OFFICE OF WASHINGTON COUNTY SHERIFF

PO Box 6 WASHINGTON, IOWA 52353

Sheriff Jared M. Schneider Chief Deputy Shawn M. Ellingson Phone: 319-653-2107 Fax: 319-863-1002

Dear Applicant:

Thank you for your interest in the *Deputy Sheriff* position with the Washington County Sheriff's Office. We currently have 20 certified deputies that provide law enforcement to rural Washington County, as well as the contract towns of Riverside, Wellman, Kalona, Crawfordsville, Brighton, Ainsworth, and West Chester. The position that is currently available is a patrol deputy position. We are adding a position to our patrol division and will have fifteen patrol deputies. Two of these patrol deputies are assigned to K9 Units. In addition, we have two deputies that are dedicated to the civil department, one to general crimes investigations, one to IT, and one who is dedicated to the Johnson County Multi Agency Drug Task Force.

Washington County Deputies are each assigned a patrol vehicle, with an in-car camera, body worn camera and radar unit that they can take home. All other equipment needs are met by the Washington County Sheriff's Office. Additional equipment can be utilized by deputies such as night vision goggles, trail cam, speed trailer, lidar, bicycles and 4-wheelers. Pay for this open patrol deputy is based upon ILEA certified experience. Base salary July 1st, 2023 begins at \$27.82/hour and tops out after seven years step at \$36.59/hour. ILEA Certified candidates with experience can begin at the appropriate step for their experience. We have deputies that are ILEA certified to instruct other deputies in the areas of firearms, rifle, Taser, less lethal munitions, ASP, chemical munitions, OC Spray, defensive tactics, driving, radar/lidar, CIT & SFST.

Washington County Sheriff's Office currently supports an SRT team. These individuals train an additional 12 days per year. They are expected to maintain higher physical fitness and weapons qualifications than the other deputies. SRT team members are assigned additional tactical gear such as ballistic shield, breaching equipment, protective masks, tactical vests, and helmets.

Deputies can earn up to four weeks of vacation after 12 years of service. After 12 years of service deputies can eash in 40 hours of vacation. Deputies get additional pay for working any of the 10 paid holidays. Washington County offers three different family or single insurance plans through Wellmark. Costs for these plans vary, with some being at no cost.

Sincerely,

Jared M. Schneider Washington County Sheriff

OFFICE OF

WASHINGTON COUNTY SHERIFF

PO BOX 6
WASHINGTON, IOWA 52353

Sheriff Jared M. Schneider Chief Deputy Shawn M. Ellingson Phone: 319-653-2107

Fax: 319-863-1002 Civil: 319-653-6651

Jail: 319-653-5902

April 28th, 2023

Dear Applicant:

To be eligible for the hiring process, the application for employment and background check-waiver of liability must be received by May 26th, 2023 at 4:30pm. This can be mailed, emailed, or dropped off at:

Washington County Sheriff's Office 2181 Lexington Blvd. PO Box 6 Washington, Ia. 52353

Or emailed to: kdavis@wps.co.washington.ia.us

FOR NON-CERTIFIED APPLICANTS

We will be administering the physical testing on Saturday June 3rd, 2023 at 9:00AM. The test will take place at Case Field, Washington High School Track, (1101 East Van Buren St. Washington, IA 52353). The physical test includes push-ups, sit-ups, and I ½ mile run. You will be asked to sign a Physical Fitness Testing Waiver of Liability prior to this testing. That form has been included if you would please fill it out and have it ready to turn in that morning. All applicants that are not ILEA certified must take and pass the ILEA physical testing to be eligible. A copy of the ILEA standards has been included.

The candidates that pass the physical test will be administered the written POST test if needed. The test will be administered at the Washington County Sheriff's Office in Washington (2181 Lexington Blvd. Washington, Ia. 52353) at 10:00AM. If you have taken the POST test and have a passing score on file within the last year, we will transfer that score in. Please let us know before testing that you have a passing score on file.

ILEA CERTIFIED APPLICANTS

If you are current with your ILEA certification, you are not required to take the physical agility testing or POST test.

