

APPLICATION/TESTING INSTRUCTIONS

TEST DATE: **March 27, 2023, begins at either 0900 or 1200.**
Start times will be staggered.
*****You will be notified prior to testing date*****

TEST LOCATION: **Pine-Richland High School Stadium**
700 Warrendale Road, Gibsonia, PA 15044

Upon registering at the day of testing, you **MUST**:

1. Completed a new applicant application in full prior to March 22, 2023.
2. Produce photo identification at testing registration.
3. Provide completed and signed physical agility applicant release form.
4. Submit **\$50.00** cash, a certified check or money order made payable to Northern Regional Police Department at the time of testing registration. All payments are non-refundable.

No applicant will be permitted to take the written test or agility test if not properly and timely registered.

Applicants can apply online at www.nrpolice.com/employment, return completed application to the Northern Regional Police Department located at 230 Pearce Mill Rd, Wexford, PA 15090; Monday through Friday from 8:00am to 4:00pm, or scanned and emailed to bdewick@nrpolice.com.

DEADLINE FOR ACCEPTANCE

March 22, 2023 by 3:00pm



FULL-TIME POLICE OFFICER

Northern Regional Police Department

The Northern Regional Police Department is situated at the northern border of Allegheny County and provides police services to Bradford Woods Borough, Marshall Township, Pine Township and Richland Township. Both Pine-Richland and North Allegheny School Districts fall within the jurisdiction of the Northern Regional Police. Our communities are among the safest in the state of Pennsylvania and provide first class public safety, parks, recreation and a multitude of other services to our residents and visitors. We invite all those meeting the below listed qualifications to apply and complete the examination process to establish an eligibility list for the position of Full-Time Police Officer with the Northern Regional Police Department.

Requirements:

- Be a United States Citizen
- Minimum age of 21
- Sixty (60) semester credits of completed coursework at an accredited college or university; - **OR** - Veterans with an honorable discharge can substitute four (4) years of active military service in the Air Force, Army, Navy, Marines, or Coast Guard in lieu of the minimum college credit requirement.
- Must possess current ACT 120 certification, be enrolled in ACT 120 program, or have equivalent training from another state or any other entity which would allow them an approved Municipal Police Officers Education and Training Commission waiver of training. Applicants must have passed, or be able to pass the MPOETC certification exam, and/or otherwise qualify for certification as an officer by MPOETC.
- Must be physically and mentally fit to perform the full duties of a police officer.
- Must possess a valid Pennsylvania Driver's License. If applicant is from out of state, they must possess a valid driver's license from their state of residence but must possess a valid Pennsylvania Driver's License prior to appointment.

Benefits Include:

- **2023 top patrolman salary of \$100,948**
- **Attractive Health, Dental, Life and Disability Insurance packages**
- **Generous paid time off**
- **Full retirement pension at 55 years old and 25 years of service; 3-year Deferred Retirement Option Plan**
- **Opportunities to further career in firearms instruction, K-9, detective division, school resource officer, accident reconstruction, traffic division, special response team and community relations.**

Successful applicants must also meet all the requirements of the department's hiring policy that include written and physical agility examinations, a background investigation and completion of an oral interview.

The physical agility test and written examination will be held on Monday, March 27, 2023 at the Pine-Richland High School Stadium, 700 Warrendale Road, Gibsonia, PA 15044. The testing process will begin with the physical agility test followed immediately with the written exam. Applicants will be notified via email of their start times prior to testing date

Northern Regional Police

Required Physical Fitness Standards

30% Standards	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+
1.5 Mile Run	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10
300 Meter Sprint (Secs)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Push-Ups (1-min reps)	26	20	15	10	10	13	9	7	7	7
Sit-ups (1-min reps)	35	32	27	21	17	30	22	17	12	4

Testing Order:

1.5 Mile Run- This is a test of aerobic capacity or V02 max. This is the foundation for almost all physical tasks.

Example: Use of force scenarios and administering CPR.

