



Pontiac Police Department

413 NORTH MILL STREET

PONTIAC, IL 61764

815-844-5148

FAX: 815-844-6457

James Woolford
Chief of Police

Dan Davis
Major

January 8, 2020

Prospective members of the Pontiac Police Department;

The Pontiac Police Department is an organizational and operational public safety service of the City of Pontiac. The Pontiac Police Department provides professional law enforcement services for the city's 12,000 residents.

QUALIFICATIONS

- **US Citizen or permanent resident alien legally entitled to work in the U.S.**
- **Age 21-35 * (age 20 and military and prior police service waivers exist)**
- **No felony convictions or certain misdemeanor convictions**
- **Good moral character**
- **Possess an Associate's degree, or 60 credit hours toward a Bachelor's Degree or military waiver***

* 65 ILCS 5/10-2.1-6 (h)

The Pontiac Police Department is comprised of the Chief of Police, Major and 17 full time police officers. The department is a combination of Patrol, Investigations, School Resource Officer and a K-9 unit. The department operates and oversees a multi-jurisdictional tactical unit. The full time officers are represented by the Police Benevolent and Protective Association Unit 23. The administration and the union have a great working relationship, working to achieve our mission.

On average, the Pontiac Police Department responds to 7,000 calls for service each year. These calls cover a wide spectrum of activity to include property crimes, crimes against persons, community assistance and traffic enforcement.

Pontiac is the county seat of Livingston County and accommodates other criminal justice agencies to include the Livingston County Sheriff, Illinois State Police District 6, Pontiac Correctional Center and the Livingston County Court System.

I wish you well in your application process and thank you for your interest in the Pontiac Police Department.

A handwritten signature in cursive script, reading "James B. Woolford".

James B. Woolford Chief of Police



Pontiac Fire & Police Commission

City Hall
115 W. Howard Street
Pontiac, Illinois 61764



POLICE TESTING INFORMATION

APPLICATIONS: Deadline for filing an application is 3:00 pm, Thursday February 27th, 2020. Applications are to be returned to the Pontiac Police Department, 413 N. Mill Street, Pontiac, IL. 61764. A certified birth certificate, transcripts and/or DD214 must be included.

The Orientation, Physical and Written Examinations will be conducted by C.O.P.S. testing service at the Pontiac Township High School and Pontiac Recreation Center, at 900 N. Elm Street, Pontiac, IL.

MANDATORY Orientation	Saturday February 29 th , 2020	8:00 am (doors will be locked at 8:00)
Physical Agility Examination	Saturday February 29 th , 2020	Following Orientation
Written Examination	Saturday February 29 th , 2020	Following the Physical Agility Test

The Pontiac Police Department requires a background investigation, polygraph examination, psychological examination, and a medical examination of all personnel. These examinations are scheduled in compliance with the Illinois Compiled Statutes and are not part of the evaluation process for the final eligibility list.

Should you have any questions about the testing procedure or forms, please contact the Pontiac Police Department at 815-844-5148 or email: dan.davis@pontiac.org

A handwritten signature in black ink that reads "James B. Woolford".

James B. Woolford
Chief of Police



Pontiac Fire & Police Commission

City Hall
115 W. Howard Street
Pontiac, Illinois 61764



Preliminary Application for Employment with the Pontiac Police Department

Full Name _____ Date _____

Street Address _____

City _____ State _____ ZIP _____

Date of Birth _____

Telephone _____ S.S.N. _____

Email: _____

Are you a United States citizen? YES _____ NO _____

If you are not a U.S. citizen are you a legal alien who has filed for permanent
residency? YES _____ NO _____

Do you have a valid driver's license? YES _____ NO _____

Do you have an Associate's Degree, 60 credit hours towards a Bachelor's Degree or 24
months of active military service or 180 days of active combat military experience?
YES _____ NO _____

Have you ever been convicted of a felony? YES _____ NO _____

Have you ever served in the U.S. Armed Services? YES _____ NO _____

If yes, BRANCH _____

***This application, a copy of your birth certificate, college transcripts and or DD214 are
due by application deadline date.***

Illinois Law Enforcement Training and Standards Board



Preface

The Illinois Law Enforcement Training and Standards Board, in recognizing the importance of physical fitness status for academy performance (and eventual job performance), has established the **Peace Officer Wellness Evaluation Report (POWER)** test for entering any of the Illinois certified police academies.

The POWER test will be provided to all candidates prior to entering the academy to see if each individual meets the standards. These fitness entrance requirements help to ensure that each recruit can undergo both the physical and academic demands of an academy without undue risk of injury and with a level of fatigue tolerance to meet all academy requirements. If the applicant does not meet all the standards, the recruit will not be allowed to enter the academy.

