**Section 2050.30 Pre-Employment Testing**

To be considered for employment, applicants shall:

a) meet the minimum standards of the Peace Officer Wellness Evaluation Report (POWER Test) as set forth by the Illinois Law Enforcement Training and Standards Board and administered by the Office of Law Enforcement's Training Section:

1) Sit and Reach Test – measure of flexibility of the lower back and upper leg area;

2) 1 Minute Sit-Up Test – measure of the muscular endurance of the abdominal muscles;

3) 1 Repetition Maximum Bench Press – measure of upper body strength; and

4) 1.5 Mile Run – measure of the heart and vascular system's capability to transport oxygen;

b) complete a swimming competency test, without the use of swimming aids, administered by the Office of Law Enforcement's Training Section, demonstrating the ability to:

1) swim 150 yards continuously without stopping or touching the bottom;

2) continuously tread water for 2 minutes without touching the bottom or sides of the pool;

3) retrieve an object of contrasting color weighing 5 pounds from a minimum 7 foot depth and deliver the weight to the side of the pool keeping both hands on the weight at all times; and

4) exit the pool water without the use of ladder or steps;

c) participate in an oral interview conducted by personnel from the Office of Law Enforcement and the Office of Human Resources who have completed CMS Interviewer Certification Training;

d) submit to a background investigation, including providing references, a signed waiver of release of personal information and credit reports, college transcripts and past military or employment records;

e) submit to psychological testing and interviewing; and

f) submit to medical screening.

(Source: Amended at 47 Ill. Reg. 10608, effective June 30, 2023)