Supervisor	Phone	Name of Co-worker	Phone

Have you ever been discharged, asked to resign, furloughed, put on inactive status for cause, or subjected to disciplinary action while in any position (*except military*)? Yes No If yes, state circumstances:

Have you ever resigned (*quit*) after being informed your employer intended to discharge (*terminate*) you for any reason? Yes No
 If yes, explain, giving name and address of employer, approximate date, and reasons in each case.

17. Financial Status:
 Declaration of any bankruptcy and dates:

18. Arrest, Detention, and Litigation: (*Show all arrests including traffic, except parking*).
 If the answer to any of these questions is YES, list the date, place, and full details of each incident on a separate sheet or section #28.

A. Were you ever a subject of a criminal investigation, issued a summons, detained or arrested by a law enforcement agency?
 Yes No

B. Have you ever been convicted of a crime? Yes No

C. Have you ever been fingerprinted for any reason (*arrest, job applicant, etc.*)? Yes No

D. Have you ever been convicted of a misdemeanor crime of domestic violence? Yes No
 A misdemeanor crime of domestic violence means an offense that:
 1) is a misdemeanor under Federal or State law; and
 2) has, as an element, the use or attempted use of physical force, or the threatened use of a deadly weapon, committed by a former spouse, parent, or guardian of the victim, by a person with whom the victim shares a child in common, by a person who is cohabiting with the victim as a spouse, parent, or a guardian, or by a person similarly situated to a spouse, parent, or guardian of the victim.

E. List all traffic citations ever received (*except parking*) including the date, place and full details of each incident.

19. Illicit Drug Use:
 Do you now use, or have you ever used, illicit (*illegal*) drugs, including marijuana? Yes No If yes, complete the following:

Name of Drug	Date of last use

20. Insurance:
 Were you ever rejected as an applicant for any insurance? Yes No If yes, explain below.

Reason Rejected	By Whom	Date

21. Residences: List all residences for the past 10 years, beginning with your present address.

Month and Year		Address	City	State or Country	Landlord and Phone No.
From	To				

22. References:				
CHARACTER REFERENCES (do not include relatives, former employers, or persons living outside the United States or its Territories). List only character references who have definite knowledge of your qualifications and fitness for the position for which you are applying. Do not repeat names of supervisors. List a minimum of three (3) character references.				
Name	Years Known	Street	City & State	Phone
23. Foreign Travel:				
Dates		Country Visited	Purpose of Travel	
From	To			
24. Hobbies & Sports:				
Name		Length of Participation	Level of Proficiency	
25. Organization Membership:				
Yes	No			
		Are you now or have you ever been a member of or affiliated with any organization or association which, according to your knowledge at the time of your membership, advocated the overthrow of the government of the United States or of this state by force, violence, or other unconstitutional means, or which has adopted the policy of advocating or approving the commission of acts of force or violence to deny other persons their rights under the Constitution of the United States or of this state?		
		If so, was your membership in or affiliation with the organization or association, with the specific intent to achieve the overthrow of the government of the United States or of this state by force, violence or other unconstitutional means, or to commit acts of force or violence to deny other persons their rights under the Constitution of the United States or of this state?		
If YES to either of the questions above, describe the circumstances. Attach additional sheets for a full detailed statement. Specify nature and extent of association with each organization, including office or position held, also include dates, places, and credentials now or formerly held.				
26. Are there any incidents in your life not mentioned herein which may reflect upon your suitability to perform the duties which you may be assigned or which might require further explanation? Yes <input type="checkbox"/> No <input type="checkbox"/> If YES, give details:				

27. Have you ever applied for a position with any other governmental agency? Yes No If so, give details:

28. Remarks:

I authorize release of all information pertaining to me from the records of credit bureaus, educational institutions, military services, law enforcement agencies and present and past employers, to my prospective employer and the Alaska Police Standards Council. I also authorize the Alaska Police Standards Council to release to any law enforcement agency, information which the council obtains regarding my qualifications to be a police, corrections, probation, or parole officer.

I further agree and consent in advance to being summarily discharged without cause or hearing if any of the information that I have provided contains any misrepresentation or falsification or if any requested information has been knowingly omitted.

I certify under penalty of PERJURY that the foregoing is true and accurate to the best of my knowledge.

Done at _____, _____ on the _____ day of _____, 2_____.
(City) (State)

SWORN TO AND SUBSCRIBED BEFORE ME

Applicant

this _____ day of _____, 2 _____.

