

**BOARD OF POLICE COMMISSIONERS
VANDALIA, IL**

APPLICANT TESTING INFORMATION

**PHYSICAL FITNESS P.O.W.E.R. TEST
-TEST INFORMATION ATTACHED-
(APPLICANT SHOULD WEAR CLOTHING APPROPRIATE FOR PHYSICAL TESTING)**

DATE: November 16th, 2019

TIME: 8:30am

**LOCATION: VANDALIA POLICE DEPARTMENT
219 SOUTH FIFTH STREET
VANDALIA, ILLINOIS 62471**

**WRITTEN EXAMINATION
(ALL TEST MATERIALS AND WRITING INSTRUMENTS WILL BE PROVIDED AT TIME OF TEST)**

DATE: November 16th, 2019

TIME: 45 MINUTES AFTER ALL APPLICANTS HAVE COMPLETED THE P.O.W.E.R. TEST

**LOCATION: VANDALIA POLICE DEPARTMENT
219 SOUTH FIFTH STREET
VANDALIA, ILLINOIS 62471**

**QUESTIONS: CONTACT CHIEF OF POLICE JEFF RAY
TELEPHONE: 618-283-0556
E-MAIL: pdchief@vandaliaillinois.com**

**BOARD OF POLICE COMMISSIONERS
VANDALIA, ILLINOIS**

In order to submit a pre-test application to the Board, the applicant:

- Must be at least 21 years of age and under 35 years of age unless previously employed as a police officer**
- Must be a citizen of the United States**
- Must have a high school diploma or GED**
- Must be willing to attend Police Academy training at a location in Illinois chosen by the Vandalia Police Department**
- Must be willing to reside within 10 miles of the corporate limits of the city of Vandalia within 120 days after the end of probationary employment period**

PRE-TEST APPLICATION MUST BE RETURNED TO VANDALIA POLICE DEPARTMENT BY NOON ON November 14,2019 APPLICATIONS RETURNED AFTER THIS DATE AND TIME WILL NOT BE CONSIDERED.

**BOARD OF POLICE COMMISSIONERS
VANDALIA, ILLINOIS**

RECRUITMENT PROCESS FOR PROBATIONARY PATROLMEN

First Step

-Complete pre-screening application, attach required documents, and return to Vandalia Police Department on or before November 14th, 2019 at 12:00pm. An applicant unable to supply the required documents by the deadline must provide a written explanation with the applicant's pre-screening application. The Board will decide whether or not to waive the deadline.

NOTE: If the documents are not provided before beginning of the third step in the recruitment process, the applicant will not be considered for employment.

Second Step

Applicant must participate in and pass the Physical Fitness P.O.W.E.R. Test (information attached)

Applicant must participate in the written examination

Testing date is November 16th, 2019 at 8:30am. Location is Vandalia Police Department

Third Step

Applicant must complete a detailed background investigation application

Applicant must sign an Authorization for Release of Personal Information form

Applicant must sign a Release of Credit Information form and/or provide a credit history report, if requested

Applicant must cooperate completely with completion of the background investigation

Fourth Step

Applicant interview with the Police Board

Fifth Step

The Police Board certifies hiring eligibility list

If applicant is offered a position as Probationary Patrolman:

Sixth Step

Update background investigation

Seventh Step

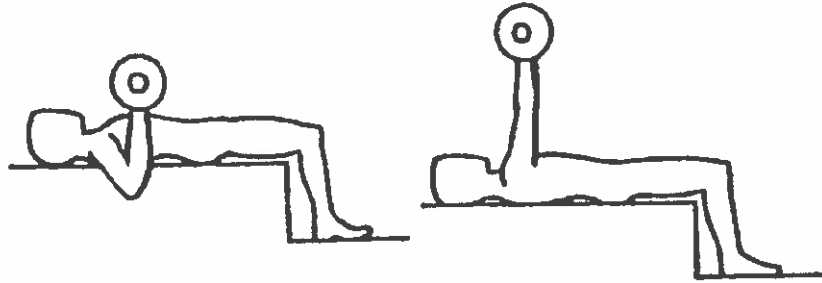
Medical Examination

Eighth Step

Polygraph examination

3. 1 Repetition Maximum Bench Press

This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing police tasks requiring upper body strength. *The score is a ratio of weight pushed divided by body weight.*



4. 1.5 Mile Run

This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. *The score is in minutes and seconds.*



What Are the Standards?

