IROQUOIS COUNTY SHERIFF'S POLICE

DEREK W. M. HAGEN
Sheriff

Headquarters:
550 South 10th Street
P. O. Box 67
Watseka, IL 60970

Emergencies
911

Business Phone
(815) 432-6992

Fax
(815) 432-6996

Dear Applicant,

Thank you for your interest in testing with the Iroquois County Sheriff's Office for the position of Deputy Sheriff. The testing will consist of, but will not necessarily be limited to, a physical agility, written, interview and background check (Felony convictions are an automatic rejection of applicant). Included in this packet is information regarding the requirements for the physical agility test so please familiarize yourself with it. There are also waivers that need to be returned with the application by November 4th, 2016.

The following dates are tentatively set for testing:

> November 12th, 2016: physical agility test conducted at the Watseka High School located at 138 S. Belmont Ave, Watseka, IL. 60970. Testing starts at 9:00 AM. Please arrive and check in by 8:45 AM. Wear clothing that will allow you to conduct physical activity.
>
> November 19th, 2016: written test consisting of general knowledge (Math, Reading, Grammar and Writing). Applicants must receive a minimum 70% score on each section. Testing will start at 9 AM at the Iroquois County Administration Center located at 1001 E. Grant Street, Watseka, IL. 60970. Please park in the North parking lot and enter the North doors.

Any changes in dates or times of testing will be sent by letter. Please use a current mailing address so that you don't miss the notifications.

Thank you for your interest in the Iroquois County Sheriff's Office.

Derek W.M. Hagen
Sheriff

IROQUOIS COUNTY
SHERIFF'S DEPUTY APPLICATION

Name (Last)	First	Middle	DOB:	
Present Address		City	State	Zip
Phone No.		Social Security Number:		
Are you either a U.S. citizen or an alien authorized to work in the United States?				

EDUCATION	Name and Location of School	No. of Years Attended	Did you Graduate?	Subjects Studied
High School or G.E.D.				
College				
Subjects of Special Study or Research Work				
U.S. Military or Naval Service	Rank	Present Membership in National Guard or Reserves?		

FORMER EMPLOYERS: List below last three employers, starting with present one first.

Date (Month and Year)		Name and Address of Employer	Salary	Position	Reason for Leaving
From	To				
From	To				
From	To				

REFERENCES: Give the names of three persons not related to you, whom you have known at least one year.

Name	Address number	Phone	Business	Years Acquainted

"I certify that the facts contained in this application are true and complete to the best of my knowledge and understand that, if employed, falsified statements on this application shall be grounds for dismissal.

I authorize investigation of all statements contained herein and the references listed above to give you any and all information concerning my previous employment and any pertinent information they may have, personal or otherwise, and release all parties from all liability for any damage that may result from furnishing same to you.

Signature	Date

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Iroquois County Sheriff's Office

Authorization

I authorize and empower the Iroquois County Sheriff's Office and any other criminal justice agency to investigate and or release any and all information concerning any criminal/traffic record, criminal investigation or other criminal information they may have.

Signature_____

Date_____

Subscribed and Sworn before me
this_____ day of_____

_____
Notary Public

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Iroquois County Sheriff's Office

Authorization

I authorize and empower the Iroquois County Sheriff's Office, any consumer reporting agency, or other outside service company engaged by the Iroquois County Sheriff's Office for this purpose now or subsequently, to obtain , prepare, and use and furnish any information concerning my current and former employment, education, general credit reputation, personal characteristics and mode of living, through correspondence or personal interviews with neighbors, friends or associates or other with whom I am acquainted or who may have knowledge concerning any of the above items.

Upon written request I understand that the Iroquois County Sheriff's Office may provide me with information regarding the scope of the investigation if one is made.

Signature_____

Date_____

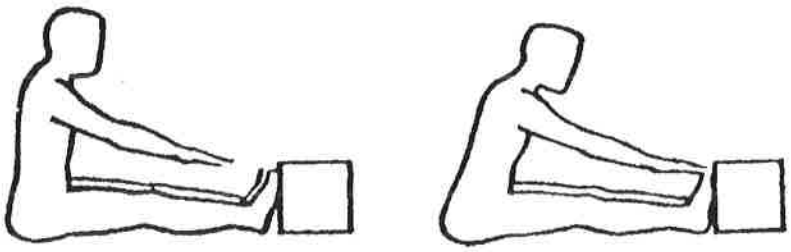
Subscribed and Sworn before me
this_____ day of _____

_____
Notary Public

How Will Physical Fitness Be Measured?

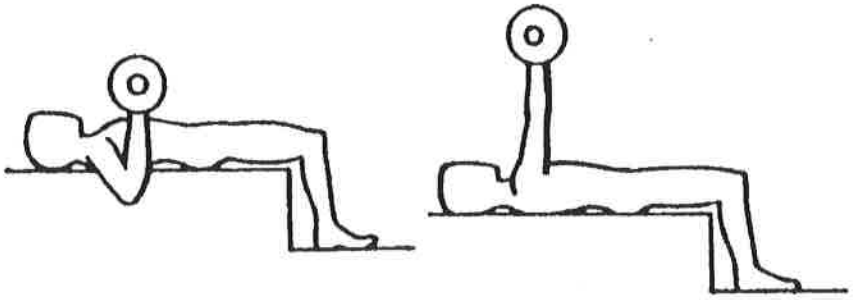
The POWER test consists of four basic tests. Each test is a scientifically valid test. It is recommended that five minutes of static stretching, using techniques approved by the Board, be completed prior to each testA five minute rest is recommended between each test with a fifteen minute rest before 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 dif ferent 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