

The Board of Fire and Police Commissioners for the City of Paris is testing for the establishment of an eligibility list for law enforcement officers for the Paris Police Department. Certified law enforcement officers are eligible to receive a \$6500 sign-on bonus (with 3 years experience). Candidates interested in a law enforcement career should complete an application packet available at City Hall, 206 South Central Avenue, Paris, IL or on-line at www.parisillinois.org. Out-of-state residents are welcome to apply. This position is accompanied with an attractive benefit package including term life insurance, group health insurance, holiday, vacation time, sick days, personal days, retirement, up to 28 days off paid after first year employment while working 12-hour shifts. Following one year of service, a take home squad car is provided. Distance residency may apply. Successful candidates must be 21 years of age prior to appointment and possess a valid Illinois driver's license. In addition, successful candidates must pass a physical agility test, a written test, an oral interview, a psychological examination, a background check, polygraph test and a physical examination.

Deadline for submitting applications is 4 p.m., Oct. 2, 2026, in care of Cathy Hess, Paris City Hall, 206 S. Central Ave., Paris, IL, 61944. Testing begins 8 a.m. Saturday Oct. 10, 2026, at the Allen Football Field located on Buena Vista St

The City of Paris is an Equal Opportunity Employer.

ATTENTION APPLICANTS:

The deadline for submitting applications to the Board of Fire and Police Commissioners for the City of Paris in care of City Hall, 206 S. Central Ave., Paris, IL 61944 is 4 p.m. on Friday Oct. 2, 2026. **All attached paperwork must be submitted by the deadline or the application will be considered incomplete and the application will not be allowed to attend the testing process.**

Application packet must be submitted in a sealed envelope addressed to The Board of Fire and Police Commissioners.

Testing begins 8 a.m. Saturday Oct. 10, 2026, at the Allen Football Field on Buena Vista Street in Paris.

All applicants must present proof of identification prior to testing,

The written test will be administered at the Allen Football Field following the physical ability test.

CITY OF PARIS
BOARD OF FIRE AND POLICE COMMISSIONERS

APPLICATION FOR EMPLOYMENT

DATE _____

POSITION APPLYING FOR _____

LAST NAME _____ FIRST NAME _____ MIDDLE INITIAL _____

HOME ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

DRIVER'S LICENSE NUMBER _____

NAME AND PHONE NUMBER OF PERSON TO CONTACT IN CASE OF EMERGENCY:

EMPLOYMENT INFORMATION:

List your work history starting with your most current employer.

EMPLOYER: _____

Address: _____

Supervisors Name: _____ Phone Number _____

Job Title: _____ Dates Employed: From _____ To _____

Job Duties: _____

Reason for leaving: _____

EMPLOYER: _____

Address: _____

Supervisors Name: _____ Phone Number _____

Job Title: _____ Dates Employed: From _____ To _____

Job Duties: _____

Reason for leaving: _____

EMPLOYER: _____

Address: _____

Supervisors Name: _____ Phone Number _____

Job Title: _____ Dates Employed: From _____ To _____

Job Duties: _____

Reason for leaving: _____

EDUCATION:

<u>Name & Location</u>	<u>Did you graduate?</u>		<u>Degree Received</u>
	<u>Yes</u>	<u>No</u>	
High School: _____			_____
College: _____			_____
Graduate School: _____			_____
Trade or Business School _____			_____

GENERAL

Subjects of special study or research work _____

Special Skills: _____

Activities: (Civic, Athletic, Etc.) _____

Exclude organizations, the name of which indicates the race, creed, sex, age, marital status, color or nation of origin of its members.

U.S. Military or Naval Service _____ Rank _____

Present Membership in National Guard or Reserves _____

REFERENCES: Give the names of three persons not related to you, whom you've known at least one year.

Name	Address	Business	Years Acquainted

OTHER:

1. Are you eligible to work in the U.S.? _____
 2. Are any of your relatives employed by the City? _____
If yes, please state name and relationship _____
- _____

DRUG FREE WORKPLACE:

The City of Paris is committed to providing a drug free work place. All job offers will be contingent upon successful completion of a drug screening test.

I do hereby voluntarily agree to undergo a urinalysis test for drugs. I give my consent to release the urinalysis drug testing results to the City of Paris to be used as part of my job application process.

Signature of Applicant

APPLICANT'S STATEMENT

I certify that the answers given are hereby true and complete to the best of my knowledge. I understand that any false or misleading information given in my application or interview may result in discharge. I understand that neither this application nor any offer of employment constitutes an employment contract.

