

**Academy Entrance Standard Basic Training
Certification of Recruit Background**

Pursuant to Illinois Police Training Act (50 ILCS 705/6) each Illinois police agency and applicant applying for admission to the Police Training Board's Local Law Enforcement Basic Training Academy shall provide certification that the applicant has not committed any felony, qualifying misdemeanor, or crime involving moral turpitude, and is a person of good character. This requirement and standard must be satisfied before consideration of acceptance into the academy.

Statement of Applicant

Under penalty of perjury, decertification, and disqualification, I certify that I have no prior felony conviction and no conviction involving a crime of moral turpitude.

Date	Applicant's Signature
Name of Agency	Print Applicant's Full Name
Address of Agency	Applicant's Home Address

**Criminal and Character Background Investigation
Statement of Agency**

The above applicant has been subject to a criminal and character background investigation by this agency, including the use of fingerprint cards processed through the Department of State Police and the Federal Bureau of Investigation, and such investigation has thus far revealed no prior conviction of a felony, qualifying misdemeanor, or crime involving moral turpitude. Moreover, the investigation has verified that the applicant is of good character.

Date	Authorized Signature of Appointing Authority
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**THIS FORM MUST BE SIGNED ON BEHALF OF THE APPOINTING
AUTHORITY AND SUBMITTED, UNDER PENALTY OF LAW, TO THE
BASIC LAW ENFORCEMENT ACADEMY.**



Illinois Law Enforcement Training and Standards Board

Medical Certificate

Law Enforcement Pre-Test Peace Officer
Wellness Evaluation Report (P.O.W.E.R.)
Physical Fitness Exam

Recruit's Printed Name _____

Dear Physician/Physician's Authorized Representative:

This person is being considered for enrollment in the Law Enforcement Pre-Service Peace Officer Wellness Evaluation Report (POWER) Physical Fitness Exam. Laws providing compensation for injuries make it imperative that this certificate be accurate and complete. This medical certificate will be used to decide whether the person under consideration is physically qualified for admission to the Law Enforcement Pre-Service Peace Officer Wellness Evaluation Report (POWER) Physical Fitness Exam. Failure to report your findings in this examination might cause this individual great inconvenience.

The physical activity in successive order at the Law Enforcement Pre-Service P.O.W.E.R. Physical Fitness Exam includes measuring flexibility through the sit and reach test, performing a series of sit-ups in one minute, lifting in a bench press and running 1.5 miles under a certain time, depending on the age of the person.

All Basic Law Enforcement students are required to participate in a physical conditioning program which consists of the following physical activities; walking, running (2-5 miles per day), stretching, strength exercises, grip-strength exercises, push-ups, chin-ups, sit-ups and agility drills.

All Basic Law Enforcement students are required to participate in firearms and defensive tactics training which involves; manual dexterity with both hands, punching and blocking drills, and physical takedowns.

The fee for your examination will be paid for by the individual or the department for whom he/she is employed. Electrocardiogram, chest x-ray and blood tests are not necessary unless your examination indicates such tests are desirable or necessary.

Please Complete the Following:

The Examinee (___) is (___) is not qualified to participate in the above described physical training.

Physician's Name (printed)

Phone

Physician/Authorized Representative's Signature

Date

This form must be completed and returned to the Academy prior to recruit testing.

POWER TEST INFORMATION

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 sex and age (decade). While the absolute performance is different for the 8 categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile rank in terms of their respective age/group. The performance requirement is that level of physical performance that approximate 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
AGE GROUP								
Sit & Reach	14.4	13.0	12.0	10.5	17.0	16.5	15.0	14.8
1 minute sit-up	33	30	24	19	24	20	14	10
Maximum bench press ratio	88%	78%	72%	63%	51%	47%	43%	39%
1.5 mile run	14:00	14:34	15:24	16:58	16:46	17:38	18:37	20:44

Revised standards Dec. 2022