



ARKANSAS STATE POLICE

ASP 89B
Eff. 06/24/2020

Physical Fitness Assessment Medical Release Form

Physical Fitness Assessment tests will not be scheduled until this completed form is submitted to the Arkansas State Police.

Date: _____ Patient Name: _____

To ensure minimum levels of fitness, Arkansas State Police applicants will be assessed to determine their physical ability levels. All portions of the assessment must be completed for the assessment to be valid. **An instructional video is available on the ASP website at <http://asp.arkansas.gov/recruiting/trooper-recruiting>.** This form is valid for one year.

Physical fitness assessment will consist of the events listed below:

Timed Events:

- 320 yard run with a 5' jump, run up and down a ramp with a 30 degree incline/decline, change directions, hurdle two 18" obstacles
- 6 repetitions each of pulling and pushing the Physical Control Simulator in a 180 degree arc with 80 pounds of resistance
- 10 burpees, 5 to chest and 5 to back, interspersed with 9 vaults over a 3 foot vault-rail

Not timed – must be completed without stopping:

- Carry a 100 pound torso bag 50 feet while keeping the bag above knee level with arms bent

PHYSICIAN/PRIMARY CARE PROVIDER (PCP) RECOMMENDATION

- The applicant is physically fit to participate in the Physical Fitness Assessment.**
- The applicant is not physically fit to participate in the Physical Fitness Assessment.**

Physician/PCP Signature: _____ Date: _____

Physician/PCP Name (print): _____

Name of Clinic: _____ Phone: _____

Address: _____ City: _____ State _____ Zip: _____