



BOROUGH OF WILSON POLICE DEPARTMENT

2035 Butler St
Easton, PA 18042
610 258-8746

POLICE OFFICER

Wilson Borough, Pennsylvania is seeking applicants for entry level police officer. This is a Civil Service employment opportunity governed by applicable laws, ordinances, and regulations of the Commonwealth of Pennsylvania and the Borough of Wilson.

The starting salary is \$61,437.15 for probationary police officers in accordance with the Bargaining Agreement between the Borough of Wilson and the Wilson Borough Police Association.

A thirty-five (\$35) non-refundable application fee, paid ONLY by money order, made out to: Wilson Borough, must be submitted at the time of application. Applications may be obtained on the Borough's website at <https://www.wilsonborough.org/home/employment-opportunities/> or in person at Wilson Borough 2040 Hay Terrace, Easton, PA 18042.

Return completed applications along with payment to: Wilson Borough 2040 Hay Terrace, Easton, PA 18042. Applications may be returned in person or via mail. **No e-mail transmitted applications will be accepted. Deadline for receipt of completed applications is 3:00 p.m. Friday September 19, 2025 at the above address.** Applications may not be submitted prior to Monday August 18, 2025 at 9am.

ONLY THOSE PERSONS WHO HAVE SUBMITTED COMPLETED APPLICATIONS, TO INCLUDE EXECUTED RELEASE FORMS AND NOTARIZATIONS WHERE REQUIRED, ALONG WITH A PAID APPLICATION FEE BY THE DEADLINE OF 3:00 P.M. Friday September 19, 2025 WILL BE ELIGIBLE TO PARTICIPATE IN THIS PROCESS.

Residency Requirement

Persons hired who are not residents of the designated residency area, at the time of hire, must become a resident not more than 12 months from the satisfactory completion of their probationary employment period.

The designated residency area for full time Wilson Borough Police Officers is 20 (twenty) air miles from the closest border.



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A physical performance test will be administered, regardless of weather, on Saturday September 27, 2025. Applicants must arrive no later than 845 a.m. at Wilson Area High School, 424 Warrior Lane Easton PA 18042. Applicants may park in the high school parking lot off Washington Blvd.

The Physician's release form and Informed Consent Form, included in the application, must be completed, and brought to the physical performance test. Photo Identification (e.g., driver's license) will be required for admission to the physical performance test.

Persons passing the physical performance test will take a written examination on the same day, September 27, 2025. Applicants will be allowed a break between the physical and written examination. The written examination will take place inside Wilson High School. Photo Identification (e.g., driver's license) will be required for admission to the written examination.

To apply for a position as a police officer, a person must: be a citizen of the United States of America; be 21 years of age or older; be a high school graduate or possess a GED; obtain Act 120 Certification and be eligible for immediate appointment as a Police Officer **by time of appointment** and possess a valid driver's license. An applicant must not have been convicted of a misdemeanor 2 or greater in the Commonwealth of Pennsylvania or the equivalent of a misdemeanor 2 or greater in any other State. Successful applicants must pass the physical performance test; the written examination, the oral examination, psychological testing, must pass a very thorough background investigation, including polygraph; and must pass the medical examination, including drug testing. Veteran's points will be administered in accordance with state and federal regulations. Those who are enrolled in a Pennsylvania Municipal Police Officers' Education and Training Commission (MPOETC) Act 120 Basic Recruit Training Program at the time of testing or those who will complete the recruit training prior to the expiration of the Certified Civil Service List may apply.

Wilson Borough will reimburse a cadet, or an individual hired as a full-time police officer the cost of tuition for a Pennsylvania Municipal Police Officers' Education and Training Commission (MPOETC) Act 120 Basic Recruit Training Program and compensate the individual for the hours required to complete the training program under the following circumstances:

1. Applied for the position of full-time police officer and has met all requirements as outlined in the Wilson Borough Civil Service Rules
2. Passed a physical agility, written examination, and oral interview.
3. Passed a thorough background investigation.
4. Received an offer of employment.



