TURTLE CREEK VALLEY COUNCIL OF GOVERNMENTS JOINT POLICE TESTING PROGRAM (Physical Agility and Written Test) INSTRUCTIONS

PRELIMINARY APPLICATION

PHYSICAL AGILITY REQUIREMENTS (Waiver Form)

PRELIMINARY QUALIFICATION REQUIREMENTS

2023

PARTICIPATING MUNICIPALITIES

North Versailles Township Plum Borough

TURTLE CREEK VALLEY COUNCIL OF GOVERNMENTS POLICE OFFICER APPLICATION PACKAGE

This COG-Wide Preliminary Police Application is being accepted for the following municipalities that will be conducting a hiring process (Physical Agility and Written Test) for police officer.

The application package must be completed and submitted to the Turtle Creek Valley COG, as outlined below, prior to 1:00pm on Monday November 8, 2023.

Please indicate the municipalities you will be testing for and review the basic qualification of each municipality, on page six (6), before selecting any of the following:

NORTH VERSAILLES TOWNSHIP: Full-Time	
PLUM BOROUGH: Full-Time	

Completed application packages can be "dropped off" at the Turtle Creek Valley COG Office, indicated below, or mailed to the below address. A "non-refundable" testing Administrative Fee of \$55.00 must accompany the application package or the candidate will not be considered for testing.

Turtle Creek Valley COG 2700 Monroeville Boulevard Monroeville, PA 15146

Please note: The application package may also be mailed, upon written or telephone request by the applicant. Application Packages must be <u>completed, in its entirety</u>, and received with a \$55.00 check only, made payable to the Turtle Creek Valley COG, at the above address. However, the Turtle Creek Valley COG assumes no responsibility for missed filing deadlines due to the candidate not receiving the application or delay in receipt of the completed application, by the deadline.

Physical Agility Testing: The physical agility test will be held at the Allegheny County Police Academy, 700 West Ridge Drive, North Park in Allison Park, PA 15101 on Tuesday, November 14, 2023, at 8:45 AM. The physical agility test, components and waiver form attached, must be signed and presented at the Allegheny County Police Academy, prior to the physical agility testing. Qualified applicants must arrive by 8:45 AM and present the applicant's valid Driver's License. Please park in the upper parking lot, and report to the Academy Gymnasium Area

<u>Written Testing</u>: The written test will be held the same day at the Allegheny County Police Academy at approximately 11am, for those that pass the physical agility test.

Questions regarding this application process that includes the physical agility test and written test <u>only</u> should be addressed to the Turtle Creek Valley COG at 412-858-5115.

All other questions, including the hiring process to include additional required applications and police officer qualifications, of the respective municipal police agencies, should be addressed to that municipality. Once the physical agility test and the written tests are completed, the results will be forwarded to the appropriate municipal official representing those municipalities participating in this testing process. You will be notified by the municipality where you have applied, for the test results and the further hiring processes for those municipalities.

TURTLE CREEK VALLEY COG

PRELIMINARY POLICE APPLICATION Information requested

(Type or print all information)

Full Name:	
Address:	
Contact Telephone Number	er /E-Mail:
Home:	Work:
Cell:	E-Mail:
Are you at least 21 years o	of age? Yes No
Are you a citizen of the Un	nited States? Yes No
Are you a high school grad	duate or possess a GED Equivalency? Yes No
Do you possess a valid Mo	otor Vehicle License? Yes No State Number
Years' experience as a PA	Certified Police Officer (If any)? FTPT
Date of Graduation from a	a Certified Act 120 (MPOETC) Training Facility
Hours or years Worked as	a PA Certified Police Officer (If required)?
*Please note residency req	quirement for Pitcairn on Page 6.
	um qualifications outlined in this application package, as indicated for each of
municipality's basic qualifi	ications, outlined on Page 6 of this application form, for which you have applied?
Yes No	Note: Please do not apply for a municipal police agency you do not qualify for.
I hereby certify that the info	formation provided above and in this application package is true and correct to the best of
, ,	The undersigned understands that the statements herein made are subject to the penalties
of 18 Pa. Cons. Stat. An §49	902 relating to unsworn falsification to authorities.
Signature:	DATE

