



NOTICE

Police Officer Applications must be submitted online on or before: **January 12th, 2023**

Physical agility tests will be:

**January 14th, 2023
8:00 a.m.**

at

**Mt. Vernon Twp. High School
11101 N. Wells Bypass
Mt. Vernon, Illinois 62864**

Written Police Officer examinations will be:

**January 14, 2023
immediately following physical agility test**

NOTE: Please wear athletic attire for the testing.



OUTLINE OF POLICE OFFICER POSITION

The Fire and Police Commission of the City of Mt. Vernon is compiling an eligibility list for the position of Police Officer, from which list future hires may be made.

Below is a brief outline of various points you should know regarding the position of Police Officer with the City of Mt. Vernon.

In order to avoid any misunderstandings, please review the following information carefully.

YOU CAN EXPECT

SALARY

The starting salary is approximately \$52,720.00, which includes kelly time, and holiday pay with step increases. After your first year of employment, your salary is approximately \$61,291.00, which includes kelly time, and holiday pay with step increases.

HEALTH INSURANCE

The City pays 100% of the employees' health insurance premiums. The employee, if he or she chooses, may purchase dependent coverage at current negotiated rates. The City is self-insured with HCH Administration, Inc. as their third party administrator.

VACATION

Earned vacation is as follows:

- Eighty (80) hours after one (1) year of service
- One hundred twenty (120) hours after seven (7) years of service
- One hundred sixty (160) hours after twelve (12) years of service

UPON COMPLETION OF FIRST YEAR

Upon completion of the first full year employee will earn:

- Twenty-four (36) hours of personal leave off per calendar year
- Eight (8) hours for safety day, if no avoidable accident occurred during the previous year
- Twelve (12) hours for birthday leave off annually after first year of employment

HOLIDAYS

Police Officer positions do not include holidays off. Due to this fact, the City of Mt. Vernon will pay ninety-six (96) hours of holiday pay annually to be paid bi-weekly above the base pay.

SICK LEAVE

Eight (8) hours of sick leave will be earned for each full month of employment, up to a total of one thousand (1,000) hours. Additional sick leave time is earned for perfect attendance.

SHIFTS

Police Officers work twelve (12) hour shifts, which periodically rotate.

RESIDENCY REQUIREMENTS

Police officers are required to reside in Jefferson County within six (6) months of hire.

ALSO

- ✓ Opportunities for advancement based on Departmental growth and City growth
- ✓ Opportunity to further your education
- ✓ Incentive pay program for advanced training and education

APPLICATION AND TESTING PROCEDURES

1. Applications must be submitted online by 01/12/2023.

2. All testing is mandatory. Applicants will be required to provide driver's license for admittance to any part of the procedure. Applicants shall further be required to sign in at all testing procedures. Failure to attend any part of the procedure shall result in the disqualification of the Applicant.
3. Physical agility test.
4. Written examination—this test will be given only to Applicants who have passed the physical agility test.
5. Oral interview—for Applicants who have passed all previous tests.
6. Thorough background investigation will be made on all Applicants. Applicants shall be required to sign a document authorizing release of all background information to the Fire and Police Commission, including credit history upon being offered a position as a Police Officer.
7. When showing up for the test, please include the following:
 - (1) Copy of service discharge (if applicable)
 - (2) Copy of DD Form #214 (if applicable)
 - (3) Copy of high school diploma, or G.E.D. certificate
 - (4) Proof of previous law enforcement experience and certificates (if applicable)

Required waivers and releases will be required at the test site.
Signed waivers and release forms
Original agility test/release of all liabilities – signed
Any additional information or resume (optional)
8. Applicants must be between the ages of twenty-one (21) and thirty-five (35) years old unless applicant is an active law enforcement officer or meets other exemptions set forth in Illinois Compiled Statutes.
9. All Applicants placed on eligibility list will be subject to medical examination and in-depth physiological examination.
10. **Incomplete applications shall be rejected and disqualify candidate from testing. Final decision on rejections and disqualifications will be made by the Police Chief or his designee.**

FIRE AND POLICE COMMISSION

*George W. Beck, Chairperson
Clarence Mays, Commissioner
Robert White, Commissioner
Lance Cusumano, Commissioner
Paula Dodillet, Commissioner*

PHYSICAL FITNESS P.O.W.E.R. 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 important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from sitting position. The score is in the inches reached on a yardstick with 15 inches being at the toes.
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. The score is in the number of bent leg sit-ups performed in one minute.
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. 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' capabilities 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.

MINIMAL PHYSICAL FITNESS PERFORMANCE REQUIREMENTS CHART

Test	Male Age				Female Age			
	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
One 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

PREPARING FOR PHYSICAL FITNESS TESTS

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 five repetitions of the 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 ten seconds. Towel stretch. Sit on the ground with the legs straight. Wrap 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 locked behind the back of your neck) as possible in one minute. At least three times a week, do three sets (three groups of the number of repetitions you did in one minute.)
3. **PREPARING FOR THE ONE REPETITION MAXIMUM BENCH PRESS.** If you have access to weights, determine the maximum weight you can bench press one time. Take 60% of that poundage. This will be the training weight. You should be able to do eight to ten repetitions of that weight. Do three-sets of eight to ten repetitions of that weight. Do three sets of eight to ten repetitions adding 2 ½ to 5 pounds every week. If you do not have weight equipment then the push up exercise can be utilized. Determine how many push ups you can do in one minute. At least three times a week, do three sets of the amount you can do in one minute.
4. **PREPARING FOR THE 1.5-MILE RUN.** If you are not used to running, you should start on a gradual schedule where you start walking, increase the distance each week until you can start into a walk/jog, and then proceed into a jog for a recommended two miles decreasing the time each week.