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5. Enrolled in a Pennsylvania Municipal Police Officers' Education and Training Commission (MPOETC) Act 120 Basic Recruit Training Program at the time of the application deadline or completes the training program within the expiration period of the certified civil service list.
6. Signed a pre-employment agreement.
7. In the event a cadet is hired while still in the training program, the borough will reimburse the cadet the cost of the tuition for the program and compensate for the hours already completed. The cadet will then be compensated for the remaining hours on a biweekly basis. The cadet will be offered benefits for the cadet only while in the academy.
8. An individual who completes the training program prior to the civil service list expiring and has not yet been hired by another law enforcement agency, will be reimbursed the cost of the tuition for the training program, and will be compensated for the hours required to complete the training program. The reimbursement schedule, salary, and benefits shall be that which are set by the Wilson Borough Council.
9. An individual hired who is MPOETC Act 120 Certified and has former law enforcement experience, will be offered a \$5000 sign on bonus. The individual will be paid in four equal installments at the completion of each year.
10. Those who have previously been reimbursed for the cost of tuition to an Act 120 Basic Recruit Training Program through any grant, agency, or organization shall not be eligible for reimbursement under this agreement.

Please email Chief Meehan with any questions concerning the testing process:
cmeehan@wilsonpd.org

Wilson Borough is an Equal Opportunity Employer



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READ THESE INSTRUCTIONS CAREFULLY PRIOR TO COMPLETION

This application consists of several sections: a questionnaire; a Notification Procedure Release; a verification; a general waiver; and a description of essential job functions. Every one of these sections must be completed for the Borough of Wilson to accept the application as complete. Answer every question and leave no question unanswered. If the question does not apply to you, so state with **DNA** in the space provided. All candidates will personally prepare this form. All entries, except the signature, must be printed legibly in BLOCK LETTERS. Entries must be printed in either blue or black ink. If the space available for answering any question is insufficient, use the continuation page at the end of the application. To define each continued answer, precede each answer with the corresponding letter and number of the question to be answered (e.g., A-3, F-10, etc.). In compliance with The Americans with Disabilities Act of 1990, police applicants will not include any medical history information in this Personal Data Questionnaire.

In order to conduct a thorough and complete background investigation, the Background Information Questionnaire will provide extensive information concerning family, both immediate and extended, residence, military service, financial, and arrest/criminal record histories.

Do not misstate or omit material facts since the statements made herein are subject to verification to determine your qualifications for employment. Any candidate who intentionally makes a false statement, practices, or attempts to practice, any deception or fraud in this application, in any examination, or in securing eligibility for appointment will be eliminated from the process.

PLEASE NOTE THAT THE BACKGROUND INVESTIGATION WAIVER MUST BE SIGNED, AND ALL PAGES THAT REQUIRE A NOTARY PUBLIC SIGNATURE AND SEAL MUST BE COMPLETED PRIOR TO RETURNING THE APPLICATION.



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Applicant's Name _____

Address _____

Telephone Number _____

E-mail address _____

A. Personal Data

1. _____
Last Name First Name Middle Name

2. Give any other names you have used or have been known by and a statement giving reasons.

3. Social Security Number _____

4. Present Address _____

5. Phone Number _____

6. _____
U.S. Citizen: Native (Yes/No) Naturalization No. Date Place Court



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B. Education

1. List chronologically (most recent dates first) all schools, colleges, and training courses you have attended.

School	Last Grade Completed	_____ Day
		_____ Evening
Address	City/Town	County State

School	Last Grade Completed	_____ Day
		_____ Evening
Address	City/Town	County State

School	Last Grade Completed	_____ Day
		_____ Evening
Address	City/Town	County State

School	Last Grade Completed	_____ Day
		_____ Evening
Address	City/Town	County State

School	Last Grade Completed	_____ Day
		_____ Evening
Address	City/Town	County State

2. What college degree(s) or professional license(s) do you possess?

Major _____ Grade point average _____

Total credits achieved toward degree _____

Major _____ Grade point average _____

Total credits achieved toward degree _____



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3. Other than English, what language(s) do you:

Speak _____

Read _____

Understand _____

Write _____

4. List any specialized training, and/or apprenticeships you have completed.

5. List any honors, awards, certifications you have received or achieved.

6. Identify any special job-related skills and/or other qualifications.

C. Military history

Branch	Start Date	End Date
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If you have ever served in the U.S. Armed Forces, attach a copy of discharge or separation papers.

