

# CITY OF CLARKSBURG POLICE OFFICER



If interested in becoming a police officer for the City of Clarksburg, WV, please appear for the physical ability test on the noted date/time:

## NOTICE OF PHYSICAL ABILITY TEST

**DATE:** SATURDAY, OCTOBER 28, 2017  
**TIME:** 10:00 A.M.  
**PLACE:** ROBERT C. BYRD HIGH SCHOOL  
One Eagle Way  
Clarksburg, West Virginia

It is recommended that applicants wear comfortable gym clothes (i.e., sweats, shorts, etc.) for this testing. Shoes are required! All applicants must present photo identification and sign a Release at the time of the Physical Ability Test. Physical ability requirements are available on our website at [www.cityofclarksburgwv.com](http://www.cityofclarksburgwv.com).

### APPLICANT REQUIREMENTS:

- 18 years old and not more than 40 years old on date of application
- High school diploma/GED
- United States citizen
- Successfully complete various mandatory examinations

Starting pay for a Probationary Police Officer is \$38,211. After the one (1) year probation period, Police Officers will receive an annual salary of \$41,603.

Applicants successfully completing the Physical Ability Test will be provided with an application to be completed and returned to the City Clerk on the date of the Written Test on Wednesday, **November 15, 2017 at 6:00 p.m.** at the Harrison County Senior Citizens Center, 500 West Main Street, Clarksburg, WV.

**\*\*\$5,000 sign-on incentive offered to West Virginia certified police officers\*\***

Questions, call City Clerk Annette Wright @  
304-624-1673 or e-mail [awright@cityofclarksburgwv.com](mailto:awright@cityofclarksburgwv.com)

## **#1 UPPER BODY STRENGTH**

Applicants must be able to complete 27 properly executed push-ups within one (1) minute.

1. The hands are placed about shoulder width apart. The administrator places a fist on the floor below the applicant's chest.
2. Starting from the up position (elbows fully extended), the applicant must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Applicant then returns to the up position.

## **#2 MUSCULAR ENDURANCE**

Applicants must be able to complete 29 bent-leg sit-ups within one (1) minute.

1. The applicant starts by lying on the back, knees bent, heels flat on the floor, hands folded across the chest touching the shoulders.
2. A partner holds the feet down firmly.
3. In the up position, the applicant should touch the elbows to the knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position.

## **#3 AEROBIC POWER**

Applicants must be able to complete the 1.5 mile run within 14 minutes, 52 seconds.

1. The applicant should refrain from smoking or eating for two hours preceding the test.
2. Allow adequate time prior to the test for stretching and warm-up exercises.
3. During the administration of the test the applicants can be informed of their lap times. If several applicants run at once, their individual times at the finish can be called out and recorded later.
4. An important consideration at the end of the run is the "cool down" period. The applicants should be cautioned about sitting or standing around immediately after the run to prevent venous pooling. They should be instructed to walk an additional five minutes or so in order to enhance venous return and aid in recovery.

**NOTE: Any applicant failing any part of the physical agility test will be permitted to retest one (1) additional time the same day following a brief rest period.**