Notary Public in and for the State of _____

My Commission Expires: _____

FOR AGENCY USE ONLY: SCREENING CHECKLIST:

Initials

- Is applicant a U.S. citizen with documentation on file? _____
- Is applicant 21 years of age with birth certificate or passport in file? _____
- Does applicant have a high school diploma/GED with documentation in file? _____
- Has military service been verified with documentation in file? _____
- Has prior certification history been verified with documentation in file? _____
- If applicant has applied to other agencies, has query been done and documented? _____
- Has background investigation been completed with documentation in file? _____
- Has fingerprint card been submitted to Alaska Department of Public Safety? _____
- Does applicant meet drug standards? _____
- Has APSIN been checked with documentation in file? _____
- HAS NCIC been checked with documentation in file? _____
- Have motor vehicle records been checked with documentation in file? _____
- Have civil actions been queried with documentation in file? _____
- Has applicant passed a physician examination performed by a licensed physician with documentation in file? _____
- Has applicant met all standards as set out in 13 AAC 85.010, with documentation in file, as appropriate? _____

State of Alaska
Department of Public Safety

**Background Questionnaire (STR)
Part One: Pre-Offer Questions**

CONFIDENTIAL -- FOR OFFICIAL USE ONLY

The Department of Public Safety is conducting a background investigation to determine your suitability for the position of State Trooper Recruit. As part of the background investigation you must complete this questionnaire. **If you fail to complete any answer, answer any question falsely, or omit any material information from any answer you will not be considered further for this position.** If you receive a job offer, your answers given on the questionnaire will be confirmed by a polygraph examination. Please follow the directions for this questionnaire carefully.

The Department does not expect that you will have a perfect past. Many applicants have made poor decisions in the past and have made errors of judgment. Sadly, it has not been uncommon for us to eliminate applicants from consideration for not being forthright on these questions. Even worse, some were being dishonest about information that would not have eliminated them from consideration, so please follow the instructions carefully.

INSTRUCTIONS

1. Fill in the biographical information completely.
2. Read each question carefully.
3. Do not leave any question unanswered. You MUST answer EVERY question. Please provide an explanation if you answer "YES" to a question. Use the space provided or a separate sheet of paper if necessary. Include the question number you are responding to and initial and date all separately added sheets.
4. Initial & Date the bottom of each page, certifying the information you gave is true and correct.
5. If you do not understand a question or need clarification, call the Department of Public Safety Anchorage Background/Recruitment Unit at (907) 269-5976 or toll free 1-877-258-7667.

BIOGRAPHICAL INFORMATION

NAME: _____

SSN#: _____

State of Alaska
Department of Public Safety

Background Questionnaire (STR)
Part One: Pre-Offer Questions

CONFIDENTIAL -- FOR OFFICIAL USE ONLY

CERTIFICATION

I hereby affirm that the information that I have provided in this background questionnaire has been true and correct to the best of my knowledge. And, I understand that this information will be verified by a polygraph and background investigation.

I understand that any intentional omissions, falsifications, incomplete responses, or a failure to respond to any question contained within this questionnaire will result in my loss of consideration for the position of State Trooper Recruit.

Signature _____ Date _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

IN YOUR OWN HANDWRITING: EXPLAIN EACH "YES" ANSWER, IF APPLICABLE, IN THE BOX PROVIDED. IF A QUESTION DOES NOT APPLY, RESPOND WITH N/A.

USE A SEPARATE SHEET(S) OF PAPER IF NECESSARY. INCLUDE THE QUESTION NUMBER YOU ARE RESPONDING TO, AND INITIAL AND DATE EACH PAGE.

1	The F-3 and this Questionnaire must be in your handwriting. Did you personally complete both forms?	YES	NO	
2	Did you actually receive all the training you listed on your application and F-3?	YES	NO	N/A
3	Is all the information you gave regarding your work record, including all previous employment and all periods of unemployment, true? (This includes part-time employment)	YES	NO	
4	Did you correctly list all spouses, ex-spouses, children, adopted children, step-children, dependents and significant others (those with whom you have had a long term relationship or lived with) on your F-3?	YES	NO	
5	Did you correctly list all of your residences for the past ten years on your F-3?	YES	NO	
6	Are you capable and willing to work shift work on all seven days of the week?	YES	NO	
7	Are you capable and willing to work anywhere in the State of Alaska?	YES	NO	
8	Have you ever had any conflicts with a fellow worker that effected your work environment or required supervisory involvement? (Provide details, including when and where)	YES	NO	
9	Have you ever had any conflicts with a supervisor that effected your work environment or required management involvement? (Provide details, including when and where)	YES	NO	