Discharge/Release ____ Yes ____ No Category/Type _____

Current Status _____

Do you claim veteran's preference? ____ Yes ____ No



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D. Employment

1. Current Employer:

Name/Company			
Street address	City/Town	State/Zip	(Area Code) Phone no.
Date hired	Supervisor		
Duties			

2. List below in chronological order, starting with the most recent, every place you have been employed. Give correct full addresses. State dates of idleness between periods of employment in proper sequence. Include all part-time employment.

From Mo Yr	To Mo Yr	Name, address and phone number of employer (include zip and area codes)	Occupation
Immediate supervisor		Reason for leaving	Salary/hourly wage

From Mo Yr	To Mo Yr	Name, address and phone number of employer (include zip and area codes)	Occupation
Immediate supervisor		Reason for leaving	Salary/hourly wage

From Mo Yr	To Mo Yr	Name, address and phone number of employer (include zip and area codes)	Occupation
Immediate supervisor		Reason for leaving	Salary/hourly wage

From Mo Yr	To Mo Yr	Name, address and phone number of employer (include zip and area codes)	Occupation
Immediate supervisor		Reason for leaving	Salary/hourly wage

From Mo Yr	To Mo Yr	Name, address and phone number of employer (include zip and area codes)	Occupation
Immediate supervisor		Reason for leaving	Salary/hourly wage

From Mo Yr	To Mo Yr	Name, address and phone number of employer (include zip and area codes)	Occupation
Immediate supervisor		Reason for leaving	Salary/hourly wage



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3. Were you ever discharged or asked to resign from employment? ____ Yes ____ No
How many times? ____ Give details of discharge or forced resignations below.

Date	Name, address and phone number of employer
Immediate supervisor	Reason for discharge

Date	Name, address and phone number of employer
Immediate supervisor	Reason for discharge

Date	Name, address and phone number of employer
Immediate supervisor	Reason for discharge

Date	Name, address and phone number of employer
Immediate supervisor	Reason for discharge

4. Were you ever subjected to disciplinary action in connection with any employment?

____ Yes ____ No

If yes, give details _____



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E. Prior Criminal History

The following questions must be answered truthfully and completely. Remember that ANY omission, falsification or misstatement may be reason for elimination from this hiring process. You are also reminded that ALL statements will be investigated thoroughly by the Wilson Borough Police Department. The background investigation will include, but not be limited to, an extensive neighborhood background check, polygraph testing, urinalysis, etc.

1. Have you ever been convicted of any violation of the fish and game laws? ____ Yes ____ No

If yes, please provide the information below.

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

2. Have you ever been convicted of a violation of the disorderly persons act or municipal ordinance?

____ Yes ____ No If yes, please provide the information below.

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved



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3. Have you ever been convicted of any violation of the criminal law? ____ Yes ____ No
If yes, please provide the information below.

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

4. Has a protection from abuse or a similar restraining order been issued to you in any jurisdiction?
____ Yes ____ No If yes, when, and where? _____

Explain circumstances _____

Has it been resolved or concluded? _____



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F. Subversive Activity

1. Have you ever advocated the overthrow of our constitutional form of government, or to alter the form of the government by unconstitutional or unlawful means? ____ Yes ____ No

2. If your answer is YES to the above question, explain below.

G. Motor Vehicle History

1. Have you ever been convicted of a violation of the motor vehicle laws in this or any other state? (Exclude overtime parking violations). ____ Yes ____ No If yes, please provide information below.

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

Date	Violation	Location
Court disposition	Your age at the time	Police agency involved

2. Vehicle Operator's License

Give the following information concerning any vehicle operator's license you have held or now hold:

Type of License Number Issuing Authority Expiration

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



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H. Other Information

1. Have you ever possessed any pistol permit, firearm permit, firearms ID card, firearms dealer license in this state or any other state under federal jurisdiction? ____ Yes ____ No

Permit Number _____

Firearms Dealer's License Number _____

Issuing Agency _____

2. Have you ever used any illegal drugs in the past ten (10) years? ____ Yes ____ No

If yes, state details. _____

3. Have you ever applied for a position with any other governmental agencies? If yes, give details.

Vouchers (NOT TO BE SWORN MEMBERS OF THE WILSON BOROUGH POLICE DEPARTMENT OR ANY OTHER PERSON LISTED IN THIS APPLICATION)

If given a conditional offer of employment, you will need to obtain three reputable citizens (no relatives) who will vouch for the name, reputation, and ability of the applicant. Vouchers do not need to be included in the application packet.



