

**POLICE OFFICER Full time.** Officers may apply to New Bethlehem Civil Service Commission to take competitive physical agility & written exams leading to eligibility for appointment as full-time patrol officer for New Bethlehem Borough Police Dept., serving several boroughs in Clarion Co., PA, 1 hour NE from Pittsburgh on 28/66. Competitive wages, health insurance, pension, vacation, other benefits. Active rural area, central to 3 county seats & hospitals, good schools, affordable housing, trails & outdoor recreation.

**Minimum Requirements:** Candidates, at time of application, must have:

- 1) diploma from accredited high school or GED;
- 2) 1000 hours of municipal police experience;
- 3) Act 120 Certification under Municipal Police Officers Education and Training Act;
- 4) U.S. Citizenship;
- 5) valid PA driver's license;
- 6) physically & mentally fit to perform full duties of police officer;
- 7) at least twenty-one years old.

Successful applicants must meet all requirements of Borough's Civil Service Rules including background & credit investigation, & if selected, be required to successfully pass a physical & psychological examination. Applications are available at [www.newbethlehemboro.com](http://www.newbethlehemboro.com).

Cover letter, application & resume must be received before 5 PM, on September 4, 2020, at New Bethlehem Borough, 210 Lafayette St., New Bethlehem, PA 16242.

New Bethlehem Borough is an Equal Opportunity Employer.

Applications for part time officers meeting same minimum requirements are also being accepted.

Required Physical Agility Test requirements follow and will be held on September 8, 2020 at 9:00 AM at Tri-Co Health and Fitness at 301 Wood Street, New Bethlehem, PA 16242 for those officers who meet qualifications and have received written authorization. Written tests for those who pass the physical tests will be scheduled September 14, 2020 at 10:00 AM.



Incorporated February 12, 1853

## Borough of New Bethlehem

210 Lafayette Street

New Bethlehem, PA 16242

Phone (814) 275-2003 Fax (814) 275-4269

info@newbethlehemboro.com

---

---

### Physical Agility Tests for Police Officer

THE FOLLOWING PHYSICAL EXERCISES ARE REQUIRED OF ALL APPLICANTS FOR THE POSITION OF FULL TIME POLICE OFFICER. THOSE PERSONS WHO FAIL TO SUCCESSFULLY COMPLETE ANY ONE OF THE EXERCISES WILL BE ELIMINATED FROM THE SELECTION PROCESS. REQUIREMENTS FOR ALL TESTS MAY BE MODIFIED BASED ON MPOETC, OLD STANDARD AND MODIFIED COOPER AGE AND GENDER STANDARDS\*. ALL FOUR EVENTS MUST BE COMPLETED IN THE FOLLOWING ORDER WITHIN A TWO-HOUR TIME LIMIT.

Event	Age 21 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59	
-------	--------------	--	--------------	--	--------------	--	--------------	--

<b>1. 300-METER RUN</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
	62.1	75.0	63.0	82.0	77.0	106.7	87.0	106.7

Time measured in seconds. Followed by at least five (5) minutes to recover.

<b>2. BENCH PRESS</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
	0.93	0.56	0.83	0.51	0.76	0.47	0.68	0.42

Six attempts allowed to complete one repetition = Body Weight x Ratio.

Followed by at least five (5) minutes to recover.

<b>3. SIT-UPS</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
	35	30	32	22	27	17	21	12

Total number of repetitions performed in one minute.

Followed by at least five (5) minutes to recover.

#### 4. 30 SECOND TRIGGER PULL

Within a 30-second time limit per hand, an applicant is required to repeatedly pull fifteen (15) times per hand the trigger of a double action nonfunctional revolver with arms horizontally extended. Graded Pass/Fail.

Tests as adopted May 1, 2019