CHAMPAIGN COUNTY SHERIFF'S OFFICE

RECRUITING INFORMATION

Information for prospective

Sheriff's Law Enforcement Applicants



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WELCOME!

Thank you for your interest in the Champaign County Sheriff's Office! We hope the information contained in this packet provides helpful information on what it takes to become a Law Enforcement Deputy.

The Mission Statements of the Law Enforcement Division is:

To provide full police service to the public by upholding the Constitution of the United States and the State of Illinois; by effectively and indiscriminately enforcing the law; by rendering assistance to the public whenever and wherever necessary; by cooperating with other law enforcement agencies in the reduction of unlawful activity; by furnishing assistance and information within Office guidelines to other governmental and civic bodies; and, within limits of available resources, by responding to all requests for police service within Champaign County in the most professional manner.

Sheriff's Office Overview:

The Champaign County Sheriff's Office has three separate uniformed and sworn divisions (Law Enforcement, Corrections & Court Security) each of which have different primary job duties.

The Law Enforcement Division consists of 54 persons (which includes the Sheriff and Chief Deputy who both have responsibilities other than Law Enforcement such as the 2 jails and Courthouse). They patrol and answer calls throughout the County which is about 1,050 square miles (the 4th largest County in the State). We are the primary police agency for approximately 56,000 people.

The Champaign County Sheriff's Office affords opportunities such as Canine Officer,

Champaign County, Illinois is in the heart of East Central Illinois. US Interstates 57, 72 & 74 intersect in the County which puts Champaign County approximately 2 hours south of Chicago Illinois; 3 hours north-northeast of St. Louis, Missouri; and 2 hours west of Indianapolis, Indiana.

Home to the University of Illinois, Parkland College, and two major regional hospitals (Carle Foundation Hospital and OSF Heart of Mary Medical Center), Champaign County is a leader in education, health care, government, high technology, light industry and agriculture. Champaign County comprises 1008 square miles, the majority of which are involved in agriculture.

DEPUTY SHERIFF — PATROL QUALIFICATIONS

- High school diploma or general education degree (GED); or equivalent combination of education and experience.
- At least 21 years of age at the time of appointment as Deputy Sheriff
- Valid driver's license.
- Residency: Applicants do <u>NOT</u> need to be Champaign County residents to apply. If hired, you must establish residency within Champaign County limits.
- Physical Requirements: Must be able to perform the essential functions of the position and pass the
 physical agility exam. Candidates who are hired must pass the physical fitness entrance requirement
 of the Police Training Institute (P.O.W.E.R. Test).
- Examinations: Must pass exam for placement into the Sheriff's Merit Commission Register; must pass background investigation, oral interview, psychological, physical agility and medical examinations including a drug screen prior to hire.
- Essential Duties and Responsibilities include:
 - > Investigates crimes, interviews witnesses, complainants, and victims; and gathers physical evidence and conducts follow up investigations as needed.
 - > Enforces all felony and misdemeanor laws of the State of Illinois.
 - > Serves warrants, summonses, subpoenas, civil and other official papers.
 - > Responds to emergency calls.
 - > Cope with situations firmly, courteously, tactfully, and with respect for the rights of others.
 - > Learn and use basic computer operation as it relates to police work.
 - > Understand and follow oral and written communications.
 - Learn the geographic area of designated patrol area.
 - Prepares, processes, and transmits various reports as required.
 - > Answers questions asked by the public or refers them, when needed, to agencies which can provide further assistance if required.
 - > Effectively work under stressful, high risk conditions.
 - > Possess the ability to make decisions which may be centered around life or death situations.
 - > Maintains required level of proficiency in the use of firearms, self-defense, physical fitness and first aid.
 - Performs special assignments as directed by Command Staff or the Sheriff.

Lateral Entry Program

A qualified lateral employee may start up to Year 3 step of the wage schedule. The lateral employee will remain at that step until his/her years of service with CCSO equal 3 complete years; after which the employee will begin advancing through the schedule.