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AFFIDAVIT AND CERTIFICATION OF APPLICANT

I certify that all the statements made in this application are true, complete, and correct to the best of my knowledge and belief and are made in good faith. I am aware that any misrepresentation of information supplied by me will result in my disqualification from the selection process. Further, I authorize Wilson Borough to verify all information contained herein and to review any employment, education, financial, and criminal history, military, disciplinary and other records, and information from any source as noted in the executed Authorization and Release form. In the event I am employed, I understand that any false or misleading information I knowingly provided in my application or interview(s) may result in discharge and/or legal action. I understand also if employed, I am required to abide by all rules and regulations of the employer.

I have read this Certification and I understand and agree to the conditions imposed herein.

Date _____ Signature _____
(Sign in ink)

(Printed Name)

State of _____

County of _____

Sworn to and subscribed before me this

_____ day of _____, 20____

(Print name and title)

Signature (Sign in ink)

Notary Public Commission expires _____

**CONTINUATION PAGE**[illegible]



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A Wilson Borough Police Officer's essential job functions include, but are not limited to:

- Responds immediately to calls for service by motor vehicle or on foot to obtain or give information, enforce the law, provide timely assistance, and make referrals to other agencies.
- Patrols by vehicle or on foot to deter crime, apprehend violators and assist other officers. The position may require walking or standing exposed to elements for extended periods.
- Observes and responds to traffic violations to maintain public safety.
- Enforces laws and ordinances impartially by warning or arresting violators.
- Prepares notes, reports and other documents using appropriate style and grammar to provide accurate and complete descriptions of reported incidents.
- Collects reports or data from appropriate sources to provide necessary information to the Office of the State's Attorney, Northampton County District Attorney and other governmental or law enforcement agencies.
- Clearly, concisely, honestly, and professionally testifies in courts or other proceedings.
- Conducts preliminary or follow up crime and traffic accident investigations.
- Processes prisoners by properly fingerprinting, photographing, checking records, and accurately preparing all charging documents to properly identify a defendant prior to release or incarceration.
- Administers appropriate first aid to stabilize an individual's condition until qualified medical assistance arrives.
- Interviews and interrogates to obtain information, statement, admissions, or confessions.
- Secures and manages crime scenes to preserve evidence.
- Presents a professional appearance and maintains assigned equipment by practicing personal hygiene, wearing a clean uniform, and caring for equipment to ensure proper operation. There are appearance codes and failure to follow them could result in suspension or termination.
- Conducts surveillance of people or locations to prevent crime or obtain information.
- Controls crowds and demonstrations in order to maintain community peace and safety, to include wearing protective clothing or masks and standing in formation for long periods, often maintaining a neutral non- prejudicial mindset between two or more groups with opposing viewpoints or opinions on a topic.
- Communicates effectively and coherently by radio in routine and stressful situations.
- Makes arrests by command presence, verbal directions and as needed, using necessary force including pressure points, control holds, impact weapons or handcuffs to control suspects.
- Exhibits independent judgment to determine when there is reasonable suspicion to detain, probable cause to arrest or search, and the appropriate level of force to be used.
- Operates police vehicles at any hour in emergency or non-emergency situations to arrive safely and prevent injury to others.