In an effort to brief police administrators and police applicants, this pamphlet will provide information on the rationale, purpose, testing and procedures, standards of performance and fitness activities to prepare for the POWER test. It is intended to answer the basic questions pertaining to all aspects of the fitness testing process. Any questions you may have about these standards should be directed to the Board's Office at (217) 782-4540.

Kevin T. McClain
Executive Director

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What Is Physical Fitness?

Physical fitness is a health status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required.

Physical fitness consists of three areas:

- Aerobic capacity or cardiovascular endurance pertaining to the heart and vascular system's capacity to transport oxygen. It is also a key area for heart disease in that low aerobic capacity is a risk factor.
- Strength pertains to the ability of muscles to generate force. Upper body strength and abdominal strength are important areas in that the low strength levels have a bearing on upper torso and lower back disorders.
- Flexibility pertains to the range of motion of the joints and muscles. Lack of lower back flexibility is a major risk area for lower back disorders.

Why Is Fitness Important as a Job-Related Element for Law Enforcement Officers?

- It has been well documented that law enforcement personnel (as an occupational class) have serious health risk problems in terms of cardiovascular disease, lower back disorders, and obesity . Law enforcement agencies have the responsibility of minimizing known risk. Physical fitness is a health domain which can *minimize the "known" health risks* for law enforcement officers.

Physical fitness has been demonstrated to be a bona fide occupational qualification (BFOQ). Job analysis that account for physical fitness have demonstrated that fitness areas are underlying factors determining the physiological *readiness* to perform a variety of *critical* physical tasks. These three fitness areas have also been shown to be predicative of job performance ratings, sick time, and number of commendations of police officers. Data also shows that the fitness level is predicative of *rainability* and academy performance.

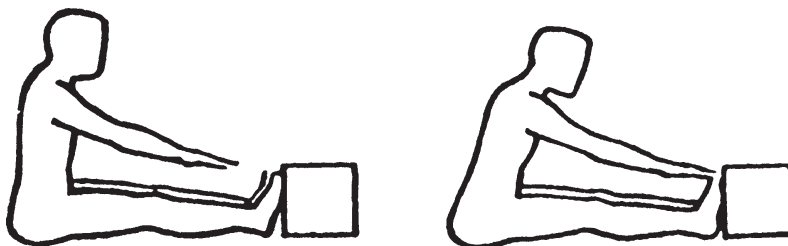
- Physical fitness can be an important area for minimizing *liability*. The unfit officer is less able to respond fully to strenuous physical activity. Consequently, the *risk of not performing physical duties* is increased.

How Will Physical Fitness Be Measured?

The POWER test consists of four basic tests. Each test is a scientifically valid test. It is recommended that five minutes of static stretching, using techniques approved by the Board, be completed prior to each test. A five minute rest is recommended between each test with a fifteen minute rest before the 1.5 mile run. The tests will be given in the following sequence with a rest period between each test.

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 also important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from the sitting position. *The score is in the inches reached on a yard stick.*



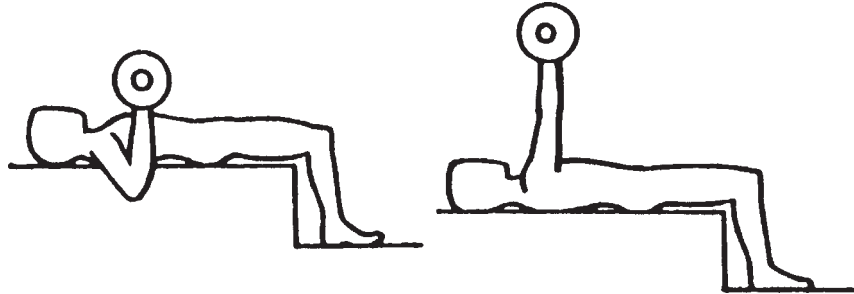
2. 1 Minute Sit-Up Test

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 also an important area for maintaining good posture and minimizing lower back problems. *The score is in the number of bent leg sit-ups performed in one minute.*



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?

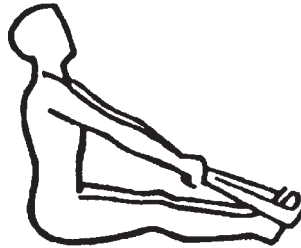
1. Preparing for the Sit and Reach Test

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.



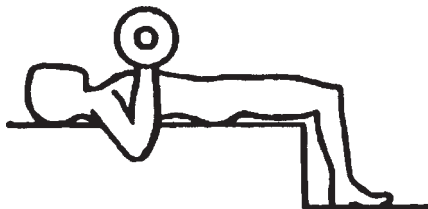
2. Preparing for the Sit-Up Test

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