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

10	Would you resent working under the supervision of someone of another race?	YES	NO
----	--	-----	----

11	Would you resent working under the supervision of someone of the opposite sex?	YES	NO
----	--	-----	----

12	Would you resent working under the supervision of someone younger than yourself?	YES	NO
----	--	-----	----

13	Have you ever been fired from a job or asked to resign under threat of termination? (Provide details, including when and where)	YES	NO
----	---	-----	----

14	Have you ever received any disciplinary actions at any of your jobs? Including verbal or written warnings, written reprimands, and suspensions. (Provide details, including when and where)	YES	NO
----	--	-----	----

15	Have you ever quit a job without giving 2-weeks notice? (Provide details, including when and where)	YES	NO
----	--	-----	----

16	Did you leave out any employers, including temporary or part-time, during the past 10 years on your F-3?	YES	NO
----	--	-----	----

17	Did you withhold or leave out any information from your Workplace Alaska Application, Personal History Statement (APSC form F-3), or Questionnaire?	YES	NO
----	---	-----	----

18	How long have you lived in Alaska? (____ years)		NA
----	---	--	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

<p>19 Have you ever applied for any police or government agency position before? List all agencies, the dates you applied, and include all pending applications. (Examples: King County Court System 9/2008; Homeland Security - El Paso 1/2008; Michigan DNR 9/2007; Chicago FD 7/2007)</p>	YES	NO
---	-----	----

Prior Police, Police Reserve, Public Safety, Corrections, or Military Law Enforcement Service

<p>20 Have you ever worked in a police, police reserve, public safety, corrections, military law enforcement, or security position, even if not paid? (If YES, answer questions a - i. If NO, answer N/A for a - i.)</p>	YES	NO
--	-----	----

<p>a. While in that position, did you ever accept a bribe?</p>	YES	NO	N/A
---	-----	----	-----

<p>b. While in that position, did you ever take sexual liberties with anyone while on duty?</p>	YES	NO	N/A
--	-----	----	-----

<p>c. Has a person in your custody or control, or a person you arrested, ever required medical aid as the result of your arrest or restraint actions?</p>	YES	NO	N/A
--	-----	----	-----

<p>d. While in that position, what was the most serious department regulation or violation of law that you committed?</p>			N/A
---	--	--	-----

<p>e. While in that position, were you ever disciplined, reprimanded, or the subject of an internal investigation or lawsuit? (List all citizen complaints and internal complaints regarding your behaviors or actions)</p>	YES	NO	N/A
--	-----	----	-----

<p>f. While in that position did you ever lie in court for any reason?</p>	YES	NO	N/A
---	-----	----	-----

<p>g. While in that position did you ever illegally use a controlled substance?</p>	YES	NO	N/A
--	-----	----	-----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

h. While in that position did you ever accept or solicit a gratuity? (Examples: Meals, drinks, gifts, discounts)	YES	NO	N/A
---	-----	----	-----

i. While in that position, did you ever take anything for your personal use from a crime scene, the scene of an emergency, or correctional facility?	YES	NO	N/A
---	-----	----	-----

-- Finances --

21 Have you ever filed for bankruptcy, had a bad credit rating, or received a negative credit report? (Provide the details)	YES	NO
---	-----	----

22 Have you ever been sued over a debt? (Provide the details)	YES	NO
--	-----	----

23 Do you have any past due or delinquent loans, bills, liens, or collections at the present time or in the past year? (Provide the details)	YES	NO
---	-----	----

24 Have you ever not repaid a debt or obligation? (Provide the details).	YES	NO
---	-----	----

25 Did you misrepresent your income on your F-3?	YES	NO
--	-----	----

26 Do you owe money or property to a former employer?	YES	NO
---	-----	----

27 Describe your present financial condition?	Poor	Fair	Good
---	------	------	------

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

-- Driving --

28 How many years have you driven an automobile?

29 Have you **ever** had your driver's license, or privilege to drive restricted, limited, suspended, revoked, cancelled, denied, or forfeited; in **any** jurisdiction? YES NO

30 Have you **ever** driven on a public road while not properly licensed; including in violation of required endorsements (motorcycle, corrective lenses, CDL), restrictions, limitations, during a period of suspension, revocation, cancellation, or prior to obtaining your first driver's license? Have you ever driven without insurance? YES NO

31 Do you now have a valid driver's license issued in the United States? (List all limitations, restrictions, or requirements that are imposed on your license. Examples: SR-22 insurance requirements, daylight driving, high-risk insurance, to and from work only) YES NO

32 How many traffic citations have you received in the last 36 months? Where, when, and what for? Include those that were dismissed, expunged, or removed from your record after attending a driver's training course.