PAY AND BENEFITS — LAW ENFORCEMENT DEPUTY

Wages effective January 1, 2021 through and including December 31, 2022:

Position	Annual	Hourly
Probationary Deputy Sheriff	\$53,747	\$25.84
Deputy Sheriff – 5 years	\$62,670	\$30.13
Deputy Sheriff – 10 years	\$72,467	\$34.48
Deputy Sheriff – 20 years	\$80,558	\$38.73

Health Insurance effective January 1, 2020 through and including December 31, 2021:

➤ Health insurance is effective two months from your date of full time hire. Plan tiers are offered for single coverage (employee only) or dependent coverage. Employees are offered a choice of medical coverage through Blue Cross/Blue Shield of Illinois:

	Standard Plan			
	Cost/ Month	Deduction/ Paycheck		
Single Coverage (total cost)		-		
Employee Pays	\$125.72	\$62.86		
Dependent Coverage – Employee Cost				
Emp + Child(ren)	\$280.72	\$140.36		
Emp + Spouse	\$346.72	\$173.36		
Family	\$1098.72	\$549.36		

Dental Insurance effective January 1, 2020 through and including December 31, 2021:

➤ Dental coverage is offered through Delta Dental and is effective first day of the month following two months of full time employment.

Employee Only	\$8.98/pay	\$15.56/pay
Employee + Spouse	\$17.96/pay	\$31.09/pay
Employee + Children	\$25.50/pay	\$31.33/pay
Family	\$40.62/pay	\$57.92/pay

Eye/Med Vision Insurance effective January 1, 2020 through and including December 31, 2021:

Vision insurance is offered and is effective first day of the month following two months of full time employment.

Vision Insurance	Month	Per Pay		
Employee Only	\$6.98	\$3.49		
Employee + Spouse	\$14.68	\$7.34		
Employee + Children	\$11.82	\$5.91		
Employee + Family	\$19.70	\$9.85		

Pension/Retirement Plan:

Illinois Municipal Retirement Fund (IMRF) Sheriff's Law Enforcement Plan (SLEP) Tier-2.

Overtime Pay and Compensatory Time:

- Overtime is computed at 1.5 times the straight time hourly rate of pay. Time eligible for overtime is all hours worked more than 8 hours per day.
- Compensatory Time: Officers have the option to receive comp. time (time off) instead of overtime. Comp time accrues at the same rate as overtime (1.5).

Paid Holidays:

- Thirteen (13) holidays: New Year's Day, Martin Luther King Day, President's Day, Spring Day (Friday before Easter), Memorial Day, Independence Day, Labor Day, Columbus Day, Veteran's Day, Thanksgiving Day and Friday after, and Christmas Day.
- Employees who work on scheduled holidays receive two and one-half (2.5) times their regular straight-time hourly rate of pay.

Paid Vacation:

Earn 80 hours (10 Days) during the first year of employment:

Employment Step	Amount of Vacation Accrued 80 hours/year 120 hours/year 160 hours/year 168 hours/year 176 hours/year	
Less than 5 years	80 hours/year	
More than 5 less than 10 yrs	120 hours/year	
More than 10 less than 15 yrs	160 hours/year	
More than 15 less than 20 yrs	168 hours/year	
More than 20 less than 25 yrs	176 hours/year	
More than 25 years	200 hours/year	

Bereavement & Personal Leave:

- Bereavement Leave (up to 5 consecutive days for immediate family);
- Personal Leave (24 hours)

Paid Sick Leave:

Employees earn paid sick leave based upon years of service.

- Less than ten (10) years of continuous service earn eighty (80) hours per year.
- > Those with more than ten (10) years earn ninety-six (96) hours per year.

Life Insurance:

The county provides full time employees with a \$20,000 term life insurance policy and \$20,000 AD&D insurance policy.

Deferred Compensation Plan:

A 457(b) deferred compensation plan is a retirement plan that allows public employees like you to set aside money for retirement from every paycheck.

Flexible Spending Account:

Employees may elect to create two separate tax-free accounts through salary reduction. One account is to pay for health-related expenses and the other account is for child care costs.

