



## Swansea Police Department

Chief Steven G. Johnson

1400 North Illinois Street

Swansea, IL 62226

618-233-8114

SwanseaP@SwanseaIL.org

- ❖ Integrity
- ❖ Teamwork
- ❖ Service
- ❖ Leadership

May 21<sup>st</sup>, 2018

Dear Swansea Police Applicant,

As the Chief of Police I am excited for your future. Just the fact that you are interested in law enforcement reminds me of 29 years ago when I started in law enforcement. It is not an easy career but one that is worth every second of it. I am also happy you have chosen our department to potentially start this amazing profession.

The Swansea Police Department is revered as one of the finest and most proactive police departments in the area. I assure you it is all because of the people who work here. You will truly see many sides of law enforcement working in the Village of Swansea. All Officers start as Patrol Officers but, with hard work and experience Officers, can participate in other specialty units consisting of: Detective, Major Case Squad of Greater St. Louis, Drug Tactical Unit (undercover), St. Clair County Regional Special Response Team, Police K-9, Criminal Surveillance Teams, Computer Voice Stress Analyzer, Cybercrime, School Resource Officer, Evidence, Citizens Academy, Youth Police and Fire Academy, Explorer Post, Bicycle Patrol, Sex Offender and Parole Compliance Checks, Code Enforcement and much, much more quality of life activities.

I am confident we have some of the best and brightest people working on this agency. They are committed to providing excellence in policing and setting new standards in best police practices. They have improved the quality of life in our neighborhoods, schools and streets while combating crime. They understand and implement crime prevention and community policing strategies in every aspect of their duties.

Are you up to the task? Are you prepared or good enough? Are you ready for a great career? If you believe you are, complete the SWANSEA POLICE OFFICER APPLICATION and review the below qualifications and FAQs. We are testing on July 7<sup>th</sup> for eligibility to get your name on our list of possible future Swansea Police Officers.

Sincerely,

A handwritten signature in blue ink that reads 'Steven G. Johnson'.

---

Steven G. Johnson  
Chief of Police

### ***Frequently Asked Questions:***

#### **QUESTION:**

When do I need to have the application and all attachments turned in to the Swansea Police Department?

#### **ANSWER:**

June 29<sup>th</sup>, 2018 by 5:00 P.M. If it is late you cannot attend the testing on July 7<sup>th</sup>.

#### **QUESTION:**

What is the greatest pitfall of people failing this process?

#### **ANSWER:**

Not being 100% truthful in every aspect of the application process and their life. Second, is not being prepared for the POWER test.

#### **QUESTION:**

What is the schedule for July 7<sup>th</sup> testing?

#### **ANSWER:**

8:30 AM Be at Southwestern Illinois College, 2500 Carlyle, Ave., Belleville, IL 62221 in Room 1513. NO APPLICANT WILL BE ALLOWED IN AT 8:31 AM, FOR ANY REASON.

8:30 AM REGISTRATION

8:30 AM ORIENTATION

8:45 AM PHYSICAL FITNESS TESTING (POWER)

NOON LUNCH BREAK

12:45 PM WRITTEN TESTS

2:00 PM BREAK

2:15 PM WRITTEN TESTS

5:00 PM CONCLUDE

#### **QUESTION:**

What is the POWER Test and how do I prepare for it?

#### **ANSWER:**

Below is an explanation of what is expected for the POWER Test. You can also do more research on the web about it. It is a State mandate to pass the test.

#### **QUESTION:**

What if I cannot pass just one section of the POWER Test can I go on to the next section or take the written exams?

#### **ANSWER:**

No.

**QUESTION:**

Is the Swansea Police Department going to hire off of this list?

**ANSWER:**

Yes, if there is an opening.

**QUESTION:**

What type of written testing am I going to complete and how can I prepare?

**ANSWER:**

There are several written tests you will complete. There are no set of books to read ahead of time or a study guide. The tests are based upon your total life, educational background and ethics. There are also several essay questions.

**QUESTION:**

What should I wear to the July 7<sup>th</sup> testing?

**ANSWER:**

The physical testing will be first thing in the morning. We suggest wearing clothing you feel comfortable working out in but also represents the type of profession you want to get into. After the POWER test you will have a short break to get lunch on your own and return for a full afternoon of written tests. Wear what you would to a job interview.

**QUESTION:**

What is the residency requirement of the Swansea Police Department?

**ANSWER:**

Currently you must live within 15 miles of the Village after you complete the 18 months of probation. We anticipate that being expanded soon.

**QUESTION:**

Do I have to have college and does military or prior police experience help?

**ANSWER:**

Yes and Yes. You must have at least 64 hours of college credit from an accredited college or university. Obviously the more college you have the better. You can also receive extra points for military and police experience helps.

**QUESTION:**

What is the process after July 7<sup>th</sup>?

**ANSWER:**

If you pass everything on July 7<sup>th</sup> then the Swansea Police Commissioners will begin ranking you based upon the results. The top candidates will be called for oral interviews in July 2018. If you are selected then background investigations

begin. If you do well then you are on your way to an exciting and rewarding career.

**QUESTION:**

How can I find out more about the Swansea Police Department?

**ANSWER:**

Go to our Web Site and review our Annual Report. Also, review our Facebook Page and review things we do.

## **P.O.W.E.R. TEST**

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 system's 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 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**

<b>Test</b>	<b>Men</b>				<b>Women</b>			
	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
Max Bench Press %	.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