

ATTENTION APPLICANTS:

APPLICATIONS TO THE BOARD OF FIRE AND POLICE COMMISSIONERS FOR THE CITY OF PARIS ARE TO BE SENT IN CARE OF:

CITY HALL
206 SOUTH CENTRAL AVENUE
PARIS, ILLINOIS 61944

THE APPLICATION DEADLINE IS 4 P.M. THURSDAY, FEB. 8, 2018.

PLEASE NOTE: ALL PAGES OF THE APPLICATION PACKET MUST BE COMPLETE WHEN SUBMITTED OR THE APPLICATION WILL BE CONSIDERED INCOMPLETE AND THE APPLICANT WILL NOT BE ALLOWED TO GO THROUGH THE TESTING PROCESS.

TESTING WILL BE CONDUCTED ON SUNDAY, FEB. 11, 2018, AT PARIS HIGH SCHOOL, 14040 EAST 1200TH ROAD. AN ORIENTATION MEETING WILL BE HELD AT 8:00 A.M. PRIOR THE PHYSICAL ABILITY TEST. ALL APPLICANTS MUST PRESENT PROOF OF IDENTIFICATION PRIOR TO TESTING.

THE WRITTEN TEST WILL BE ADMINISTERED AT THE PARIS FIRE HARTLEY-TAYLOR TRAINING CENTER, 11200 CHERRY POINT ROAD, PARIS, FOLLOWING THE PHYSICAL ABILITY TEST. INFORMATION ABOUT THE TIME THE WRITTEN TEST WILL BEGIN AND DIRECTIONS TO THE FIRE TRAINING CENTER WILL BE GIVEN DURING THE ORIENTATION MEETING.

CITY OF PARIS
BOARD OF FIRE AND POLICE COMMISSIONERS

APPLICATION FOR EMPLOYMENT

DATE _____

POSITION APPLYING FOR _____
LAST NAME _____ FIRST NAME _____ MIDDLE INITIAL _____
HOME ADDRESS _____ CITY _____ STATE _____ ZIP _____
HOME PHONE _____ WORK PHONE _____
DRIVER'S LICENSE NUMBER _____
NAME AND PHONE NUMBER OF PERSON TO CONTACT IN CASE OF EMERGENCY:

EMPLOYMENT INFORMATION:

List your work history starting with your most current employer.

EMPLOYER:

Address: _____
Supervisors Name: _____ Phone Number _____
Job Title: _____ Dates Employed: From _____ To _____
Job Duties: _____

Reason for leaving: _____

EMPLOYER:

Address: _____
Supervisors Name: _____ Phone Number _____
Job Title: _____ Dates Employed: From _____ To _____
Job Duties: _____

Reason for leaving: _____

EMPLOYER:

Address: _____
Supervisors Name: _____ Phone Number _____
Job Title: _____ Dates Employed: From _____ To _____
Job Duties: _____

Reason for leaving: _____

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 2½ 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.

EDUCATION:

<u>Name & Location</u>	<u>Did you graduate?</u>		<u>Degree Received</u>
	<u>Yes</u>	<u>No</u>	
High School: _____	<input type="checkbox"/>	<input type="checkbox"/>	_____
College: _____	<input type="checkbox"/>	<input type="checkbox"/>	_____
Graduate School: _____	<input type="checkbox"/>	<input type="checkbox"/>	_____
Trade or Business School _____	<input type="checkbox"/>	<input type="checkbox"/>	_____

GENERAL

Subjects of special study or research work _____

Special Skills: _____

Activities: (Civic, Athletic, Etc.) _____

Exclude organizations, the name of which indicates the race, creed, sex, age, marital status, color or nation of origin of its members.

U.S. Military or Naval Service _____ Rank _____

Present Membership in National Guard or Reserves _____

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

Name	Address	Business	Years Acquainted

OTHER:

- Are you eligible to work in the U.S.? _____
- Are any of your relatives employed by the City? _____
If yes, please state name and relationship _____

DRUG FREE WORKPLACE:

The City of Paris is committed to providing a drug free work place. All job offers will be contingent upon successful completion of a drug screening test.

I do hereby voluntarily agree to undergo a urinalysis test for drugs. I give my consent to release the urinalysis drug testing results to the City of Paris to be used as part of my job application process.

Signature of Applicant

APPLICANT'S STATEMENT

I certify that the answers given are hereby true and complete to the best of my knowledge. I understand that any false or misleading information given in my application or interview may result in discharge. I understand that neither this application nor any offer of employment constitutes an employment contract.

Signature of Applicant

BOARD OF FIRE AND POLICE COMMISSIONERS
CITY OF PARIS
206 S. CENTRAL AVENUE
PARIS, IL 61944

AUTHORIZATION FOR RELEASE OF PERSONAL INFORMATION

I, _____, do hereby authorize a review or full disclosure of all records concerning myself to any duly authorized agent of the Board of Fire and Police Commissioners for the City of Paris, whether the said records are of public, private, or confidential nature.

I understand that any information obtained by a personal history or background investigation which is developed directly or indirectly, in whole or in part, will be considered in determining my suitability for employment by the City of Paris.

I agree not to hold any person who furnishes such information accountable as a result of furnishing said information.

A photocopy of this release form will be valid as an original thereof, even though the said photocopy does not contain an original writing of my signature.

I have read and fully understand the contents of this "Authorization for Release of Personal Information".

Witness: _____

Signed: _____

Address: _____

City and State: _____

Date of Birth: _____

Social Security #: _____

Note to Candidate:

To complete the attached form, please include the name and address of your physician on the top portion of the release form along with your name and social security number. Also, please complete the bottom portion of the form being sure to sign and date the form.

AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION

TO: _____
(Health Care Provider)

RE: _____ S.S. # _____
(Candidate's name)

This release authorizes the physicians, dentists, nurses, chiropractors, therapists, hospitals, clinic, dispensaries, home health care centers or any other medical facility or health care provider or state, federal, or local government unit (such as the Social Security Administration), named above to discuss with, release to for copying and/or provide copies to:

Board of Fire and Police Commissioners
City of Paris
206 S. Central Avenue
Paris, IL 61944

Any of the following: any and all records, reports, x-rays, photographs, notes, bills, payment schedules, prescriptions for any other results of investigation, diagnosis, treatment or prognosis concerning the injuries of the undersigned and any other condition of same.

A photocopy of the original of this authorization shall have the same effect as the original.

Date: _____

Signature

Address

Date of Birth

Social Security Number

BOARD OF FIRE AND POLICE COMMISSIONERS
CITY OF PARIS
206 S. CENTRAL AVENUE
PARIS, IL 61944

I, _____ do hereby certify that I have read the attached
(Physician)
sheet listing the physical agility testing procedures for the City of Paris, and I do
hereby certify _____ is physically capable of
(Candidate)
participating in this physical agility test.

Physician's Signature: _____

Print Name: _____

Date: _____

Witness: _____

Date: _____