33 Have you **ever** been stopped by the police and not been issued a citation? (List where, when, and the details) YES NO

34 List all vehicle accidents you have been involved in as the driver. (List where, when, and explain the circumstances and outcome - such as injuries, damages, traffic citations, etc.)

35 Have you **ever** failed to report an accident, or failed to notify another that you had damaged their vehicle or property? YES NO

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

36	Did you ever get a driver's license or ID card under an assumed name?	YES	NO
----	--	-----	----

37	Have you ever falsified or altered a driver's license or ID card, or have you ever possessed an altered or falsified driver's license or ID card for any reason?	YES	NO
----	---	-----	----

38	Were you ever denied or refused auto insurance coverage? Are you now or will you be required to maintain SR-22 insurance in order to legally drive? (List when, why, and which insurance carriers)	YES	NO
----	---	-----	----

39	Have you ever had your auto insurance cancelled, withdrawn, denied, or revoked? (List when, why, and which insurance carriers)	YES	NO
----	---	-----	----

-- Gambling --

40	What types of gambling do you participate in?
----	---

41	Have you ever participated in any illegal form of gambling?	YES	NO
----	---	-----	----

42	What was the largest sum of money you ever won gambling?
----	--

43	What was the largest sum of money you ever lost gambling?
----	---

44	What was the largest sum of money you ever borrowed with which to gamble?
----	---

45	Do you have any gambling debts at present?	YES	NO
----	--	-----	----

46	Have you ever borrowed money from, or owed money to, a "Loan Shark"?	YES	NO
----	--	-----	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

-- Honesty --

47 On a scale of 1-10, how do you rate your honesty, with 10 being highest?

48 Have you **ever** shoplifted, including as a juvenile or child? (List your ages, the items, and their values) YES NO

49 Have you **ever** taken any money from a place you worked? (List your ages, where, and the amounts) YES NO

50 What was the most serious infraction, violation, or crime, you have **ever** been involved in; regardless of whether or not you were caught. Examples: DUI, drug use, alcohol offenses, theft, or wildlife violations. (List your ages and provide details)

51 Have you **ever** taken any money from a place other than work? (List the amounts and provide details) YES NO

52 What items have you taken, retained, or stolen from places you've worked? Such as office supplies, tools, merchandise, etc. (List the items and their values)

53 If you added up the value of all you **ever** took from work, how much would it come to? \$50? \$1000? \$3000?

54 What items have you taken, retained, or stolen from a place other than work, excluding shoplifting? (List your ages, the items, and their values)

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

55 Other than what you have taken, have you **ever** had stolen merchandise in your possession?

YES NO

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

56	Have you ever bought, held, or sold stolen property?	YES	NO
----	---	-----	----

57	Did you ever help another person commit a crime or help a fellow employee steal from your employer?	YES	NO
----	--	-----	----

58	Have you ever underpaid, or failed to file your income tax?	YES	NO
----	--	-----	----

59	What violations or crimes have you committed, or assisted others in committing, for which you were not caught, such as DUI, drug use, alcohol offenses, theft, illegally downloading music or videos, burglary, or wildlife violations?		
----	---	--	--

60	Did you ever commit a crime that involved a gun or other weapon, excluding hunting violations?	YES	NO
----	---	-----	----

61	Have you ever caused or been instrumental in the death or serious injury to a person? (List when, where, and provide details)	YES	NO
----	--	-----	----

62	Have you ever lied under oath?	YES	NO
----	---------------------------------------	-----	----

63	Have you ever been in court for any reason?	YES	NO
----	--	-----	----

64	Have you ever solicited or been offered a bribe?	YES	NO
----	---	-----	----

65	Have you ever made a false or fraudulent statement on an application for any benefit, including but not limited to: welfare, medical, insurance, unemployment claims, worker's compensation, insurance claims, or permanent fund dividend?	YES	NO
----	---	-----	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

66 Have you ever used a computer in the commission of a crime? Includes illegally downloading music, videos, etc.?	YES	NO
--	-----	----

67 Have you ever used another person's identification, personal information, or falsely identified yourself, for any reason? (List your ages and provide details)	YES	NO
---	-----	----

- - Fishing, Hunting, and Trapping - -

68 Have you ever inadvertently, unintentionally, or intentionally committed any sport or commercial <u>fishing</u> violations?	YES	NO
--	-----	----

