



2023 POLICE APPLICANT INSTRUCTIONS

1. Minimum qualifications for the position of Moon Township Police Department Probationary Patrol Officer are set forth in the information accompanying these instructions. The applicant should review this information before applying. It should be understood that these are the minimum qualifications and are not all-inclusive. Failure to meet these minimum requirements, however, will automatically preclude employment for the position. Particular attention should be paid to the Act 120 Certification requirements. The applicant is responsible for securing the required training and certification by the stipulated time at his or her own expense. The Moon Township Police Department will not send an applicant to an academy.
2. Completed applications are to be returned to the Moon Township Police Department, 1000 Beaver Grade Rd., Moon Township, PA 15108 no later than 5:00 PM on **Wednesday, March 29, 2023**. Applications may be mailed or delivered in person. Applications will not be accepted by either email or facsimile. Only the following four items are to be submitted to the Moon Township Police Department:
 - a. the completed, signed Application
 - b. the signed Applicant's Release
 - c. the signed Physician's Certification, and
 - d. the non-refundable application fee in the amount of \$50.00, payable in cash, check, or money order.
3. Providing false or inaccurate information will subject the applicant to immediate disqualification.
4. Test day registration will begin promptly at 7:30 AM on **Saturday, April 8, 2023** at the Moon Area High School, 8353 University Blvd., Moon Township, PA 15108. The Physical Agility Test is scheduled to be conducted between 8:00 AM and 11:00 AM with the Written Examination to follow between 12:00 PM and 3:00 PM on Saturday, April 8, 2023. These times may be adjusted based on unforeseen circumstances. The applicant must provide photo identification at the test site to be admitted to the test. The applicant must pass all elements of the Physical Agility Test to be eligible to take the Written Examination. Failure of any one of the events in the Physical Agility Test is a failure of the entire test. If one event is failed, the testing process is terminated for the applicant at that point.
5. Passing the Physical Agility Test and the Written Examination does not guarantee employment. Upon receipt of the test results, the Moon Township Police Department will further process applications pursuant to the needs of Moon Township and in accordance to hiring practices and policies.

Checks should be made payable to the **Township of Moon**.

Incomplete applications will be discarded. No additional attachments or resumes are to be included with the submission.

Minimum Qualifications:

1. 21 years of age
2. MPOETC certification or equivalent at time of appointment
3. 60 college credits without any experience or military service
4. 30 college credits with (2) two years, full time law enforcement experience
5. 30 college credits with at least (2) two years military service and honorable discharge
6. 30 college credits with 3,648 hours of part time law enforcement experience in less than (4) four years

Additional Requirements:

1. Non-smoker
2. No Visible Tattoos while wearing a short-sleeve uniform shirt
3. No Brandings
4. No Body Piercings or Surgical Body Modifications while in uniform

APPLICATION



2023 MOON TWP. POLICE TEST

Minimum Qualifications:

- 21 years of age
- MPOETC certification or equivalent at time of appointment
- 60 college credits without any experience or military service
- 30 college credits with (2) two years, full time law enforcement experience
- 30 college credits with at least (2) two years military service and honorable discharge
- 30 college credits with 3,648 hours of part time law enforcement experience in less than (4) four years

Additional Requirements:

- Non-smoker
- No Visible Tattoos in a Short Sleeve Uniform Shirt
- No Brandings
- No Body Piercings or Surgical Body Modifications while in uniform

PLEASE TYPE OR PRINT CLEARLY ALL INFORMATION

1. First Name	2. Middle Initial	3. Last Name
4. Street Address, Apartment No.		
5. City	6. State	7. Zipcode
8. Cell Phone Number	9. Home Phone Number	10. Work Phone Number
11. Email Address:		
12. Do you meet the age requirement?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
13. Are you a citizen of the United States?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
14. Do you meet the minimum qualifications as listed on the instructions and above?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
15. Do you possess a valid Motor Vehicle Operator's License?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
16. What is the name of the State or Territory that issued your current operator's license?		

I hereby certify that the information provided above is true and correct to the best of my knowledge and belief. The undersigned understands that the statements herein made are subject to the penalties of 18 Pa. Cons. Stat. An. §4904 relating to unsworn falsification to authorities.

Signature: _____

Date: _____

FOR MOON POLICE USE ONLY:

Date Received: _____

Time Received: _____

Payment Received: _____



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. 300 Meter Run
2. Bench Press (Free Weight)
3. Sit-ups
4. 1.5 Mile Run

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, bench press & 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 Moon Township Police Department, its testers, trainers, helpers and other participants and persons who will be assisting in this testing, whether employees of Moon Township 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 Moon Township Police Department, its Board of Supervisors and Township Manager, 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.

(Signature)

(Applicant's Name, Typed or Printed)

(Date)

(RETURN WITH APPLICATION)



PHYSICAL ABILITIES TEST REQUIREMENTS

MPD P.A. Exam (30% Cooper)	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+
300 Meter Run (Time)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Bench Press (% body weight)	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.4
Sit Ups (1 Min Reps)	35	32	27	21	17	30	22	17	12	4
1.5 Mile Run (Time)	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10

Testing Order:

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.

Bench Press- 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.

The applicant will be weighed on a scale. The measurement is in pounds. The applicant's weight will then be multiplied by their age and gender adjusted percentile ratio (see chart above), then the appropriate gender specific, free weight conversion formula will be applied.

Please refer to the "30th Percentile Entry Level Standards Bench Press Conversion Charts" under the free weights category found at this link:

<https://mpoet.psp.pa.gov/training/Pages/Physical-Fitness.aspx>

The result is the standard weight. If the exact standard weight cannot be placed on the bar, the total weight will be rounded down to a weight that is closest to the standard weight that the applicant must press (lift).

The applicant will take a position on the bench with their eyes aligned under the bar. They will take a grip on the bar slightly wider than their shoulders. The applicant will maintain a natural arch of the back with their feet flat on the floor.

Two (2) spotters will be positioned, one at each end of the bar. The spotters will lower the bar until applicant's elbows reach 90 degrees. The bar will be positioned to the mid-line of the applicant's chest, but not resting on the chest. The applicant will be instructed to breathe out on the exertion, then press the weight up to a "soft lock" of the elbows one (1) time. During the pressing phase, the spotters will not physically assist the participant in lifting the weight. After an attempt, the spotters will rack the bar.

Applicants will have up to six (6) attempts to successfully press the standard weight. During the lift, the applicants may not arch their buttocks off the bench or move their feet. If they do, the attempt does not count.

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.

Continued on next page

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.

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.

PHYSICIAN'S CERTIFICATION



I, _____, M.D., have examined
(Physician's Name, Typed or Printed)

_____ and understand that this applicant will have to complete a
(Applicant's Name, Typed or Printed)

Physical Agility Test consisting of the following elements:

Event

- 300 Meter Run
- Bench Press
- Sit-ups
- 1.5 Mile Run

which are described in greater detail on the Applicant's Release - Physical Agility Test. Having examined the said _____, I hereby certify that he/she is physically able to
(Applicant's Name, Typed or Printed)

undertake the described Physical Agility Test.

(Physician's Signature)

(Address)

(Date)

(RETURN WITH APPLICATION)