Signature of Applicant

PHYSICAL FITNESS P.O.W.E.R. TEST

1. **SIT AND REACH TEST** – This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from sitting position. The score is in the inches reached on a yardstick with 15 inches being at the toes.
2. **ONE MINUTE SIT-UP TEST** – this is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in the number of bent leg sit-ups performed in one minute.
3. **ONE REPETITION MAXIMUM BENCH PRESS** – This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing police tasks requiring upper body strength. The score is a ratio of weight pushed divided by body weight.
4. **1.5 MILE RUN** – This is a timed run to measure the heart and vascular systems' capabilities to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

MINIMAL PHYSICAL FITNESS PERFORMANCE REQUIREMENTS CHART

Test	Male Age				Female Age			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit and Reach	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
One Minute Sit-up	37	34	28	23	31	24	19	13
Maximum Bench Press Ratio	.98	.87	.79	.70	.58	.52	.49	.43
1.5 Mile Run	13:46	14:31	15:24	16:21	16:21	16:52	17:53	18:44

PREPARING FOR PHYSICAL FITNESS TESTS

1. **PREPARING FOR THE SIT AND REACH TEST.** Performing sitting type of stretching exercises daily will increase this area. There are two recommended exercises: Sit and Reach. Do five repetitions of the exercise. Sit on the ground with legs straight. Slowly extend forward at the waist and extend the fingertips toward the toes (keeping legs straight). Hold for ten seconds. Towel stretch. Sit on the ground with the legs straight. Wrap towel around the feet holding each end with each hand. Lean forward and pull gently on the towel extending the torso toward the toes.
2. **PREPARING FOR THE SIT-UP TEST.** The progressive routine is to do as many bent leg sit-ups (hands locked behind the back of your neck) as possible in one minute. At least three times a week, do three sets (three groups of the number of repetitions you did in one minute.)
3. **PREPARING FOR THE ONE REPETITION MAXIMUM BENCH PRESS.** If you have access to weights, determine the maximum weight you can bench press one time. Take 60% of that poundage. This will be the training weight. You should be able to do eight to ten repetitions of that weight. Do three sets of eight to ten repetitions of that weight. Do three sets of eight to ten repetitions adding 2 ½ to 5 pounds every week. If you do not have weight equipment then the push up exercise can be utilized. Determine how many push ups you can do in one minute. At least three times a week, do three sets of the amount you can do in one minute.
4. **PREPARING FOR THE 1.5-MILE RUN.** If you are not used to running, you should start on a gradual schedule where you start walking, increase the distance each week until you can start into a walk/jog, and then proceed into a jog for a recommended two miles decreasing the time each week.

POLICE PREFERENCE POINTS

§ 10-2.1-8. Veteran's and educational preference.

Persons who have successfully obtained an associate's degree in the field of law enforcement, criminal justice, fire service, or emergency medical services, or a bachelor's degree from an accredited college or university; persons who have been awarded a certificate attesting to the successful completion of the Minimum Standards Basic Law Enforcement Training Course as provided in the Illinois Police Training Act 1 and are currently serving as a law enforcement officer on a part-time or full-time basis within the State of Illinois; and persons who were engaged in the active military or naval service of the United States for a period of at least one year and who were honorably discharged therefrom, or who are now or may hereafter be on inactive or reserve duty in such military or naval service (not including, however, in the case of offices, positions and places of employment in the police department, persons who were convicted by court-martial of disobedience of orders, where such disobedience consisted in the refusal to perform military service on the ground of religious or conscientious objections against war) shall be preferred for appointments to offices, positions, and places of employment in the fire and police departments of the municipality coming under the provisions of this Division 2.1. 2 For purposes of this Section, if a person has been deployed, then "active duty military or naval service of the United States" includes training and service school attendance, as defined in 10 U.S.C. 101(d) , which is ordered pursuant to 10 U.S.C. 12301(d) . The preference points awarded under this Section shall not be cumulative.

This amendatory Act of 1973 does not apply to any municipality which is a home rule unit.

Persons who have participated in that municipality's police explorer or cadet program may be preferred, for a maximum of 2 points, for appointments to offices, positions, and places of employment in municipal police departments under the provisions of this Division.

10-2.1-9. Original appointments; Preferences; Limitation.

