

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.

Brent Fischer
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 *trainability* and academy performance.

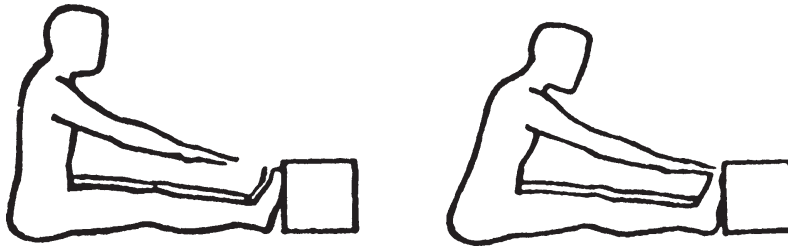
- Physical fitness can be an important area for minimizing *liability*. The unfit officer is less able to respond fully to strenuous physical activity. Consequently, the *risk of not performing physical duties* is increased.

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.*



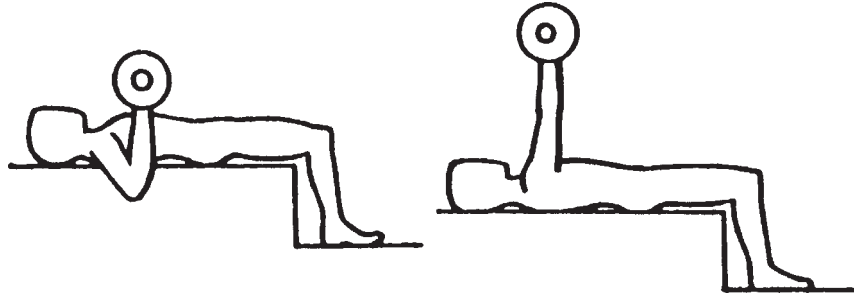
2. 1 Minute Sit-Up Test

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?

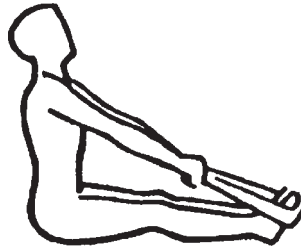
1. Preparing for the Sit and Reach Test

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.



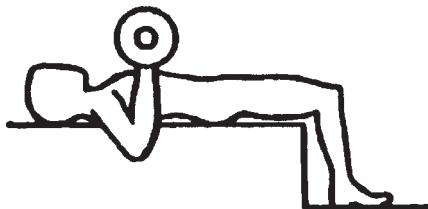
2. Preparing for the Sit-Up Test

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



Southern Illinois Criminal Justice Training Program
Mobile Team Unit 15

1740 Innovation Drive ~ Suite 232, Box 41 ~ Carbondale, IL 62903
Office: 618-536-1515 ~ Fax: 618-536-1111
www.mtu15.com

Date: July 9, 2020

From: Chuck Doan – *Director, Mobile Team Unit 15*

To: MTU15 Member Agency Heads

RE: Part-Time Officer Basic Law Enforcement Academy Application

Phase 32 of the Mobile Team Unit 15 Part-Time Officer Basic Law Enforcement Academy will begin with the following steps:

- The POWER Test will be conducted on Saturday August 8, 2020. That test will begin at the Carbondale City Hall, 200 South Illinois Avenue, at 9:00 a.m. sharp.
- Academy Orientation is scheduled for Saturday August 15, 2020. Orientation will be held at the Rend Lake College, Coal Mine Training Center, beginning at 8:30 a.m. sharp.

The application for the Part-Time Officer Basic Law Enforcement Academy is attached.

Please read and follow the detailed Application Instructions & Information.

The deadline for application submission is July 31, 2020

IMPORTANT NOTICE

Academy Students must provide a laptop computer for the Academy Orientation, and each Saturday classroom session, to complete the online portion of the training & testing.

Sincerely,

A handwritten signature in blue ink, appearing to read "Chuck Doan".

Chuck Doan
Director - MTU 15



Southern Illinois Criminal Justice Training Program

Mobile Team Unit 15

Part-Time Basic Law Enforcement Academy- Phase 32

Application Instructions & Information

Application

The six forms included in this document comprise the application for enrollment into *Phase 32* of the MTU 15 Part-Time Basic Law Enforcement Academy (PTBLE). All six forms must be completed and submitted to MTU 15 by the deadline listed below. Also included is the *P.O.W.E.R. Test Informational Manual*.