We look forward to seeing you on June 3rd, 2023. If you are not required to attend physical testing and POST testing, we will contact you with reference to possible future requirements. Sincerely,

Karla Davis
Administrative Supervisor
Washington County Sheriff's Office

WASHINGTON COUNTY SHERIFF'S OFFICE

APPLICATION FOR EMPLOYMENT

PLEASE PRINT LEGIBLY • EQUAL OPPORTUNITY EMPLOYER

Personal	Information													
Today's Date		LAS	T Name			FIRST Na	me				MIDDLE Nar	ne		
List any alias	names you have used	d in the past	t or maide	en name if appl	licable.									
Date of Birth				Driver's Licens	se Number				Dri	ver's Lice	ense State			
Social Securit	y Number	Home Pho	one Numb	ber	Cell Phon	e Number			E-mail	Address	i			
Current a	nd Previous Ad	dresses			1									
	House	Number & S	Street			City		s	State	Zip Cod	e From	n Yr	Mo	o Yr
Current														
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	ly eligible for employ] Yes I be required to provide		No	tates?		Have you	ur ever	been fi	red/ter	minated	for cause?			
	een (18) years of age] Yes I be required to provide		No			If hired, you be a								
Certificat	ions													
Are you ILEA			rtified in a	any other state	? If yes, wha	t state?		Police	Science	e, or othe	two-year deg		minal Just	ice,
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School		& Address of	f School		Course of	Study			ast Yea	r	Did You Graduate?	List D	iploma or	Degree
Elementary							5	6	7	8	Yes			
High							9	10	11	12	Yes			
											□ No			
College							1	2	3	4	Yes No			
Other (Specify)							1	2	3	4	☐ Yes			

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		Describe	the work	you did.					
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Perm	nission to contact this employer? Yes No								

Military Histo	ry			
Ha	ve you ever served in the U.S. Ar	med Forces?	If YES,	was your last discharge honorable?
Please list any applying for.	y skills, experiences or o	qualifications that wo	uld be of special bene	efit for the position that you are
				20.
Criminal Reco	ord een convicted of a crime, incl	uding traffic offenses?	Yes □No If yes, plea	ase list below.
Date	Location	Crime		Explanation
Personal Refe	e rences t former employers or relati	ves		
	ne and Occupation		ldress	Phone Number
May we call you	at home to follow up on this	application? Yes N	o	
If yes, what is the	e best time to call?	'	Which phone number sho	uld we use? Home Cell
May we call you	at work to follow up on this	application? Yes No		
If yes, what is the	e best time to call?	\	What is your work phone i	number?
statement or	below signifies that the facts se	my dismissal. I further under	erstand that this application	nplete. I understand that if employed, any false is not and is not intended to be a contract of employ me.
	Date			Signature of Applicant



Sheriff Jared M. Schneider Chief Deputy Shawn M. Ellingson

BACKGROUND CHECK – WAIVER OF LIABILITY

Phone: 319-653-2107

Fax: 319-863-1002

Date:
de hereby outberize the Weekington County
I,, do hereby authorize the Washington County Sheriff's Office or its agents, employees, or designees therein, to perform a background check or investigation of my personal history should they deem necessary, for the consideration of my application.
In addition, I give my consent to have the Washington County Sheriff's Office perform any inquest they may deem necessary, which may include contacting previous employers, associates, clergy officials and education instructors, but not limited to them, and conferring with them; and I authorize the Washington County Sheriff's Office to perform a criminal background check with any local, state or federal agency as they would feel necessary to satisfy a check of this nature.
I also understand that if I am selected as one of the finalist, I will be subject to any testing, consisting of written or oral examination, and may possibly be subjected to drug testing, polygraph examination and psychological testing.
Signed: on this day of, 2023.

OFFICE OF

WASHINGTON COUNTY SHERIFF

2181 LEXINGTON BLVD.

PO BOX 6 WASHINGTON, IOWA 52353

Sheriff Jared M. Schneider Chief Deputy Shawn M. Ellingson

Phone: 319-653-2107

Fax: 319-863-1002 Tip: 800-847-7492 Jail: 319-653-5902

PHYSICAL FITNESS TESTING - WAIVER OF LIABILITY

Date:				
Name:	Last			
	Last	First	Middle	
DOB:		SS#:		
Present ad	dress:			
		Street address, P.O. E	Box, Apartment #	
	City	County	State	Zip
Home pho	ne:	Work	phone:	
EMERGENCY NO	TIFICATION:	Name		
		Name	Relationship	Phone No.
physical qualificati eligible for the pos knowledge and be release Washingto	on test on <mark>Saturda</mark> ition of Sheriff's De lief, of sound healt on County, Iowa, ar	y June 3 rd , 202 <mark>3</mark> , as pa eputy. I hereby state th h and am able to unde nd its officers and ager	Sheriff's Office, we are art of my application to nat I am, to the best of rtake such physical quats from any and all liabition and waive all claim	be certified as my alification test, and do bility for injuries and /
Dated this	day of	, 2023 Applica	nt signature:	

3. 1 MINUTE PUSH UP TEST

This test requires pushing one's own weight off the floor. This measures the amount of force the upper body can generate and is an important area of performing police tasks requiring upper body strength. The score is calculated by the number of push ups performed in one minute. The body is supported by the hands and feet touching the ground, with legs straight and off the ground. The chest must come down and touch a fist placed under the individual's chest, then the arms must go to full extension to complete a push up.