69 Have you ever inadvertently, unintentionally, or intentionally committed any sport or commercial <u>hunting</u> violations?	YES	NO
--	-----	----

70 Have you ever inadvertently, unintentionally, or intentionally committed any <u>trapping</u> violations?	YES	NO
---	-----	----

71 Have you ever inadvertently, unintentionally, or intentionally committed a <u>guiding</u> violation?	YES	NO
---	-----	----

72 Have you ever hunted or fished without a license when a license was required by age or location?	YES	NO
---	-----	----

73 Have you ever taken fish or game illegally, including in closed areas or during a closed season?	YES	NO
---	-----	----

74 Have you ever made any false statement on an application for a fishing, hunting, or trapping license, tag, or permit; includes overstating your years of residency?	YES	NO
--	-----	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

-- Use of Illegal Drugs --

75	Have you used or tried any illegal drug within the last ten years, other than marijuana?	YES	NO
----	--	-----	----

76	Have you used or tried marijuana within the last year?	YES	NO
----	--	-----	----

77	Have you ever purchased any illegal drug, including marijuana? (List which drugs and at what ages)	YES	NO
----	---	-----	----

78	Have you ever shared or given any illegal drug, including marijuana, or prescription medicine to another person?	YES	NO
----	---	-----	----

79	Have you ever sold, traded, or distributed any illegal drug, including marijuana? (List which drugs and at what ages)	YES	NO
----	---	-----	----

80	Have you ever manufactured, packaged, or aided anyone in the distribution of any drug, including marijuana?	YES	NO
----	--	-----	----

81	On lines 81a - 81m, provide information regarding any drugs ever tried, used, or experimented with at any time. (List which drugs and the most recent date each was used)
----	---

a.	Marijuana	YES	NO
----	-----------	-----	----

b.	Hashish or Hash oil	YES	NO
----	---------------------	-----	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

c. Cocaine or Crack	YES	NO
d. Ecstasy (MDMA); G, Liquid X, Caps, (GHB); Roofies (Rohypnol)	YES	NO
e. Heroin	YES	NO
f. LSD, PCP, or Angel Dust	YES	NO
g. Hallucinogen, Mushrooms, or Mescaline	YES	NO
h. Oxycotin, Oxycodone, or Percocet	YES	NO
i. Anabolic steroids	YES	NO
j. Opiates, Opium, Morphine	YES	NO
k. Amphetamines, Methamphetamines, Crystal Meth, Ice	YES	NO
l. Barbiturates, Valium, Quaaludes, or Tranquilizers	YES	NO

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

82 Do you now use, or have you **ever** tried, used, or experimented with, any other illegal substance besides those listed above? (List which drugs and the dates used) YES NO

83 Have you **ever** used another person's prescription medicine or drug for any reason? Example: parents, siblings, spouse, friends, relatives, and acquaintances. (List which drugs and the dates used) YES NO

84 Have you **ever** used a legal substance for recreational purposes? Examples: Inhalants, paint, gasoline, glue, whippets, or Nitrous Oxide. (Provide details and the dates used) YES NO

85 Have you left out, falsified, or been otherwise deceptive to any questions on your Workplace Alaska application, Personal History Statement (APSC form F-3), or questionnaire, regarding your drug use? YES NO

- - Sexual Conduct - -

86 Have you **ever** sexually assaulted or abused another person? YES NO

87 Have you **ever** engaged in a sexual act in public or committed an act of indecent exposure; includes mooning and streaking? YES NO

88 Have you **ever** engaged in any sex act with another person against their will or while they were incapacitated or unconscious? YES NO

89 Have you **ever** inflicted pain on another person against their will during a sex act? YES NO

90 As an adult 18 years of age or older, have you had sexual contact with anyone under 16 years of age? YES NO

91 Have you **ever** inadvertently or intentionally viewed pornographic materials involving children? (Includes printed materials, video, and the internet) YES NO

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

92 Have you ever committed an act of incest?	YES	NO
---	-----	----

93 Have you ever had sexual contact with a corpse?	YES	NO
---	-----	----

94 Have you ever paid or offered to pay someone for a sex act, or have you ever received money for a sex act?	YES	NO
--	-----	----

95 Have you ever engaged in sexual conduct with anyone under the age of 16?	YES	NO
--	-----	----

96 Have you ever had any sexual contact with any animals?	YES	NO
--	-----	----

97 Have you ever engaged in a sex act involving bondage of another person against their will?	YES	NO
--	-----	----

98 Have you ever been questioned about, or charged with, any offense involving sex with a child?	YES	NO
---	-----	----

-- Criminal --

99 Have you ever been arrested, summoned, or cited for any criminal offense, including as a juvenile? (Include where, when, and the circumstances)	YES	NO
--	-----	----

