



Oglala Sioux Tribe

Department of Public Safety

PO Box 300 Pine Ridge, South Dakota 57770

Phone (605) 867-5141 Fax (605) 867-5953



Dear Applicant,

The OST Department of Public Safety has a training program on Physical Fitness and Strenuous Exercise. The following is mandatory. Persistent blood pressure reading not over 140/90 and not less than 100/60, a mile and one-half (1 ½) run will be conducted according to age.

Please **list all physical problems and/or disabilities**, should there be any.

The following will be checked:

- 1) Cardiovascular Endurance (1 ½ mile run)
- 2) Flexibility (sit and reach)
- 3) Strength (bench press)
- 4) Agility (agility run)

Please leave a telephone number where you can be reached, in case of any questions that need to be answered. Telephone # _____.

The attached Physical form is to be completed and signed by the doctor on the first and the last page. Thank You.

Sincerely,

Robert Herman

Interim Chief of Police

Attachment - 3