Academy Composition

The PTBLE Academy is designed to have the same training content as the Full-Time Academy with 560 hours total training hours. The PTBLE Academy will consist of a combination on-line course work and in-person training, which will generally be conducted each Saturday. In addition, applicants will be required to complete the 40 Hour Mandatory Firearms Training (MFT) class separate from the Saturday classroom sessions. MTU 15 conducts approximately six MFT classes per year. Each student will also be required to attend an 8-hour Emergency & Evasive Vehicle Operators (EEVOC) course which is also held separate from the Saturday classroom sessions. This EEVOC class will be offered several times during the academy period. The hours of the MFT and EEVOC classes constitute a portion of the 560 hours of the Academy.

The scheduled graduation date for Phase 32 of the PTBLE Academy is April 10, 2021.

Tuition & Fees

POWER Test Fee: There will be a \$50.00 fee to take the P.O.W.E.R. Test. This will include the initial test and the 72 hour re-take (if necessary). MTU 15 will invoice the Department upon receipt of the Academy Application.

Academy Tuition: Tuition is \$2,000.00. MTU 15 will invoice the Department upon the officers acceptance into the Academy.

All tuition & fees must be paid by the agency, and may not be paid, in full or in part, by the officer.

The agency may file a Part-time Basic Reimbursement Form with Illinois Law Enforcement Training & Standards Board immediately upon the conclusion of the PTBLE Academy, in accordance with the Police Training Act.

Application Requirements & Deadlines

Application Deadline: Completed applications must be received by MTU 15 on or before July 31, 2020.

PTBID Number: Applicants MUST have a PTBID number assigned by the Illinois Law Enforcement Training & Standards Board, at the time this application is submitted.

POWER Test Fee Payment: The POWER Test fee must be paid prior to the P.O.W.E.R. Test on August 8, 2020.

Tuition Payment: Full tuition must be paid to MTU 15 prior to Academy Orientation on August 15, 2020, 2020.

General Part-Time Academy Requirement & Deadlines

POWER Test: Within 6 months from the recruit's initial date of hire ("Date of Appointment" as listed on Form E), they must successfully pass the POWER test to become enrolled in the Part-Time Academy. A Medical Exam and completion of the Medical Certificate must be conducted within 60 days of the POWER Test. The POWER Test must be successfully completed within 45 days of the Part-Time Academy orientation.

Completion of PTBLE Academy: Recruits must complete the PTBLE Academy within 18 months of their Date of Appointment.

Mandatory Firearms Training: 40-hour MFT requirement must be met within 6 months from the initial date of hire. (65 ILCS 710/2)

Submission of Application

The completed Application may be submitted to MTU 15 via US Mail (1740 Innovation Drive, Suite 232 - Box 41, Carbondale, IL 62903); Fax: 618-536-1111; delivered in person; or emailed to MTU 15 Office Manager Kim Cramer at: kim@mtu15.com.

Questions

Please direct questions about the PTBLE Academy to *Academy Coordinator*, Mobile Team Unit 15 Field Assistant, Dave Rednour. Office: 618-536-1515, Cell#: 618 713-7049, Email: dave@mtu15.com



Southern Illinois Criminal Justice Training Program
Mobile Team Unit 15
Part-Time Basic Law Enforcement Academy

APPLICATION

APPLICANT

Last Name	First	MI	PTB ID#
<i>Home address</i>			
Street	City	State	Zip
Home Phone	Cell Phone	Email address	
Date of Birth	Date of Appointment (<i>listed on Form E</i>)		

DEPARTMENT

Department Name			
Street Address	City	State	ZIP
Chief/Sheriff name	Chief/Sheriff phone number	Chief/Sheriff email address	
Chief/Sheriff Signature		Date Submitted	

Office Use Only

	ILETSB Initial Enrollment Form		Authorization to Obtain and Release Information
	MTU 15 Application		Indemnification Agreement
	ILETSB Certification of Background Investigation		Medical Certificate