

Vandalia Police Department

219 S. Fifth Street

Vandalia, IL 62471

Ph. (618) 283-2131 Fax (618) 283-9281

Ricky J. Gottman, Mayor

Jeff Ray, Chief of Police

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: MARCH 23, 2024

TIME: 8:30AM

LOCATION: VANDALIA POLICE DEPARTMENT
219 SOUTH 5TH ST
VANDALIA, IL 62471

WRITTEN EXAM WILL FOLLOW AFTER SUCCESSFUL COMPLETION OF
PHYSICAL EXAM.

QUESTIONS: CONTACT CHIEF OF POLICE JEFF RAY
TELEPHONE: 618-283-0556
EMAIL: 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 15 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 MARCH 15th, 2024 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 and return to Vandalia Police Department on or before March 15th, 2024 at 12:00pm.

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 March 23rd. 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

**BOARD OF POLICE COMMISSIONERS
VANDALIA, IL**

**Pre-Screening Application of the position of
Vandalia Police Department Probationary Patrolman**

Please TYPE or PRINT Legibly

1.	NAME (last)	(first)	(Middle)
<hr/>			
2.	ADDRESS (Street)	(City)	(State) (Zip)
<hr/>			
3.	Phone No.	Date of Birth	Driver's License & State Issued
<hr/>			
4.	Social Security Number	Marital Status (please circle)	
		Single	Married Divorced Widowed
<hr/>			
5.	Are you a military veteran or currently serving in the armed services?		
	If yes, which branch?		
<hr/>			
6.	Education (please circle)		
	High School Diploma	College Diploma	Some College
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READ THIS APPLICATION AND YOUR ANSWERS CAREFULLY BEFORE SIGNING BELOW

I certify that the statements made by me in this application are true, complete and correct to the best of my knowledge and belief and are made in good faith. I understand that if I knowingly have made any misstatement of facts, I am subject to disqualification and to such other penalties as may be prescribed by law.

SIGNATURE: _____

DATE: _____

APPENDIX A Physical Fitness Standards

1. SIT AND REACH TEST: This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes beyond the extended arms from the sitting position. The score is in the inches reached on a yard stick with 15" being at the toes.

	MALE AGE	MALE AGE	MALE AGE	MALE AGE		FEMALE AGE	FEMALE AGE	FEMALE AGE	FEMALE AGE
TEST: Sit and Reach	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
1-14-91	16.0	15.0	13.8	12.8		18.8	17.8	16.8	16.3
12-15-22	14.4	13.0	12.0	10.5		17.0	16.5	15.0	14.8

2. ONE MINUTE SIT UP TEST: This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems.

	MALE AGE	MALE AGE	MALE AGE	MALE AGE		FEMALE AGE	FEMALE AGE	FEMALE AGE	FEMALE AGE
TEST: One Minute Sit Up Test	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
1-14-91	37	34	28	23		31	24	18	13
12-15-22	33	30	24	19		24	20	14	10

3. ONE 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.

	MALE AGE	MALE AGE	MALE AGE	MALE AGE		FEMALE AGE	FEMALE AGE	FEMALE AGE	FEMALE AGE
TEST: Bench Press	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
1-14-91	98%	87%	79%	70%		58%	52%	49%	43%
12-15-22	88%	78%	72%	63%		51%	47%	43%	39%

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.

	MALE AGE	MALE AGE	MALE AGE	MALE AGE		FEMALE AGE	FEMALE AGE	FEMALE AGE	FEMALE AGE
TEST: 1.5 Mile Run	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
1-14-91	13:46	14:31	15:24	16:21		16:21	16:52	17:53	18:44
12-15-22	14:00	14:34	15:24	16:58		16:46	17:38	18:37	20:44