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- Pursues fleeing suspects on foot, which may include quickly exiting a police vehicle or include running, climbing, pulling, jumping, crawling, or using physical force to gain entry through barriers to make arrests.
- Loads, unloads, aims, and fires firearms from a variety of positions in various levels of light or darkness and in various types of weather for self-defense or the protection of others in accordance with established standards.
- Searches people, vehicles, buildings or outdoor sites for evidence or items that may pose a threat to the officer or others.
- Communicates effectively and coherently with people by giving and receiving information.
- Identifies and collects evidence at traffic accident or crime scenes to assist in investigations and prosecutions.
- Maintains professional demeanor, especially when enduring verbal abuse from antagonistic people in a hostile environment.
- Rescues by lifting, dragging, carrying, securing, and evacuating people from accident scenes.
- Reads and comprehends a variety of documents, maps, and reference materials to properly enforce laws, help others and comply with Department regulations.
- Directs traffic, which may require standing for extended periods in extreme weather conditions, using hand signals, flares, flashlight, or whistle to ensure the flow of traffic, prevent accidents and deny access to dangerous locations.
- Being a Wilson Borough Police Officer is a profession and you will always conduct yourself with professionalism on and off duty.
- Working rotating shifts, holidays, weekends including nightshift and as a new officer you may be assigned steady nightshift for a period of time.
- Performing your job as a police officer in adverse weather conditions including extreme cold and heat.
- The police department works under a paramilitary structure, and you will have to take orders from superior ranking officers.
- There may be days you will be very busy, and yet you have to keep a proper demeanor and professionalism at all times.
- The job may require you to run after a suspect and utilize force tactics with them in order to subdue and affect an arrest.
- The job of a police officer is a physically demanding job, and an acceptable level of physical fitness is required.
- Improper conduct and violations of law and departmental directives can result in discipline up to a dismissal.
- You may be required to use deadly force to protect your life or the life of another.



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- You have a one-year probationary period, and the Borough has the right to dismiss at any time during this year **with or without cause**.
- You must multi-task effectively in critical situations under pressure (talk on radio, listen to the radio, drive an emergency vehicle, formulate a plan of action, etc...).
- You must interact professionally with a variety of people of all races, ethnic groups, religions, sexual orientations, and views differing from yours and maintain impartiality and objectiveness in any action you take.

Having read the above, can you perform the essential functions and requirements for the Borough of Wilson as a Police Officer, accept and understand them? By signing below, you also understand with the nature of police work, not all tasks or job functions can be anticipated and therefore may not be listed above.

Name

Signature of Applicant

Date



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NOTIFICATION PROCEDURE RELEASE

In the processing procedure required for applicants, it may become necessary to contact the applicant in the event they are being given further consideration for the position of Police Officer with the Borough of Wilson.

If conventional methods fail in attempting to contact the applicant, a certified or registered letter will be sent to the applicant's address listed on the application. Should the registered letter be returned indicating that it was unclaimed or undeliverable the applicant will be eliminated from further processing and consideration.

It is the applicant's responsibility to notify the Wilson Borough Police Department, in writing, of all contact information changes. By affixing your signature to this form the applicant acknowledges reading and understanding the contents of this procedure.

Date

Signature



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PERSONAL INJURY WAIVER

I hereby release the Borough of Wilson, Pennsylvania, or any of its authorized representatives from any liability of damages for any injury that may result from performing the physical performance examination for the position of police officer.

Applicant's Name (Please print)

Date

Applicant's Address

Signature of Applicant



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WAIVER AND RELEASE FOR BACKGROUND INVESTIGATION

I, _____ (Name of Applicant), am presently applying for employment as a Police Officer with Wilson Borough, which I acknowledge and understand must thoroughly investigate my employment background, criminal history, personal background, education, and references in order to evaluate my qualifications for a position as a police officer. I understand that it is in the public's interest that all relevant information in this regard, including my personal and employment history with my potential, current, and former employers to include all pre-employment background investigations be disclosed to the Borough of Wilson.

By this release, I hereby authorize any representative of all of my potential, current and former employers, which have been fully disclosed and identified in my employment application, to divulge any information in its files pertaining to my pre-employment and/or employment, records and history, and I further authorize the release of such information upon request to any representative of the Borough of Wilson. I also authorize all potential, current, and former employers identified in my employment application to permit a review and full disclosure of all records, or any part thereof, concerning myself and my employment with those potential, current and former employers, by and to any duly authorized agent of the Borough of Wilson, whether said records are of public, private, or confidential nature.

The intent of this authorization is to permit all potential, current and former employers identified in my employment application to provide, and for the Borough of Wilson to obtain, full and free access to the background and history of my personal life and my employment history and performance, for the specific purpose of permitting the Borough of Wilson to conduct a thorough background investigation regarding me that will provide pertinent data for consideration by the Borough of Wilson in determining my suitability for employment as a police officer. It is my specific intent to provide the Borough of Wilson with access to personnel information, however personal or confidential it may appear to be.