100 Have you ever been charged with or convicted of a misdemeanor including as a juvenile? (Include where, when, and the circumstances)	YES	NO
---	-----	----

101 Have you ever been charged with or convicted of a felony, including as a juvenile? (Include where, when, and the circumstances)	YES	NO
---	-----	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

102 Have you **ever** had any charge removed, deleted, sealed, or expunged from your record, including juvenile adjudications? (Include where, when, and the circumstances) YES NO

103 Were you **ever** taken into custody or charged with any offense as a juvenile? (Include where, when, and the circumstances) YES NO

104 Have you **ever** been held, detained, questioned, or taken to jail for any reason, including as a juvenile? (Include where, when, and the circumstances) YES NO

105 Have you **ever** been questioned or interviewed in any criminal investigation? (As a suspect, victim, witness, etc.) YES NO

106 Have you **ever** been in court (including traffic court) as an accused? (Include where, when, and the circumstances) YES NO

107 Are the police, anywhere, looking for you now, for any reason, including traffic violations or fines that have not been paid? YES NO

108 Have you **ever** been an inmate or resident in a halfway house, jail, correctional institution, or prison; including as a juvenile? YES NO

109 As a juvenile, were you **ever** contacted by the police for any reason? YES NO

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

110 -- Inappropriate Behaviors --

Regardless of whether or not you were caught, or if any record exists, write all ages, or age ranges, at which times you participated in the following behaviors and give a written explanation of each. Attach additional pages if necessary. Write N/A for each behavior that is not applicable.

AWOL _____	Marijuana Use _____	Marijuana Purchase _____	Insufficient Fund Checks not covered or Bounced Checks intentionally _____
Robbery _____	Illegal Drug Use _____	Illegal Drug Purchase _____	Vehicle, Snowmachine, ATV, Theft _____
Kidnapping _____	Marijuana Sale _____	Viewing Child Pornography _____	Sexual Contact With Underage Person _____
Homicide _____	Illegal Drug Sale _____	Sexual Assault _____	Non Medicinal Use of Over the Counter Drugs or Substances _____
Rioting _____	Arson or Setting Fires _____	Assault _____	Misuse of Computers (Includes Illegal Downloading) _____
Bombing _____	False Fire Alarm _____	Stalking _____	Contributing to the Delinquency of a Minor _____
Forgery _____	False 911 Calls _____	Domestic Violence _____	Minor Consuming or Underage Drinking _____
Peeping Tom _____	Cause Death of Another _____	Statutory Rape _____	Driving Under the Influence of Alcohol or Drugs _____
Manslaughter _____	Use of False ID _____	Shoplifting _____	Providing or Purchasing Alcohol for Underage Persons _____
Suicide Attempt _____	Forged or Altered ID _____	Theft _____	Burglary, (school, home, warehouse, trailer, business, store, cabin) _____
Seriously Contemplate Suicide _____	Other Forgery _____	Theft From Employer _____	Fraud / Unsworn Falsification (Includes Receiving Unlawful Benefits i.e. Unemployment, Resident Licenses, Welfare, Worker's Compensation, Permanent Fund, etc) _____
Criminal Trespass _____	Sabotage _____	Theft of Mail _____	Disturbing the Peace or Disorderly Conduct, (Includes Police Response to Parties) _____
Joy Riding _____	Fish / Game Violations _____	Vandalism _____	Receive or Sell Stolen Property _____
Car Stripping _____	Non Support _____	Used Stolen Credit Card _____	Domestic Violence (Includes any reduced charges, suspended prosecution/ sentence) _____
Hit and Run _____	Failure to Report An Accident _____		

Use additional pages as necessary to explain any of the above behaviors.

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

-- Associations --

111 Do you have any friends, associates, or family members who are involved in any criminal activities?	YES	NO
---	-----	----

112 Do any of your friends, associates, or family members use or sell illegal drugs?	YES	NO
--	-----	----

113 Would any of your friends, associates, or family members affect your ability to enforce the laws of the State of Alaska or the manner in which you will handle calls for service?	YES	NO
---	-----	----

114 Is there anything in your background which, if revealed, would open you to coercion or blackmail; or otherwise affect your ability to enforce the law?	YES	NO
--	-----	----

