



**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: February 7<sup>th</sup>, 2026**

**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: February 7<sup>th</sup>, 2026**

**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](mailto:pdchief@vandaliaillinois.com)**

**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 January 28<sup>th</sup>, 2026, at 12:00pm.

**Second Step**

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

Applicants must participate in the written examination

Testing date is February 7<sup>th</sup> at 8:00am. Location is Vandalia Police Department

**Third Step**

Applicants must complete a detailed background investigation application

Applicants 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

Applicants 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 / Psychological examination

## **BOARD OF POLICE COMMISSIONERS VANDALIA, ILLINOIS**

### **Pre-Test Application Requirements**

In order to submit a pre-test application to the Board of Police Commissioners, an applicant must meet all the following minimum requirements. These standards represent baseline eligibility and do not guarantee appointment.

### **Minimum Qualifications**

- Be at least 21 years of age and under 35 years of age at the time of appointment, unless previously employed as a sworn police officer, as permitted by Illinois law.
- Be a citizen of the United States.
- Possess a high school diploma or GED.
- Possess or be eligible to obtain a valid Illinois driver's license.
- Be legally eligible to own and possess firearms under state and federal law.

### **Training Requirement**

- Must be willing to attend and successfully complete an Illinois Law Enforcement Training and Standards Board (ILETSB)-approved Police Academy at a location within the State of Illinois designated by the Vandalia Police Department.

### **Residency Requirement**

- Must be willing to reside within thirty-five (35) miles of the corporate limits of the City of Vandalia within one hundred twenty (120) days following the completion of the probationary employment period.

### **Additional Conditions**

- Applicants must successfully complete all phases of the selection process.
- Final appointment is subject to compliance with the Illinois Police Training Act (50 ILCS 705) and ILETSB rules.

The Board of Police Commissioners reserves the right to amend, supplement, or interpret these requirements in accordance with Illinois law and municipal authority.

## 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
<b>12-15-22</b>	<b>14.4</b>	<b>13.0</b>	<b>12.0</b>	<b>10.5</b>	<b>17.0</b>	<b>16.5</b>	<b>15.0</b>	<b>14.8</b>

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
<b>12-15-22</b>	<b>33</b>	<b>30</b>	<b>24</b>	<b>19</b>	<b>24</b>	<b>20</b>	<b>14</b>	<b>10</b>

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%
<b>12-15-22</b>	<b>88%</b>	<b>78%</b>	<b>72%</b>	<b>63%</b>	<b>51%</b>	<b>47%</b>	<b>43%</b>	<b>39%</b>

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
<b>12-15-22</b>	<b>14:00</b>	<b>14:34</b>	<b>15:24</b>	<b>16:58</b>	<b>16:46</b>	<b>17:38</b>	<b>18:37</b>	<b>20:44</b>