- The actual performance requirement for each test is based upon norms for a national population sample.
- The applicant must pass every test.
- The required performance to pass each test is based upon age (decade) and sex. While the absolute performance is different for the eight categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile range in terms of their respective age/sex group. The performance requirement is that level of physical performance that approximates the 40th percentile for each age and sex group.

POWER CHART

TEST	MALE				FEMALE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit and Reach	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
1 Minute Sit-Up	37	34	28	23	31	24	19	13
Maximum Bench Press Ratio	.98	.87	.79	.70	.58	.52	.49	.43
1.5 Mile Run	13.46	14.31	15.24	16.21	16.21	16.52	17.53	18.44

How Does One Prepare for the Power Test?

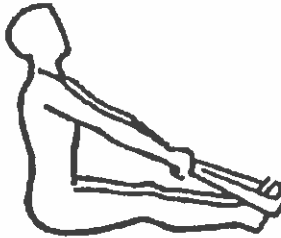
1. Preparing for the Sit and Reach Test

Performing sitting type of stretching exercises daily will increase this area. There are two recommended exercises.

Sit and Reach. Do 5 repetitions of this exercise. Sit on the ground with legs straight. Slowly extend forward at the waist and extend the fingertips toward the toes (keeping legs straight). Hold for 10 seconds.



Towel Stretch. Sit on the ground with the legs straight. Wrap a towel around the feet holding each end with each hand. Lean forward and pull gently on the towel extending the torso toward the toes.



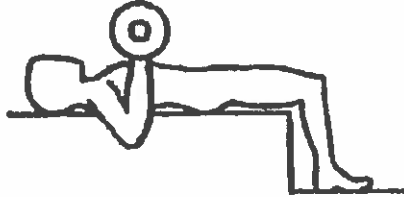
2. Preparing for the Sit-Up Test

The progressive routine is to do as many bent leg sit-ups (hands behind the head) as possible in 1 minute. At least three times a week, do three sets (three groups of the number of repetitions one did in 1 minute).

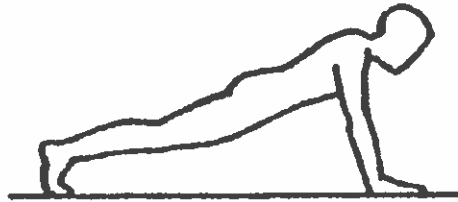


3. Preparing for the 1 Repetition Maximum Bench Press

If one has access to weights, determine the maximum weight one can bench press one time. Take 50% of that poundage. This will be the training weight. One should be able to do 8-10 repetitions of that weight. Do three sets of 8-10 repetitions adding 2 ½ to 5 pounds every week.



If one does not have weight equipment, then the push-up exercise can be utilized. Determine how many push-ups one can do in 1 minute. At least three times a week, do three sets of the amount one can do in 1 minute.



4. Preparing for the 1.5 Mile Run

Below is a gradual schedule that would enable one to perform a maximum effort for the 1.5 mile run. If one can advance the schedule on a weekly basis, then proceed to the next level. If one can do the distance in less time, then that should be encouraged.



Week	Activity	Distance	Time	Frequency
1	Walk	1 Mile	20'-17'	5/Week
2	Walk	1.5 Miles	29'-25'	5/Week
3	Walk	2 Miles	35'-32'	5/Week
4	Walk	2 Miles	30'-28'	5/Week
5	Walk/Jog	2 Miles	27'	5/Week
6	Walk/Jog	2 Miles	26'	5/Week
7	Walk/Jog	2 Miles	25'	5/Week
8	Walk/Jog	2 Miles	24'	4/Week
9	Jog	2 Miles	23'	4/Week
10	Jog	2 Miles	22'	4/Week
11	Jog	2 Miles	21'	4/Week
12	Jog	2 Miles	20'	4/Week