The applicant must complete the 1.5-mile course at or under the required time for their age and gender. On a 440-yard running track, six laps must be completed. The applicant may not be physically assisted by another runner or exit the running surface prior to completing the course.

300 Meter Run- This is a test of anaerobic power. This is an important factor in exerting a short burst of energy.

Example: Pursuing a fleeing suspect.

The applicant must complete a 300-meter course in or under the required time. The finish line will be set at the 300-meter mark or 328 yards away from the starting line. The event is measured in seconds.

Push-Ups- This is a test of absolute upper body strength. This is an important part of any dynamic physical exertion scenario.

Example: Gaining physical control of a suspect.

During the exercise, each applicant will choose a partner who will form a fist underneath the applicant's sternum. The applicant must touch his/her partner's fist as they lower into their push-up, and then return to the top of their push-up with fully extended arms. All resting must be done in the "up" position, otherwise the test is terminated. The required number of repetitions must be completed within one (1) minute or less.

Sit Ups- This is a test of abdominal muscular endurance. This is an important factor in a use of force scenario and minimizing lower back problems.

Example: Gaining physical control of a suspect.

During the exercise, the applicant's buttocks shall remain flat on the ground to avoid "kipping" of the hips and their fingers must remain interlocked. All resting must be done in the "up" position, otherwise the test is terminated. The required number of repetitions must be completed within one (1) minute or less.



APPLICANT'S RELEASE

PHYSICAL AGILITY TEST

As an applicant for the Examination for Entry Level Police Officer, I understand that I will be required to undergo a Physical Agility Test consisting of the following:

1. 1.5 mile run
2. 300 meter sprint
3. Push-ups
4. Sit-ups

INFORMED CONSENT

The undersigned hereby gives informed consent to engage in a series of procedures relative to taking a battery of exercise tests and participating in a variety of physical activities. The purpose of the testing is to determine physical fitness, cardiovascular function and health status. All exercise testing and physical activity sessions will be supervised and monitored by trained test administrators. These activities include running, push-ups & sit-ups performed in either field or gymnasium settings. I am aware of the possibility that certain detrimental physiological changes may occur during exercise and exercise testing. These changes could include heart related illness, abnormal heart beats, abnormal blood pressure, and in rare instances, a heart attack. If abnormal changes were to occur, the staff has been trained to recognize symptoms and take appropriate action, including administering CPR and first aid. I have read this form and understand that there are inherent risks associated with any physical activity and recognize that it is my responsibility to provide accurate and complete health/medical history information.

Furthermore, it is my responsibility to monitor my individual physical performance during any activity and to alert test administrators of any pain, discomfort or adverse effects I may experience. I hereby waive and release the Northern Regional Police Department, its testers, trainers, helpers and other participants and persons who will be assisting in this testing, whether employees of Northern Regional Police or independent contractors or consultants, and the owners of the locations where the testing is held, its officers and employees or agents from any and all liability of any nature for injury, damage or any other loss resulting from the testing and expressly assume the risk of such damage, injury or loss while engaged in any testing. I give informed consent for testing data to be recorded to determine my state of physical readiness as it applies to the essential job functions of a Pennsylvania police officer.

I have read and understand the requirements of the Physical Agility Test set forth above and knowing this, I believe myself to be in good health and physically fit to participate in this test. I represent that to the best of my knowledge and belief I have no physical condition that would likely cause physical injury, disability, or illness as a result of attempting to perform the elements of the test as described above. In consideration of processing my application, and intending to be legally bound, I hereby release, indemnify and hold harmless the Northern Regional Police Department, the NRPD Joint Police Board, any Township or Borough Managers and their agents, their elected officials, their appointed officials, their members, where applicable, and the owners, custodians, directors and employees of the property on which the test is given from all claims, demands and suits which may arise or result from any injury or illness which is caused by or results from taking or attempting to take the test as set forth below.

You will be required to sign this form prior to completing the physical agility testing phase