115 Have you ever belonged to a gang or do you know anybody who belongs to a gang?	YES	NO
---	-----	----

-- Military Service --

116 If required to do so, did you register for selective service?	YES	NO	N/A
---	-----	----	-----

117 Have you ever been in the military, guard, or reserve? If "YES" list each branch, MOS's, all dates of service, and answer questions a - h. If "NO" answer N/A for questions a - h.	YES	NO
--	-----	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

a. What type of discharge(s) did you receive?			N/A
---	--	--	-----

b. Were you ever disciplined or reduced in rank?	YES	NO	N/A
---	-----	----	-----

c. Were you ever given an Article 15 or a Captain's Mast?	YES	NO	N/A
--	-----	----	-----

d. Were you ever court-martialed?	YES	NO	N/A
--	-----	----	-----

e. Were you ever apprehended, confined to a brig, guardhouse, or stockade while in the military? Have you ever been investigated for any reason? (If yes, provide details and include when and where)	YES	NO	N/A
---	-----	----	-----

f. Did you ever receive a corrective discipline such as a written warning, reprimand, suspension, or confinement to quarters or base while in the military?	YES	NO	N/A
--	-----	----	-----

g. What violations of military regulations have you committed; even if you were not caught?			N/A
---	--	--	-----

h. Have you ever stolen from the military, or retained military property without supervisory approval or proper authorization, at the time of discharge? Such as clothing, tools, equipment, supplies, gear, etc. (List all items and the estimated value of each)	YES	NO	N/A
--	-----	----	-----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

-- Government and Citizenship --

118 Do you advocate the overthrow of the U.S. Government?	YES	NO
---	-----	----

119 Have you ever been a member of, or associated with, any organization that advocates the overthrow of the U.S. Government or of this State, by force, violence, or unconstitutional means?	YES	NO
--	-----	----

120 Have you ever been a member of, or associated with, any organization that advocates or approves of the use of force or violence to deny other persons their rights under the Constitution of the U.S. or of any state?	YES	NO
---	-----	----

121 Have you ever had a security clearance? (List when and what type)	YES	NO
--	-----	----

122 Have you ever been denied a security clearance?	YES	NO
--	-----	----

123 Have you ever sworn allegiance to a foreign government?	YES	NO
--	-----	----

124 Are you loyal to the U.S. Government?	YES	NO
---	-----	----

125 Have you ever falsified any official document?	YES	NO
---	-----	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER RECRUIT BACKGROUND QUESTIONNAIRE

-- General Suitability --

126 If the necessity arose would you be willing to use deadly force and / or shoot at a person during your employment as an Alaska State Trooper / Alaska Wildlife Trooper?	YES	NO
--	-----	----

127 If the necessity arose would you be willing to use non-deadly force and / or inflict a serious injury on a person during your employment as an Alaska State Trooper / Alaska Wildlife Trooper?	YES	NO
---	-----	----

128 Under what circumstances would you be willing to overcome any reluctance to hurt another?		
--	--	--

129 Have you ever been involved in any domestic violence incident, as a victim or participant, with a current or former family member, relative, person you've resided or had a romantic relationship with? (Domestic violence includes but is not limited to, preventing a call for assistance, preventing or restraining a person from leaving, causing pain or fear, threats, intimidation, and / or actual violence or causing injury.)	YES	NO
---	-----	----

130 Have you ever pushed, punched, slapped, shoved, threatened, or injured someone or been injured yourself, in a domestic violence incident?	YES	NO
---	-----	----

131 Are you now or have you ever been a respondent or petitioner in a restraining order, protective order, or similar document, be it domestic, temporary, or other? If "YES", list when and where.	YES	NO
---	-----	----

132 Have you ever been questioned about, charged with, arrested for, or convicted of - any crime against a current or former family member, relative, person you have resided with, or had a romantic relationship with?	YES	NO
--	-----	----

133 Have you understood all of the questions listed in this questionnaire?	YES	NO
---	-----	----

INITIALS _____ DATE _____

ALASKA STATE TROOPER PHYSICAL FITNESS **SELECTION STANDARDS**

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 in the Division of Alaska State Troopers. The Department recognizes the importance of physical fitness for success at the State Trooper Academy and in daily job performance.

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 State Trooper Recruit applicants, 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 judgement 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 her self, colleagues, or the public.

HOW WILL PHYSICAL FITNESS BE MEASURED?

The Department of Public Safety's Physical Fitness Test includes push-ups, sit-ups, and a 1.5 mile run.

Push-ups to Failure

The starting position is with the hands placed about shoulder-width apart, with fingers pointing forward, and the feet no more than 6-8" apart. The administrator places a 3-inch block under the sternum. Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the 3-inch block. The subject then returns to the up position. This is one repetition. Resting or repositioning hands or feet is not allowed. When subject rests or moves hands or feet the test will terminate. Pushups performed without the back essentially straight are not counted. The number of minimum acceptable pushups is 25.

