



MEMO TO: APPLICANTS FOR LATERAL ENTRY POLICE OFFICER  
CITY OF CASPER POLICE DEPARTMENT

FROM: SGT. JOE NICKERSON, CAREER SERVICES

SUBJECT: ENTRY LEVEL POLICE OFFICER TESTING /TO BE ANNOUNCED

The Casper Police Department will begin the testing process on **September 17th- 18<sup>th</sup> 2014**, to establish an eligibility list for lateral entry police officers.

To see if you are eligible for lateral entry testing please see the **Lateral Entry Program Requirements** document on the Casper PD Recruitment page.

The testing schedule and details are as follows:

**Applicants are required to present a driver's license at sign-in. Your valid driver's license may be requested at each step in the testing process.**

**Wyoming Law Enforcement Academy Physical Fitness Test – On September 17<sup>th</sup>, 2014; sign-in is at 8:00 a.m.; and the physical fitness testing begins at 8:30 a.m.**

The physical fitness test will be given at the Casper Events Center, 1 Events Drive, in the Summit Room on the second floor. The run will be conducted on the concrete concourse. Please park in the back entrance parking lot at 3 Trails Road. The WLEA physical fitness test consists of a 1-minute sit-up test, 1- minute push-up test, and a 1½ mile run (indoors on concrete surface). Applicants must pass each **individual test at the 40<sup>th</sup> percent level** of the enclosed criteria. It is strongly recommended that you wear clothing that is appropriate for engaging in this type of physical exercise and also bring liquids to stay hydrated. **This is a pass/fail test, and you must pass the requirements for each test (sit-ups, pushups, 1.5 mile) to proceed to the oral interview. A failure on any part of the test eliminates you from moving on in the process.**

**If you have a DD214, please bring a copy to the oral interview.**

**Oral Interview**

Oral interviews are scheduled for **September 18<sup>th</sup>, 2014**, for the top 35 candidates who pass the physical fitness test and the written examination. Oral Interviews will take place at the Casper Police Department Training Room, 100 W B St. **You must pass this test with a 75% or better to be considered for the eligibility list and to proceed with the testing process.** Upon completion of the oral interview, you might be asked to begin paperwork in preparation for the background investigation.

**Ranking**

The physical ability test is pass/fail. The oral board score will determine rank on the Civil Service eligibility list for the hiring process.

As positions become available, a background check will be performed. An additional trip to Casper will be necessary following the background check in order to complete the testing process. The final portion includes a medical physical examination and drug screen, interview with the Chief of Police, polygraph examination, and psychological examination.

**To be eligible for the testing process, an application must be on file. Applications are only accepted through the City of Casper website at [www.casperwy.gov](http://www.casperwy.gov).** Links for all the information are available under Police Recruiting.

Please contact the Casper Police Department at (307) 235-8472 or the Human Resources Department at 307-235-8344 if you have any questions.

<b>CASPER POLICE DEPARTMENT</b>							
<b>Entry Level Physical Fitness Requirements</b>							
<b>MALE</b>							
<b>40<sup>th</sup> Percentile Entry Level WLEA Standards</b>							
<b>Test</b>	<b>20-29</b>	<b>30-34</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>
<b>1 Minute Sit-up</b>	<b>38</b>	<b>34</b>	<b>31</b>	<b>29</b>	<b>26</b>	<b>24</b>	<b>21</b>
<b>1 Minute Push-up</b>	<b>29</b>	<b>24</b>	<b>21</b>	<b>18</b>	<b>15</b>	<b>13</b>	<b>11</b>
<b>1 ½ mi. Walk/Run</b>	<b>12:51</b>	<b>13:36</b>	<b>14:03</b>	<b>14:29</b>	<b>14:58</b>	<b>15:26</b>	<b>16:05</b>

**CASPER POLICE DEPARTMENT**  
**Entry Level Physical Fitness Requirements**

**FEMALE**

**40<sup>th</sup> Percentile Entry Level WLEA Standards**

Test	20-29	30-34	35-39	40-44	45-49	50-54	55-59
<b>1 Minute Sit-up</b>	32	25	22	20	17	14	10
<b>1 Minute Push-up</b>	23	19	16	13	12	11	8
<b>1 ½ mi. Walk/Run</b>	15:26	15:57	16:28	16:58	17:26	17:55	18:20

**Be aware that Casper’s elevation is at least 5100 feet above sea level. Please consult a physician if you have any medical concerns regarding this testing process.**



***Casper Police Department***

**Physical Fitness Performance Protocols**

Entry Level candidates will have to complete physical fitness tests to identify readiness for the position of Police Officer. The physical fitness tests are all pass/fail. Candidates must complete each test successfully (based on the Wyoming Law Enforcement Academy physical fitness standards calibrated to the 40<sup>th</sup> percentile) to continue on to the next test. Candidates will perform the following physical fitness test: One minute sit-ups, one minute push-ups and the 1.5 mile run.

**Sit-Up Protocol** During this test, you will lie on your back, with your knees bent at approximately a 90-degree angle. Your feet may be together or apart, but heels must stay in contact with the surface. A partner will hold your ankles. The tips of your fingers must stay behind the ears, although you may interlock your fingers if desired. When you hear “go”, lift your upper body (head and torso) by bending at the waist, and moving your elbows to or past your knees. Return to the starting position, with your shoulder blades touching the surface. That will constitute one repetition. If you arch your back, lift your buttocks from the mat, move your finger tips forward of your ears, fail to touch the knees, stop to rest in the down position, or fail to touch your shoulders to the mat, you will receive a warning. For any subsequent violation, the repetition will not count. You will have one minute to complete the required number of sit ups. Your monitor will confirm the number you are required to do before you begin. We will announce 45, 30, 15 seconds and count out the last ten seconds.

### **Push-Up Protocol**

This test will begin with you assuming the front-leaning rest position by placing your hands on the surface just outside a straight line down from the shoulders. The back, buttocks, and legs must be in a generally straight line from the head to the heels. The feet may be together or up to twelve inches apart. Females may rest your knees on the mat with your legs crossed. When you hear “go”, lower your body by bending your elbows until your chest touches the 3” rolled towel. Return to the starting position by soft-locking your elbows. This constitutes one repetition. You may rest in the up position. If you do not keep your body relatively straight, arch your back, or fail to lock out your elbows, you will receive a warning. For any subsequent violation, the repetition will not count. Your monitor will confirm the number you are required to do before you begin. We will announce 45, 30, 15 seconds and count out the last ten seconds.

### **1.5 Mile Run Protocol**

Candidates will line up behind the starting line. 1.5 miles will consist of 7 ¾ laps around the mezzanine level of the Casper Events Center. At the command “go” start running. Your goal is to complete the 1.5 miles as fast a time as you can. As you complete each lap, your time and number of laps let will be announced. You may run alongside another runner for help with the pace, but you may not physically assist or be assisted by another runner. After the run, do not sit down or stand still but walk slowly around the outside of the course for one lap. Others could still be running, so be careful to avoid interfering with their progress by staying to the outside of the concourse.

GO TO: [www.wleacademy.com](http://www.wleacademy.com) to view videos of the sit-up and pushup demonstrations.

**If you have any questions or concerns regarding this please contact :**

**Sgt. Joe Nickerson**  
**Casper Police Department**  
**201 N David**  
**Casper, WY 82601**  
**(307)-235-8490-office**  
**(307)-235-8425-fax**  
[jnickeson@cityofcasperwy.com](mailto:jnickeson@cityofcasperwy.com)