I authorize all potential, current and former employers, which have been fully disclosed and identified in my employment application, to release any and all public and private information that it may have concerning me, my work record, my background and reputation, my military service records, educational records, my financial status, my criminal history record, including my arrest record(s) and records compiled during or as the result of a criminal investigation(s) of me, efficiency ratings, complaints or grievances filed by or against me, the records or recollections of attorneys at law, or other counsel, whether representing me or another person in any case, either criminal or civil, in which I presently have, or have had, an interest, attendance records, polygraph examinations, and any internal affairs investigations and discipline, including any files which are deemed to be confidential and/or sealed.

I hereby release all potential, current and former employers identified in my employment application, and, if applicable, their elected and appointed officials, employees and agents and all others from liability or damages that may result from furnishing the information requested, including any liability or damage pursuant to any state or federal laws. I hereby release all



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potential, current and former employers identified in my employment application, and, if applicable, its officers, employees, or related personnel, both individually and collectively, from any and all liability for damages of whatever kind, which may at any time result to me, my heirs, family, or associates because of compliance with this authorization and request to release information, or any attempt to comply with it. I direct all potential, current and former employers identified in my employment application to release such information upon request of the duly accredited representative of the Borough of Wilson regardless of any agreement, written or oral, I may have made with the potential, current or former employer to the contrary.

In addition, I also give the Borough of Wilson the right to thoroughly investigate my background, previous potential employment, previous employment, education, and references in order to ascertain my suitability for service as a Borough of Wilson employee. I release and hold harmless the Borough of Wilson, its elected and appointed officials, agents, and employees from and against any and all liability which might result from conducting such an investigation, including any damages of whatever kind which may at any time result to me, my heirs, family or associates because of such investigation.

I recognize and understand my rights under Title 5, United States Code, Section 552a, the Privacy Act of 1974, with regard to access and disclosure of records, and I waive those rights with the understanding that information furnished by any potential, current and former employer will be used by the Borough of Wilson in conjunction with employment procedures.

I understand that if a potential, current or former employer refused to cooperate with this investigation by failing to provide full disclosure of any and all relevant information about me, then the Borough of Wilson may disqualify me from further consideration for employment as a police officer.

A photocopy or facsimile of this release form will be valid as an original thereof, even though the said photocopy or facsimile does not contain an original writing of my signature. This waiver is valid for a period of two years from the date of my signature. Should there be any questions as to the validity of this release, you may contact me at the address listed on my employment application.



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I agree to indemnify and hold harmless the person, to whom this request is presented, as well as his agents and employees, from and against all claims, damages, losses, and expenses, including reasonable attorney's fees, arising out of or by reason of complying with this request.

Signature

Date

Applicant's Printed Name

State of _____

County of _____

Sworn to and subscribed before me this

_____ day of _____, 20____

(Print name and title)

Signature (Sign in ink)

Notary Public Commission expires _____



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Applicant Informed Consent Form

The undersigned hereby gives informed consent to engage in an exercise test battery to determine their physical fitness including muscular strength, muscular endurance, and cardiovascular function. All aspects of the testing process will be supervised and monitored by trained personnel. The testing process includes running, and other callisthenic exercises performed at an outdoor or indoor facility.

I am aware of the possibility that certain physiological changes may occur during this process. These changes could be detrimental including heart-related illness, breathing-related illness, and / or blood pressure abnormalities. These detrimental changes may also include more serious events like a heart attack, stroke, or asthma attack. In these events, the staff have been trained to recognize symptoms and take appropriate action, which includes administering First Aid and CPR.

I have read this form and understand that there are inherent risks associated with any physical activity. Furthermore, it is my responsibility to monitor my individual performance and alert the staff to any pain, discomfort, illness, or other adverse effects. I hereby waive and release the PCPA, all its employees, independent contractors, consultants, proctors, trainers, helpers, other test participants, and all other parties from all liability for any and or all injury, damage, or other loss resulting from the testing process. This also includes the owner and operator of the test facility. I expressly assume the risk of such damage, injury, or loss while engaged in the testing process. I give informed consent for testing data to be recorded to determine my physical readiness as it applies to the essential job functions of a Police Officer.