Uniforms and Equipment:

Employees are provided complete uniforms including Ballistic Vest, duty belt and duty weapon (Glock .40 or 9mm)

Take-Home Patrol Car:

- Law Enforcement Deputies assigned to solo patrol are all equipped with a "take-home" patrol car for their use in all work-related matters.
- > Patrol Deputies begin and end their day of work from their residence.

Special Teams

- METRO Team member (SWAT Team)
- Canine Officer
- Mobile Field Force Member
- > Street Crimes Unit
- Special Enforcement Team member (SET Team)

RECRUIT HIRING PROCESS

If you meet these qualifications, you may proceed through the testing and selection steps outlined below:

STEP 1 – VIDEO/WRITTEN EXAMINATION: Testing through the National Testing Network

We are pleased to announce that we have partnered with the National Testing Network to offer continuous testing opportunities.

- You may test at any of the NTN locations, including Parkland College in Champaign.
- Test scores are accepted on an on-going basis.
- You will complete an application through NTN as part of your testing process.

For more information including pricing, visit: Candidate Frequently Asked Questions.

STEP 2 - PLACEMENT ON ELIGIBILITY LIST

You will be added to the eligibility list for this position if you meet or exceed the recommended passing score.

STEP 3 - CANDIDATES NOTIFIED OF EXAM RESULTS BY E-MAIL

All steps from this point are mandatory and must be attended in-person.

- STEP 4 -Panel Interviews with Sheriff's Personnel: Dates TBA.
- STEP 5 Background Investigation
- STEP 6 Conditional offer of employment
- STEP 7 Psychological examination

STEP 8 - Medical examination

STEP 9 – Appointment by Sheriff

STEP 10 – Attend Police Training Academy – Physical Abilities Test must be passed to gain admission to Police Training Academy and must pass State Certification Exam.

STEP 11 – Successfully complete Field Training Program.

These steps are described in greater detail on the following pages.

SHERIFF'S OFFICE TESTING PROCESS

The Sheriff's Office offers full testing services for the position of police officer through National Testing Network, Inc. The test we use is the FrontLine National Video Testing System for Entry Level Law Enforcement. The test will consist of three parts: a video test that will present various scenarios, a reading test and a writing test. The exam battery will take approximately three hours to complete.

National Testing Network is a service provided to conduct entry level testing in a standardized, professional environment. National Testing Network does not replace the Champaign County Sheriff's Office responsibility and decision making in the testing process. All candidate results are provided to the Sheriff's Office where the final decisions are made.

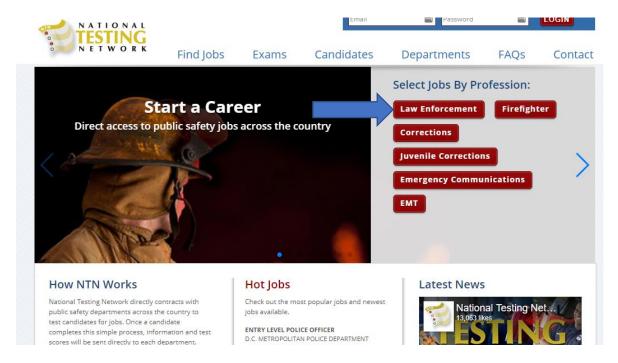
Although no prior experience is required, you can purchase a practice exam at: www.ergopracticetests.com. This practice exam will help you become familiar with the test format.

1) Schedule a Test and Complete an Application.

The Sheriff's Office offers full testing services for the position of deputy sheriff through National Testing Network, Inc. To fill out an application and schedule a test, go to www.nationaltestingnetwork.com, select Law Enforcement and sign up for the Champaign County Sheriff's Office.

- 2) What to expect at the www.nationaltestingnetwork.com website:
 - Completion of the application process
 - Review all information related to the Champaign County Sheriff's Office Deputy Sheriff position, including minimum requirements, salary and benefits.
 - > Detailed information about the testing process for both the entry level testing.
 - Opportunity to take online practice tests at www.frontlinetest.com.
 - Schedule your own convenient test time. Tests are offered multiple times a week, including Saturdays.
 - Take high quality job simulation tests in a standardized, fair testing environment.

