

**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 June 28th, 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 July 13th at 8:00am. 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**

APPLICANT TESTING INFORMATION

**PHYSICAL FITNESS P.O.W.E.R. TEST
-TEST INFORMATION ATTACHED-**

(APPLICANT SHOULD WEAR CLOTHING APPROPRIATE FOR PHYSICAL TESTING)

DATE: July 13th, 2024

TIME: 8:00am

**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: July 13th, 2024

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**

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

To be eligible to take part in the examination process for police patrol officer, you must possess the following qualifications:

1. Every applicant for original examination for the uniformed police, in addition to all other applicable requirements of these rules, must, at the time of such examination, be not less than twenty (20) years of age or over thirty-five (35) years of age; provided, however, that in cases where an applicant has had special training or experience in police related work, the Commission may, at its discretion, accept applicants thirty-six (36) years of age or older with one (1) year of increased age allowed for each year of training or experience. The maximum of such age allowance shall be four (4) years. No applicant shall be appointed to the uniformed police until the age of twenty-one (21) years.
2. No felony convictions or any disqualifying misdemeanor convictions identified by the Illinois Law Enforcement Training and Standards Board.
3. Applicant may not be prohibited by any court action and/or state or federal statute from carrying a firearm.
4. High school diploma or equivalent

You **MUST** provide documentation showing proof of eligibility with your background packet upon completion of the physical and written testing (e.g. High School diploma, college transcript(s), DD214).

At time of appointment, a Police Patrol Officer must be a U.S. Citizen and must possess a valid Illinois driver's license. Generally, applicants must be in good health, be of good moral character and not possess an adverse police record. Applicants should possess physical strength and agility sufficient to handle aggressive situations, be able to work under adverse weather conditions, be able to think and act quickly in emergency situations and possess good general intelligence and emotional stability.