During the testing process, the undersigned is responsible for providing and having on their person at all times PRN, over-the-counter, or any other legally prescribed medications including but not limited to asthma inhalers, EpiPen auto-injectors, Insulin injectors, or sublingual Nitroglycerin tablets.

Print Name: _____ Signature: _____

Emergency Contact: _____ Relationship: _____

Emergency Contact's Telephone #: _____ Date: _____



BOROUGH OF WILSON POLICE DEPARTMENT

2035 Butler St
Easton, PA 18042
610.258.8746

Medical Release Form

Dear Provider:

In order for _____ (print applicant's name), to participate in a physical fitness test for the position of police officer, it is necessary for them to obtain a clearance from a physician, physician's assistant, nurse practitioner, licensed chiropractor or other certified health care provider. All testing is monitored by certified physical fitness coordinators. A test event ends when the applicant meets the requirement. If the standard is 25 push-ups, the test ends when the applicant performs 25 correct repetitions. All events in the test battery are Pass / Fail. Please review the test guidelines attached to this form and check the appropriate box below.

I have examined the applicant, whose name is listed above.

☐

MAY participate in the Physical Fitness Test.

OR

☐

MAY NOT participate in the Physical Fitness Test.

Provider's Signature: _____ Date: _____

Provider's Business Address: _____

Any questions regarding this form or the Physical Fitness Test shall be directed to:
Michael P. Grogan, Fitness Consultant, Pennsylvania Chiefs' of Police Association,
3905 North Front Street, Harrisburg, Pennsylvania 17110

pafitcop@yahoo.com



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Physical Performance Test Battery

- The Physical Performance Test Battery consists of four exercise events, immediately preceded by a warm-up session with intermittent rest periods to ensure the safety of the applicants.
- The Physical Performance Test Battery is designed to measure the cumulative effect on each applicant. All events are Pass / Fail. Therefore, a failure of any one event constitutes a failure of the entire Test Battery and will exclude the applicant from further processing.
- The Physical Performance Test Battery and Single Standards are detailed below along with a general explanation of each test event's protocols:

Sit-ups:	30 Repetitions (No Time Limit)
300 Meter Run:	66 Seconds
Push-ups:	25 Repetitions (No Time Limit)
1.5 Mile Run:	15 Minutes 54 Seconds

1. **Sit-ups:** This is a test of the muscular endurance of the trunk including the abdominal muscles and hip flexors. This is an important factor in a use of force scenario and minimizing lower back problems.

Example: Gaining control of a suspect.

The applicant starts by lying on their back, knees bent at approximately 90°, feet flat on the ground, and their hands behind the head with their fingers interlaced. Their feet will be firmly held in place. For a repetition to be counted, the applicant must flex touching their knees with their elbows and then return to the lying position so that the shoulder blades touch the ground. During the exercise, the applicant may not raise their hips or "kip". They may only rest in the unsupported "up" position. The required number of repetitions must be completed. There is no time limit.

2.

3. **300 Meter Run:** This is a measure of anaerobic power. This is an important factor in exerting short bursts of energy.

Example: A foot pursuit.

The applicant must complete a 300-meter sprint in the required time. On a standard 440-yard track, this is approximately $\frac{3}{4}$ of one lap the around the track.



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4. **Push-ups:** This is a measure of dynamic upper body strength. This is an important part of any dynamic physical exertion scenario.

Example: Gaining physical control of a suspect or clearing an object from a roadway.

The applicant starts in a kneeling position in order to set their hands, palms down on the ground, approximately shoulder width apart. The legs are then extended straight back with the feet together or up to twelve inches apart. The applicant flexes their arms at the elbow until the upper part of the arm (Humerus) becomes parallel to the ground. The chest would be approximately three inches off the ground. The applicant then returns to the "up" position with a straight or "soft lock" of the elbows. The applicant must remain in the straight plank position from their head to their heels moving their body as a single unit. The applicant may only rest in the "up" position only. No other part of the applicant's body may touch the ground during the test event, or they fail. There is no time limit.

5. **1.5 Mile Run:** This is a measure of aerobic capacity or VO2 max. This is the foundation for almost all physical tasks.

Example: A use of force incident or administering one person CPR.

The applicant must complete the 1.5-mile course in or under the required time. On a standard 440-yard track, six laps must be completed. The applicant may not leave the running surface prior to successfully completing the course.