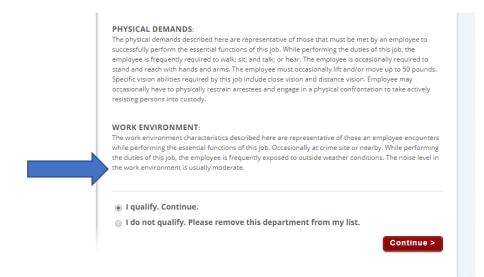
Start by selecting the "Law Enforcement" button.



2. Scroll down to Illinois and select the Champaign County Sheriff's Office. You can also select additional departments you would like your scores to be sent to.

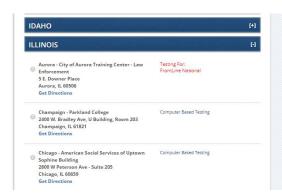


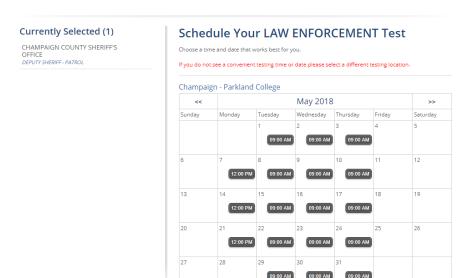
3. Read through the qualifications and select whether you wish to proceed.



Select where you would like to take your test, then click "Continue" at the bottom of the page.



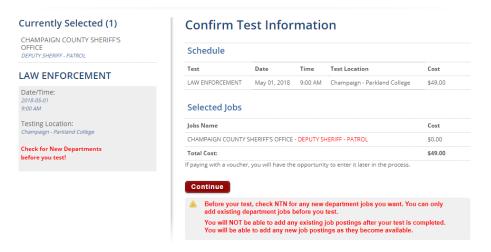




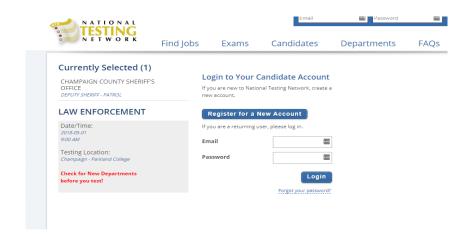
5. Select when you want to take your test.

6. Confirm your test appointment and the department(s).

Remember, you cannot add departments after you have taken the test!



7. If you have an existing candidate account, you can enter your login information. Otherwise, set up a new account and complete the application process.



Carefully read your exam invitation for any materials you will need to bring, such as your driver's license, military ID or other photo ID. At the time of publication, the cost to test using a National Testing Network facility is \$49.00. Please check the National Testing Network website for the most recent information. The Champaign County Sheriff's Office does not set the cost or collect fees for test administration when administered off-site.

3) SHERIFF'S MERIT COMMISSION REGISTER

If your exam results meet or exceed the recommended score, your name will be placed on the Sheriff's Merit Commission register for this position. *Important*: If you apply for another position at the Sheriff's Office, such as Correctional Officer, you must test for each new position separately, as different tests are used.

4) SHERIFF'S PANEL INTERVIEW

Candidates with the highest video test scores will be invited to the panel interviews. These interviews will be conducted with the Sheriff, Chief Deputy and Command Staff. Professional attire is recommended for the interview.

If you receive a notice that you are on the register but not one of the top scorers, you may be invited to interview later. Keep checking your e-mail to make sure you don't miss an invitation later!

5) BACKGROUND INVESTIGATION

The background packet is extensive, so it may take some time to complete it fully. You may be surprised at how in-depth it is, but this is to ensure the safety of the officers and other department staff. If there is anything you feel might be of concern, be sure to mention this to the command staff officer before the background check begins! You will also be fingerprinted as part of this process. A thorough background investigation will take anywhere from one to three weeks, depending on the time it takes to contact your references, past employers and other individuals who will be part of your background investigation. We recommend letting them know ahead of time that they will be contacted so that they can be prepared and respond in a timely fashion to keep the process moving forward.

6) CONDITIONAL OFFER OF EMPLOYMENT

The desired candidate selected by the Sheriff will receive a conditional offer of employment pending the outcome of several employment-related exams:

a. Psychological exam—a battery of psychological tests will be administered by a licensed psychologist and used in conjunction with the personal interviews to evaluate and determine your suitability for employment. The exams will last most of the day, so please feel free to dress comfortably.