1 Minute Sit-ups

The subject starts by lying on the back, knees bent, heels flat on the floor, with the fingers laced and held behind the head. A partner holds the 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 elbows to knees and then return until the shoulder blades touch the floor. Resting is allowed in the up position only. The neck remains in a neutral position, elbow in parallel to the sides of the body. The number of minimum acceptable sit-ups is 27.

1.5 Mile Run

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

RETEST

Applicants that do not meet the minimum acceptable standards will be allowed to retest during future scheduled fitness testing dates for the same recruitment cycle. Retest will consist of the **entire** test battery.

<p>BEFORE STARTING ANY PHYSICAL EXERCISE PROGRAM, IT IS RECOMMENDED THAT YOU SEE A MEDICAL DOCTOR.</p>

PREPARATION FOR TESTING

The Department of Public Safety wishes you success on the physical fitness portion of the State Trooper Recruit selection process. We recommend you take the time to properly prepare, by starting a personal fitness program that includes both strength and aerobic exercises.

Alaska State Trooper - Applicant Notifications

Applicant: _____ Investigator: _____ Date: _____

<p>Physical Fitness is an important part of being an Alaska State Trooper and I understand that I will be required to remain "Fit for Duty" throughout my career. Anything less than a full commitment, on my part, to be in top physical shape when I arrive at the academy will be a deterrent to my successful completion of the program.</p> <p>The PT test is only an entry level physical fitness test. At the academy you will be working out 90 minutes a day for 18 weeks. This is not about simply passing tests and increasing your fitness. It is about survival; having the physical ability and endurance to save your life or someone else's in a life-threatening situation.</p> <p>(Entry level PT test minimum standards: 25 push-ups nonstop, 27 sit-ups in one minute, and a mile and a half run in 15 minutes, 12 seconds.)</p>	<p>Sign your initials:</p>
<p>The State Trooper Academy is very demanding. I am expecting a boot camp type living situation. I expect to work long days, perform exhaustive repetitive tasks, and live within a rigid military climate. I understand the Academy will test me physically, intellectually, and emotionally.</p>	<p>Sign your initials:</p>
<p>Many people relate police work to what they see on TV. This gives a false impression as to what activities take up the majority of a state trooper's time. A Ride-Along with a working trooper will provide you with a realistic view of the activities that state troopers perform. If you are selected to proceed to the next phase of the recruitment process, you may schedule a ride along with a working state trooper after you have received your testing schedule, by contacting our staff in the recruitment office.</p>	<p>Sign your initials:</p>
<p>Vesting: The Alaska State Troopers are seeking recruits who have the personal drive and motivation to succeed. AST is highly supportive of their personnel and will provide the finest Academy training, the best equipment, and training throughout your career. It is AST's hope that candidates will serve for a minimum of 5 years (100% vested). Once vested, employees may take their retirement to a new job or another state. For additional information, review the Tier IV chart on the Retirement and Benefits page by going to the Defined Contribution Retirement Plan link, then to the PERS tier chart, at www.state.ak.us/drb.</p>	<p>Sign your initials:</p>
<p>Geographical assignments: AST is a rural, full-service law enforcement agency. Approximately 40% of our personnel serve in the Bush; 20% at rural highway posts, and the remaining 40% serve near urban areas.</p>	<p>Sign your initials:</p>

Websites you may find of value while researching the Alaska State Troopers and Alaska:

Sign your initials:

Alaska State Troopers: www.alaskastatetroopers.com

AST Quarterly: <http://www.dps.state.ak.us/pio/>

Division of Retirement and Benefits: Go to the Defined Contribution Retirement Plan link for the PERS (public employee's retirement system) Tier chart. (**Tier IV** for employees hired after July 2006.) www.state.ak.us/drb

General information on investigating Alaska: <http://en.wikipedia.org/wiki/Alaska>

Anchorage Daily News: <http://www.adn.com>

State of Alaska web site: <http://www.state.ak.us>

(With this State of Alaska website, you can go to the state employee directory on the main page under Quick Links for the recruitment investigator's direct line and email address.)

AST Recruitment, Anchorage: 907-269-5976

AST Recruitment Toll Free: 877-258-7667

AST Recruitment Fax, Anchorage: 907-269-5751

If at any time you decide you must withdraw your application from the selection process, please contact AST recruitment in Anchorage immediately.