TURTLE CREEK VALLEY COUNCIL OF GOVERNMENTS

Physical Admission Form Police Officer

Candidate's Name	
This signed form and your current VALID PENNS must be brought to the testing site.	YLVANIA DRIVER'S LICENSE
Allegheny County Police Trai 700 West Ridge Drive, N Allison Park, Pennsylvania (412)931-3523	orth Park 15101-1799
Tuesday, November 14	4, 2023
 All applicants should be at the testing site no l Wear appropriate clothing to be able to partice prescribed by the Allegheny County Police Acade Physical Agility Components Form. 	ripate in Physical Agility Test as
Waiver	
I have read and understand the requirements of the Physical knowing this, I believe myself to be in good health and physical that to the best of my knowledge and belief I have no physical injury, disability, or illness as a result of attempting to perform In consideration of processing my application, and intending to and hold harmless the Turtle Creek Valley Council of Govern In addition, I release, indemnify and hold harmless the Borou Townships of North Versailles and Wilkins, their agents, their expective Civil Service Commissions and their members, employees of the property on which the test is given from all claresult from any injury or illness which is caused by or results set forth above.	ally fit to participate in this test. I represent all condition that would likely cause physical in the elements of the test as described above, be legally bound, I hereby release, indemnify ments, its staff, members and testing agents, ghs of Forest Hills and Homestead, and the lected officials, their appointed officials, their and the owners, custodians, directors and taims, demands and suits which may arise or
Signed	Date/

Physical Agility Components Police Officer

THE FOLLOWING PHYSICAL EXERCISES ARE REQUIRED OF ALL APPLICANTS FOR THE POSITION OF POLICE OFFICER. THOSE PERSONS WHO FAIL TO SUCCESSFULLY COMPLETE ALL EXERCISES WILL BE ELIMINATED FROM THE SELECTION PROCESS.

The Modified Cooper Standards for Physical agility will be used as seen below. Candidates must place no lower than the 30th percentile for their age and gender.

Entrance Exam (30% Cooper)	Male Standards by Age					Female Standards by Age				
	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
Sit-Ups (1 Minute Reps)	35	32	27	21	17	30	22	17	12	4
300 Meter Run (Time)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Push-up (1 Minute Reps)	26	20	15	10	10	13	9	7	7	7
1.5 Mile Run (Time)	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10

Testing Order:

- 1. ONE MINUTE SIT-UPS
- 2. 300 Meter Run
- 3. ONE MINUTE PUSH UPS
- 4. 1.5 Mile Run

This is a cumulative test and all events must be completed within 2 (two) hours. All applicants are afforded a minimum rest time of five (5) minutes between events.

If an applicant does not fall into one of the listed age categories, special authorization must be obtained from MPOETC before testing can be accomplished.

Applicants are required to pass the Entrance Fitness Test with a score at the 30th percentile (chart above) in each event based on their age at the time of testing.

If an applicant is unsuccessful in any event, testing is immediately ended (failure) and not other events can be attempted at that time

TURTLE CREEK VALLEY COG JOINT POLICE TESTING PRELIMINARY MUNICIPAL POLICE DPEARTMENT QUALIFICATIONS

Note: Do not apply for any municipal police department that you do not qualify for.

POLICE DEPARTMENT	A G E	ACT 120 CERTIFIED	OTHER QUALIFYING FACTORS	US CITIZEN	PA LICENSED VEHICLE OPERATOR	EDUCATION	EQUIVALENT CREDENTIALS, EXPERIENCE OR ADDITIONAL EDUCATION REQUIREMENTS	FULL- TIME OR PART- TIME
North Versailles Township	21	Act 120 Certified Required		Yes	Yes	High School Diploma or GED	Must be both physically and mentally fit to perform all dueties of Police Officer	Full- Time Civil Service
Plum Borough	18	Act 120 Successfully Completed Required – Must be certified by start date		Yes	Yes	High School Diploma or GED		Full- Time Civil Service

^(*) Civil Service provisions provide the opportunity for Part-Time Police Officers, hired under Civil Service, to be first considered for promotion to a Full-Time Police Officer Status, under Civil Service Provisions.

Note: (1) *The above qualifications are required at the time of application.*

Note: (2) The information listed above is a preliminary list of the minimum requirements to be a police officer for each municipality listed. Additional qualifications for police officer can be provided by each municipality at the time of application or before or after the candidate qualifies on the physical agility and written test.

Note: (3) Please submit proof of your qualifications, as it relates to Act 120 above, with your completed Application Package.