- b. Medical exam
- c. Police Training Institute Pre-Certification Power Test (see page 13).
- d. Acceptance of Written Reimbursement Agreement for Hiring and Training Expenses for the Position of Deputy. (Copy of Agreement available upon request).

7) FIELD TRAINING

Your training doesn't end with completion of class work. Once you begin with the Sheriff's Office, you will attend the Police Training Academy of choice. Upon completion, you will be assigned a Field Training Officer (FTO), who is an experienced deputy selected to help train new officers. Your FTO will help bridge your knowledge from what you have learned in a classroom setting to the real-life environment of Champaign County.

For all our applicants, we want to be a good match for your interests, skills and career goals. If you feel, at any point in the process, that this would not be a suitable job for you, please do not hesitate to let us know.

Preparing for the Interview

I'VE BEEN INVITED TO INTERVIEW! NOW WHAT?

First, congratulations! Very few of those who apply to be a Champaign County Sheriff Deputy are invited to interview. Here are some tips that you may find helpful in preparing.

AHEAD OF TIME

- Review the job description and think about how your education and/or experience have prepared you for this position.
- Review past projects and experiences you've had, such as projects that you are
 especially proud of or that didn't turn out as you had planned. You may be asked about
 these and what you learned from your experiences.
- Think of other questions that the interview panel may ask. Local libraries, the Internet and the Illinois WorkNet Center (1307 N. Mattis Avenue, Champaign) may offer helpful books, flyers and Internet access for further research. The Helpful Links page of this packet also has some ideas where you can start.
- Review your resume; if any changes have occurred since you submitted your resume with your application, print out the updated version and bring copies with you to the interview.
- Review directions to the interview location.

• Consider scheduling a ride-along with a Sheriff's Deputy to see the job first-hand. See the Ride-Along portion of this guide for more information.

THE DAY OF THE INTERVIEW

- Print out your interview invitation that provides the address of the interview location, your interview time, and other instructions.
- Be sure to bring any materials you may need, such as copies of your updated resume or any materials you have been requested to bring (such as copies of licenses or transcripts).
- Allow yourself extra time to arrive at the interview.
- Be on time! We advise arriving for your interview at least 10-15 minutes ahead of time.
- Parking: interviews take place at the Sheriff's Office Downtown Location, 204 E. Main St., Urbana, unless otherwise specified on your invitation. Metered parking is available on the south side of the building (Main St) or in the paid lot east of the Champaign County Courthouse.

DURING THE INTERVIEW

- Professional attire is recommended for the interview.
- If the question has two parts, be sure to answer both.
- Listen to the questions carefully. If you don't think you heard it correctly or did not understand it, ask the interviewer to repeat it.
- Be honest.

Frequently Asked Questions

> DO YOU OFFER ONLINE TESTING?

Yes, you may test at any of <u>National Testing Network locations</u>, including Parkland College in Champaign. You will need to complete an application through NTN. Please check the website for fees; the Sheriff's Office does not set the cost for test administration when administered off-site. For more information including pricing, visit: <u>Candidate Frequently Asked Questions</u>.

> CAN I TEST IN-PERSON?

At this point there is no on-site testing scheduled by the Sheriff's Office.

> I WAS ON THE MERIT COMMISSION LIST BEFORE; DO I NEED TO TEST AGAIN?

No, not if you passed the written exam in 2017 and are currently on a valid list. This test will add to the current list, not replace it.

DO I NEED TO LIVE IN THE COUNTY TO TAKE THE EXAM?

No, you do not need to be a Champaign County resident to take the exam.

▶ IS THERE A RESIDENCY REQUIREMENT IF I AM HIRED?

Yes. Deputy Sheriff's must live within Champaign County since they are all provided takehome patrol cars.

▶ WHAT IS A CERTIFICATION LIST?