(a) The board of fire and police commissioners shall give preference for original appointment to persons designated in Section 10-2.1-8 whose names appear on any register of eligibles resulting from an examination for original entrance in the classified service of the fire and police departments of any municipality coming under the provisions of this Division 2.1 1 by adding to the final grade average which they receive or will receive as the result of any examination held for original entrance, 5 points. The board shall also give preference to persons eligible under subsection (b) as provided in that subsection. The numerical result thus attained shall be applied by the board of fire and police commissioners in determining the position of such persons on any eligibility list which has been created as the result of any examination for original entrance for purposes of preference in certification and appointment from such eligibility list. The board shall strike off the names of candidates for original appointment after such names have been on the list for more than 2 years.

(b) All persons who, on or after the effective date of this amendatory Act of 1993, have been paid-on-call certified firefighters II, paramedics, or any combination of those capacities, of the municipality shall be awarded 0.5 point for each year of successful service in one or more of those capacities, up to a maximum of 5 points at the time of examination for original appointment to the classified service of the fire department. Certified firefighters III shall be awarded one point per year up to a maximum of 5 points. Applicants from outside the municipality who were employed as full-time firefighters or firefighter-paramedics by a fire protection district or another municipality for at least 2 years shall have the same preference as paid-on-call personnel. These additional points presuppose a rating scale totalling 100 points available for the eligibility list. If more or fewer points are used in the rating scale for the eligibility list, the points awarded under this subsection shall be increased or decreased by a factor equal to the total possible points available for the examination divided by 100.

No person entitled to additional points under this subsection shall be required to claim that preference or credit before an examination is held. The preference shall be given after the posting or publication of the eligibility list. To qualify for the preference, applicants who are eligible for credit under this subsection shall make a claim for that credit, in writing, within 10 days after the posting of the eligibility list, or the claim shall be deemed waived. Upon request by the board of fire and police commissioners, the governing body of the municipality or (in the case of applicants from outside the municipality) the governing body of any fire protection district or any other municipality shall certify to the board of fire and police commissioners, within 10 days

of the request, the number of years of successful paid-on-call service of any person.
A candidate may not receive preference points under this

Note to Candidate:

To complete the attached form, please include the name and address of your physician on the top portion of the release form along with your name and social security number. Also, please complete the bottom portion of the form being sure to sign and date the form.

AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION

TO: _____
(Health Care Provider)

RE: _____ S.S. # _____
(Candidate's name)

This release authorizes the physicians, dentists, nurses, chiropractors, therapists, hospitals, clinic, dispensaries, home health care centers or any other medical facility or health care provider or state, federal, or local government unit (such as the Social Security Administration), named above to discuss with, release to for copying and/or provide copies to:

Board of Fire and Police Commissioners
City of Paris
206 S. Central Avenue
Paris, IL 61944

Any of the following: any and all records, reports, x-rays, photographs, notes, bills, payment schedules, prescriptions for any other results of investigation, diagnosis, treatment or prognosis concerning the injuries of the undersigned and any other condition of same.

A photocopy of the original of this authorization shall have the same effect as the original.

Date: _____

Signature

Address

Date of Birth

Social Security Number

BOARD OF FIRE AND POLICE COMMISSIONERS
CITY OF PARIS
206 S. CENTRAL AVENUE
PARIS, IL 61944

AUTHORIZATION FOR RELEASE OF PERSONAL INFORMATION

I, _____, do hereby authorize a review or full disclosure of all records concerning myself to any duly authorized agent of the Board of Fire and Police Commissioners for the City of Paris, whether the said records are of public, private, or confidential nature.

I understand that any information obtained by a personal history or background investigation which is developed directly or indirectly, in whole or in part, will be considered in determining my suitability for employment by the City of Paris.

I agree not to hold any person who furnishes such information accountable as a result of furnishing said information.

A photocopy of this release form will be valid as an original thereof, even though the said photocopy does not contain an original writing of my signature.

I have read and fully understand the contents of this "Authorization for Release of Personal Information".

Witness: _____

Signed: _____

Address: _____

City and State: _____

Date of Birth: _____

Social Security #: _____

BOARD OF FIRE AND POLICE COMMISSIONERS
CITY OF PARIS
206 S. CENTRAL AVENUE
PARIS, IL 61944

I, _____ do hereby certify that I have read the attached
(Physician's name)
sheet listing the physical agility testing procedures for the City of Paris, and I do
hereby certify _____ is physically capable of
(Candidate's Name)
participating in this physical agility test.

Physician's Signature: _____

Print Name: _____

Date: _____

Witness: _____

Date: _____