

**INFORMATION SHEET
MORGANTOWN POLICE DEPARTMENT PROSPECTIVE APPLICANTS
REQUIREMENTS FOR EMPLOYMENT**

- AGE:** Must be 18 years of age and not more than 40 years of age at time of application.
- CITIZENSHIP:** Must be a citizen of the United States for 3 years.
- EDUCATION:** High School Diploma or GED.
- VETERANS:** Preference Points will be awarded per WV Code 6-13-1.
- RESIDENCY:** Must establish and maintain a permanent physical residence within a one-hour driving time – as shown on the attached map – of the main station of the Morgantown Police Department, 300 Spruce Street, Morgantown, WV, and shall continue to maintain his/her permanent physical residence within the residency area for the entire period of his/her active employment with the Morgantown Police Department. This residency requirement must be achieved within 90 days of notification of permanent status.
- FEE:** \$25.00 APPLICATION FEE
- MANDATORY:** **Must successfully complete and pass all the following examinations.**
- EXAMINATIONS:** Physical Agility Test
- Written Police Skills Test
 - Background Investigation
 - Drug Testing
 - Medical Examinations
 - Vision Test (maximum uncorrected vision 20/40 one eye and 20/100 in the other eye, correctable to 20/20 in one eye and 20/40 in the other eye)
 - Psychological Examinations
 - Personal Interview
 - Polygraph Examination

ALL APPLICANTS MUST BRING WITH THEM THE FOLLOWING ITEMS:

Valid Driver's License or Government Issued Identification.

PERSONNEL BENEFITS (subject to change)

FY 2019-2020 Base Salary \$43,826.60 (\$23.10) including hazard pay.

Hazardous Duty Pay	Down Payment Assistance
Pension Plan	Uniform Provided & Equipment
Shift Differential	Tuition Reimbursement
Longevity (after 3 years)	Health/Life Insurance
Deferred Compensation Plan (optional)	Sick Leave
	Vacation

The City of Morgantown is an equal opportunity employer. We encourage women and applicants of minority descent to apply for this position.

THE CITY OF MORGANTOWN, WV POLICE CIVIL SERVICE COMMISSION

Revised 02/07/2020

PRE-EMPLOYMENT PHYSICAL AGILITY SCREENING
FOR West Virginia STATE AND LOCAL
LAW ENFORCEMENT OFFICERS

TEST WILL BE GIVEN THE SAME DAY AS THE WRITTEN TEST

West Virginia Legislative Rules 149-2-8.5 Physical Agility Standards, which determine an applicant officer's, pass/fail screening for admission into the basic entry level training program.

The following are the new requirements set forth as of 4-17-2015:

1. Sit-ups: Twenty-Eight (28) bent-leg sit-ups completed in one (1) minute.
2. Push-ups: Eighteen (18) conventional push-ups completed in one (1) minute.
3. One and one-half mile run- Fourteen Minutes and thirty-six seconds (14:36) as the elapsed time to complete run.

The flex, "sit and reach" test will no longer be used as a performance indicator of pass/fail for screening of admission into the basic entry level training program.

The test battery which has been described herein should be performed locally only as a pass/fail screening device. Once a candidate passes the elements according to the scores stated on the Pre-Employment Physical Agility Test Battery, the remaining elements of the local selection process may be applied.

RELEVANCE OF TEST ITEMS TO ESSENTIAL TASKS

The three elements of the test battery are designed to establish physical capacity to produce recruit level training and perform the essential tasks of policing. They are not simulations but rather assessments of the candidate's capacity to learn and perform essential physical tasks.

HOW TO PREPARE FOR THE TESTS

The following guidelines are presented based on a twelve (12) week period preceding screening.

- Preparing for the MUSCULAR ENDURANCE test:

The progressive routine is to do as many bent-leg sit-ups (hands behind the head with someone holding your feet) as possible in one minute. At least three (3) times per week do three (3) sets (three (3) groups of the number of repetitions you did in one (1) minute.

- Preparing for the ABSOLUTE STRENGTH test:

If you have access to weights, determine the maximum weight that you can bench press one time. Take 60% of that poundage. This will be your training weight. You should be able to do 8-10 repetitions of that training weight. Do three (3) sets of 8-10 repetitions adding 2 ½ -5 pounds every week.

If you do not have access to weights, then the push-up exercise can be used. Determine how many push-ups you can do in one minute. At least three (3) times per week do three (3) sets of the amount you can do in one minute.

- Preparing for the CARDIOVASCULAR CAPACITY test:

Below is a gradual schedule that would enable you to perform a maximum effort for the 1.5-mile run. If you can advance the schedule on a weekly basis, then proceed to the next level. If you can do the distance in less time, then that is encouraged.

WEEK	ACTIVITY	DISTANCE (Miles)	TIME (Minutes)	FREQUENCY (Per Week)
1	Walk	1	17-20	5
2	Walk	1.5	25-29	5
3	Walk	2	32-35	5
4	Walk	2	28-30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	5
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4