The Sheriff's Merit Commission Certification List is a list of applicants who have met or exceeded the passing score set for that position. Only applicants on the list will be considered for hiring. If you are on the list but are not hired initially, you may still be considered if another position becomes open later. Lists are usually valid for one year. If you are not contacted during that one-year period you will need to retest for the Deputy Sheriff position to be considered again.

<u>IMPORTANT</u>: If you change your phone number, mailing address or e-mail address while you are on the register, contact us at sheriff@co.champaign.il.us to update your contact information.

MY RANK ON THE NTN REGISTER HAS CHANGED-WHY?

The register for Entry-Level Police Officer is a continuous register. This means that we will offer several testing cycles during the life of this register. As new candidates are added, your rank will be adjusted based on the new scores. For example, if you are #28 on the register after your test and two people receive higher scores than you at the next test, you will move to #30.

▶ WHAT SHOULD I WEAR TO THE INTERVIEW?

Dress professionally. Fragrance should be worn sparingly or not at all; the interviews typically take place in a small room, so a heavy scent can become overpowering.

> I WAS INVITED TO INTERVIEW, BUT WAS NOT INVITED TO THE NEXT STEP OF THE PROCESS. WHAT HAPPENS NOW?

You will remain on the Register for this position, so you will be considered for future openings until the register is decertified or it expires. Be sure to check your e-mail for notices, and you may want to check your spam/junk mail folder occasionally to make sure a notice didn't get delivered there.

THERE MIGHT BE SOME THINGS IN MY BACKGROUND THAT I'M NOT PROUD OF. DOES THIS MEAN I'LL BE AUTOMATICALLY DISQUALIFIED?

Not necessarily. We will review all the information in its entirety; each decision is made on a case-by-case basis. However, it is **very** important that you discuss your concerns with the Deputy who will be completing your background investigation!

If you have questions not covered in this booklet, call the Sheriff's Office at (217) 384-1205 (Monday-Friday, 8:00 a.m. to 5:00 p.m.) excluding holidays. We're happy to help!

Appendix A: Job Description

CHAMPAIGN COUNTY DEPUTY SHERIFF - PATROL JOB DESCRIPTION

Job Title: Deputy Sheriff - Patrol

Department: Sheriff

Reports To: Shift Commander **FLSA Status:** Non-exempt

Employment Status: Bargaining Unit - FOP Law Enforcement

Prepared Date: April 2018

SUMMARY Answers calls for assistance from the public, reports on crimes committed, patrols an assigned area and apprehends criminals in Champaign County.

ESSENTIAL DUTIES AND RESPONSIBILITIES include the following. Other duties may be assigned.

- Investigates crimes, interviews witnesses, complainants, and victims; and gathers physical evidence and conducts follow up investigations as needed.
- Enforces all felony and misdemeanor laws of the State of Illinois.
- Serves warrants, summonses, subpoenas, civil and other official papers.
- Responds to emergency calls.
- Cope with situations firmly, courteously, tactfully, and with respect for the rights of others.
- Learn and use basic computer operation as it relates to police work.
- Understand and follow oral and written communications.
- Learn the geographic area of designated patrol area.
- Prepares, processes, and transmits various reports as required.
- Answers questions asked by the public or refers them, when needed, to agencies which can provide further assistance if required.
- Effectively work under stressful, high risk conditions.
- Possess the ability to make decisions which may be centered around life or death situations.
- Maintains required level of proficiency in the use of firearms, self-defense, physical fitness

and first aid.

• Performs special assignments as directed by Command Staff or the Sheriff.

SUPERVISORY RESPONSIBILITIES This job does not exercise supervisory responsibilities.

QUALIFICATIONS To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required.

EDUCATION and/or EXPERIENCE High school diploma or general education degree (GED); or equivalent combination of education and experience. Must meet minimum standards as prescribed by the Merit Commission and be acceptable to the Commission on oral interview. Police Training Institute course work is desirable. Requires working knowledge of State Statues regarding civil and criminal area. Requires skill in then operation of vehicles and photographic equipment. Requires skill in the use of firearms.

LANGUAGE SKILLS Ability to read and interpret documents such as police regulations, operating instructions, legal documents and procedure manuals. Ability to write reports and correspondence. Ability to speak effectively before the public or employees of the organization.