1.5 MILE RUI

This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area of 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 from a national population sample.
- · The applicant must pass every test.
- The required performance to pass each test is based upon sex and age (decade). 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 required to meet the same percentile rank 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.

Test MALES AGE	20-29	30-39	40-49	50-59	60+
Sit & Reach	16.5	15.5	14.3	13.3	12.5
1 minute sit up	38	35	29	24	19
1 minute push up	29	24	18	13	10
1.5 mile run	12:51	13:36	14:29	15:26	16:43

Test FEMALES AGE	20-29	30-39	40-49	50-59	60+
Sit & Reach	19.3	18.3	17.3	16.8	15.5
1 minute sit up	32	25	20	14	6
1 minute push up	15	11	9	*12	*5
1.5 mile run	15:26	15:57	16:58	17:54	18:44

^{*}Females in excess of 49 years of age may do push ups on their knees. Normative data for these age groups have not been established.

How does one prepare for the test?

Preparing for the sit and reach test.

Performing sitting types of stretching exercises daily will increase this area. There are two recommended exercises.

Sit and reach. Do 5 repetitions of the exercise. Sit on the ground with legs straight. Slowly extend forward at the waist and extend the fingertips toward the toes (keeping legs straight). Hold for 10 seconds.



Towel stretch. Sit on the ground with legs straight. Wrap a towel around the feet holding each end with each hand. Lean forward and pull gently on the towel extending the torso toward the toes.



2. Preparing for the sit up test

The progressive routine is to do as many bent leg sit ups (hands behind the head) as possible in 1 minute. At least 3 times a week do 3 sets (3 groups of the number of repetitions one did in 1 minute.)

3. Preparing for the push up test.

If one has access to weights, determine the maximum weight one can bench press one time. Take 60% of that poundage. This will be the training weight. One should be able to do 8-10 repetitions of that weight. Do 3 sets of 8-10 repetitions adding 2.5 pounds every week.

If one does not have weight equipment, then the push up exercise can be utilized. Determine how many push ups once can do in one minute. At least 3 times a week do 3 sets of the amount one can do in one minute.

4. Preparing for the 1.5 mile run.

Following is a graduated schedule that would enable one to perform a maximum effort for the 1.5 mile run. If one can advance the schedule on a weekly basis, then proceed to the next level. If one can do the distance in less time, then that should be encouraged.

Week	Activity	Distance	Time in Min.	Frequency
1	Walk	1 mile	20-17	5/week
2	Walk	1.5 mile	29-25	5/week
3	Walk	2 miles	35-32	5/week
4	Walk	2 miles	30-28	5/week
5	Walk/Jog	2 miles	27	5/week
6	Walk/Jog	2 miles	26	5/week
7	Walk/Jog	2 miles	25	5/week
8	Walk/Jog	2 miles	24	4/week
9	Jog	2 miles	24	4/week
10	Jog	2 miles	22	4/week
11	Jog	2 miles	21	4/week
12	Jog	2 miles	20	4/week

STATE OF IOWA

Facts about lowa Law Enforcement Physical Standards for Pre-employment Testing



Arlen Ciechanowski, Director

Iowa Law Enforcement Academy Camp Dodge P.O. Box 130 Johnston, Iowa 50131-0130

Phone: (515) 242-5357 Fax: (515) 242-5471 www.state.ia.us/ilea

June 7, 2010/Shelley

IOWA LAW ENFORCEMENT ACADEMY COUNCIL MEMBERS

Francis C. Donchez

Davenport Police Department

Officer Angela M. Bonar West Burlington Police Department

> Sergeant Genie Clemens Iowa State Patrol

Patrick C. Jackson,
Des Moines County Attorney
Burlington, Iowa

Patty Link Des Moines, Iowa

Sergeant Ricardo Martinez II Nevada Police Department

> Randy W. Krukow Clay County Sheriff

Barry E. Ferguson, Senior Supervisory Resident Agent Federal Bureau of Investigation

David M. Giles, Resident Agent-In-Charge United States Drug Enforcement Administration

PREFACE

The lowa Law Enforcement Academy Council, in recognizing the importance of physical fitness status for job performance, established this physical test regimen as a pre-employment standard effective February 15, 1993.