MATHEMATICAL SKILLS Ability to add, subtract, multiply, and divide in all units of measure, using whole numbers, common fractions, and decimals. Ability to compute rate, ratio, and percent and to draw and interpret bar graphs.

REASONING ABILITY Ability to apply common sense understanding to carry out instructions furnished in written, oral or diagram form. Ability to deal with problems involving several variables in unusual situations.

CERTIFICATES, LICENSES, REGISTRATIONS Valid Driver's License required.

PHYSICAL DEMANDS The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. While performing the duties of this job, the employee is frequently required to walk; sit; and talk; or hear. The employee is occasionally required to stand and reach with hands and arms. The employee must occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include close vision and distance vision. Employee may occasionally have to physically restrain arrestees and engage in a physical confrontation to take actively resisting persons into custody.

WORK ENVIRONMENT The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Occasionally at crime site or nearby. While performing the duties of this job, the employee is frequently exposed to outside weather conditions. The noise level in the work environment is usually moderate.

Note: This job description contains wording of a general class of positions within the Champaign County salary administration program. The description contains examples of duties and responsibilities which may or may not be

"essential functions" to a particular job or position within the job class. "Essential functions" are to be determined at the position or job level within each department.

APPENDIX B: RIDE-ALONG INFORMATION

The Champaign County Sheriff's Office enthusiastically promotes citizen participation in the ride along program, especially applicants. We also encourage all citizens to participate in the program that want to receive an up-close view at how the Sheriff's Office operates.

- All participants who are interested in the program must be at least eighteen (18) years of age or have written consent from their parent or legal guardian.
- Participation in the ride along program can be conducted on any of our two shifts, which consist
 of 6 AM to 6 PM and 6 PM to 6 AM. The ride along can be for the entire 12-hour shift or
 anywhere therein.
- Generally, ride-along requests will be scheduled by the Patrol Division Commander. The participant will complete a ride-along waiver form. Information requested will include a valid ID or Illinois driver's license, address, and telephone number.
- After receiving an email or voicemail from an interested participant, a computer check will be conducted. This computer check is like a background check, as deputies work with restricted and sensitive materials. The Patrol Commander will also review your recent police contacts if any, to determine if you are accepted into the program.
- If an individual is granted a ride along, the Patrol Commander will contact the participant and schedule him or her for a mutually agreed upon time. The participant must also be willing to complete the **ASSUMPTION OF RISKS & HOLD HARMLESS AGREEMENT**, which is mandatory.
- Any person approved to ride along is required to be suitably dressed in collared shirt, blouse or
 jacket, slacks and shoes. Sandals, T-shirts, tank tops, shorts and ripped or torn blue jeans are
 not permitted. Hats and ball caps will not be worn in the deputy vehicle. The Shift Commander
 or field supervisor may refuse a ride along to anyone not properly dressed.

APPENDIX C: P.O.W.E.R. TEST INFORMATION

This is a pass/fail test based on age range and gender. You must pass every test:

Test	Males			Females				
Age Group	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit & Reach (in inches)	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
1-min. sit-up	37	34	28	23	31	24	19	13
Max bench press ratio	.98	.87	.79	.70	.58	.52	.49	.43
1.5 mile run (minutes)	13.46	14.31	15.24	16.21	16.21	16.52	17.53	18.44

We highly recommended that each applicant visit with his/her physician prior to participating in the physical fitness examination portions of the process or before beginning an exercise program. Neither the Sheriff's Office nor any other agency whose facilities might be used for the testing assumes any liability for injury affiliated with the examination. Applicants will be required to sign a hold-harmless waiver as a condition of participating in the testing.



Information You May Find Helpful:

Unless you are in excellent physical condition and participating in a fitness program, you may find the physical fitness portions of the exam to be especially challenging. Although we do not endorse any particular workout program, you may find the links below helpful in preparing for the demands of the exam and the profession.



P.O.W.E.R. Test, Illinois Law Enforcement Training and Standards Board: www.ptb.state.il.us/pdf/POWER.pdf (also Appendix A of this packet).

President's Challenge Adult Fitness Test: www.adultfitnesstest.org