No person can be selected or appointed as a law enforcement officer without first successfully passing all of the elements of this test. (See 501 IAC 2.1, adopted pursuant to Section 80B.11(5), Code of Iowa.)

Upon entry into the Academy every candidate will be given the same test as an assessment for training purposes and to ensure that each recruit can undergo the physical demands of the Academy without undue risk of injury, and with a level of fatigue tolerance to meet all Academy requirements. If at the time of entrance into the Academy an officer does not meet minimum standards, he or she will not be admitted.

This pamphlet will provide information on the rationale, purpose, testing procedures, standards of performance and fitness activities to prepare for the fitness testing. It is intended to answer the basic questions pertaining to all aspects of the fitness testing process.

Provisions as to push ups for females were modified in February, 1996, and are as set forth in this brochure, effective for persons hired on or after July 1, 1996.

Any questions you may have about these standards should be directed to the Academy at 515-242-5357 or at the address shown on the cover.

What is physical fitness?

Physical fitness is a status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required.

Physical fitness consists of three areas:

- Aerobic capacity of cardiovascular endurance pertaining to the heart and vascular system's capacity to transport oxygen. It is also a key area of heart disease in that low aerobic capacity is a risk factor.
- Strength pertains to the ability of muscles to generate force. Upper body strength and abdominal strength are important areas in that low strength levels have a bearing on upper torso and lower back disorders.

 Flexibility pertains to the range of motion of the joints and muscles. Lack of lower back flexibility is a major risk area of lower back disorders.

Why is fitness important as a job related element for law enforcement officers?

- It has been well documented that law enforcement personnel (as an occupational class) have serious health risk problems in terms of cardiovascular disease, lower back disorders and obesity. Law enforcement agencies have the responsibility of minimizing known risk. Physical fitness is a health domain which can minimize the "known" health risk for law enforcement officers.
- Physical fitness has been demonstrated to be a bonafide occupational qualification (BFOQ). Job analysis that account for physical fitness have demonstrated that the fitness areas are underlying factors determining the physiological readiness to perform a variety of critical physical tasks. These three fitness areas have also been shown to be predictive of job performance ratings, sick time and a number of commendations of police officers. Data also shows that fitness level is predictive of trainability and academy performance.
- Physical fitness can be an important area of minimizing liability.
 The unfit officer is less able to respond fully to strenuous physical activity.
 Consequently, the risk of not performing physical duties is increased.

How will physical fitness be measured?

The Physical Fitness Test Battery consists of four basic tests. Each test is a scientifically valid test. The tests will be given in 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 of performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from a sitting position. The score is in inches reached on a yard stick fastened to an apparatus with 15 inches being at the toes and the one inch mark closest to the body. Knees must be locked and the hands together as the person stretches down the measuring apparatus.



2. 1 MINUTE SIT UP TEST

This is a measure of the muscular endurance of the abdominal muscles. It is an important area of performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in number of bent leg sit ups performed in 1 minute. Hands behind the head, in the up position, elbows should touch the knees or upper portion of the thight, in the down position, the back must come down so that shoulder blades touch the floor. Legs may be held for assistance.

Deputy Sheriff - Washington County, Iowa

The Washington County Sheriff's Office is currently accepting applications for the position of Deputy Sheriff.

Starting salary for Deputy Sheriff is:

July 1st, 2023: \$27.82 and up to \$36.59 based on ILEA Certification and years of experience.

Starting January 1st, 2024: 2.5% raises every 6 months through January 1st, 2025.

Applications may be obtained at the Washington County Sheriff's Office, 2181 Lexington Blvd., Washington, Iowa 52353, requested by calling Karla Davis at (319) 653-2107, or by email at kdavis@wps.co.washington.ia.us.

Or at: https://washingtoncounty.iowa.gov/Jobs

Completed applications must be received at the Washington County Sheriff's Office no later the 4:30 P.M. on Friday May 26th, 2023.

Applicants will be contacted to schedule the physical testing and POST Testing if required.

Tentative testing is set for June 3rd, 2023 at 9:00AM.

ILEA Certified are not required to take physical test or POST test.