



IOS - Recruitment and Testing Services



Illinois State Police – State Trooper Application Instructions

Thank you for your interest in the Illinois State Police Merit Board. Please read this document carefully. Pay close attention to the instructions and minimum requirements. Please contact IOS Recruitment at recruitment@iosolutions.com with any questions.

Minimum Requirements:

- \$30.00 non-refundable application fee
- U.S. Citizen
- Valid Driver's License
- Twenty-one (21) years of age at time of application. Applicants twenty (20) years of age may apply if they have successfully completed an associate's degree or 60 credit hours from an accredited college or university with a "C" average or better. *The Illinois State Police requires mandatory retirement at 60 years of age*
- No Felony Convictions
- Must be willing to accept assignment anywhere in the State of Illinois

Applicants must meet one of the following requirements:

- Associate's degree or 60 credit hours from an accredited college or university with a C average or better
- Three (3) consecutive years of full-time active military duty with an honorable discharge
- Any person who has been awarded a Southwest Asia Service Medal, Kosovo Campaign Medal, Korean Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, or Global War on Terrorism Expeditionary Medal and with honorable discharge
- Served in a combat mission by proof of hostile fire pay or imminent danger pay with an honorable discharge

College or university must be accredited by one of the following:

- Middle States Commission on Higher Education
- Higher Learning Commission
- New England Commission of Higher Education
- Northwest Commission on Colleges and Universities
- Southern Association of Colleges & Schools Commission on Colleges
- WASC Senior College and University Commission
- Accrediting Commission for Community and Junior Colleges



ILLINOIS STATE TROOPER APPLICATION INSTRUCTIONS

- 1) Visit iosolutions.com to complete the online application for the position of State Trooper. You will receive a confirmation number when your online application is complete; save this number for your records.
- 2) Submit original, signed release forms and other required documents (see checklist) to IOS Recruitment (Attn.: ISP Trooper, Kensington Rd., Ste. 110, Oak Brook, IL 60523) as soon as possible. The earlier we receive your required documentation the sooner you will be considered eligible to sit for the written exam. Faxed or postmarked release forms will NOT be accepted. Documents may be delivered by hand (during business hours) or by mail; traceable courier is suggested to ensure timely delivery.
- 3) ORIGINAL, OFFICIAL TRANSCRIPTS submitted in SEALED envelope indicating completion of education requirements MUST be submitted to IOS Recruitment, ATTN: ISP Trooper, 1520 Kensington Rd., Ste. 110, Oak Brook, IL 60523. Education requirements MUST be met before the application is completed. *Note: if you attended a college/university or its equivalent outside of the United States, you MUST have your transcript evaluated. Contact IOS Recruitment with questions.*
- 4) Once you are deemed an acceptable applicant, you will be given instructions (via email) as to the next steps in the process from the ISP Merit Board. It is imperative to check your spam/junk folders for email notifications.

Candidates who submit applications lacking proper documentation as indicated on the checklist will be deemed unacceptable. I/O Solutions, d.b.a. IOS Recruitment, is not responsible for late, misdirected or incomplete application submissions. You must submit all required documents and have successfully CONFIRMED your online application in order to be deemed an acceptable applicant. You may drop your application documents off in person or by mail. IOS Recruitment will NOT confirm receipt of documentation; it is highly suggested that required documents are sent via traceable carrier (i.e. UPS, FedEx, etc.).

Applicants will receive notification from the Illinois State Police Merit Board (through a self-identified email address) regarding time and exact location for testing. Please also monitor your spam/junk folder for important emails!

All portions of the testing process are mandatory. Failure to attend and successfully complete any portion of the process will result in elimination from the current application process.

Please visit our website to complete the online application:

iosolutions.com

If you have any questions, please contact IOS Recruitment

1-800-343-HIRE ~ e-mail: recruitment@iosolutions.com

9 am – 5 pm Monday through Thursday and 9 am – 3 pm on Friday

Closed weekends and holidays



IOS - Recruitment and Testing Services



Illinois State Police – State Trooper Application Instructions

CHECK LIST: ILLINOIS STATE POLICE MERIT BOARD

☐ **Confirmed Online Application** Write your confirmation number here: _____

☐ **Release Forms – No photocopies or faxes. Must be original signatures.**

- Entry-level Trooper Basic Questionnaire (pg. 1 of 6)
- Fitness Test Waiver and Release of Liability (pg. 2 of 6)
- Authorization for Release of Personal Information (pg. 3 of 6)
- Authorization for Background Check – DCFS Form (pg. 4 of 6)
- Fast Track Questionnaire (pg. 5 of 6)
- Selective Service Form (males only) (pg. 6 of 6)

☐ **Copy of valid driver's license**

Include copy of both sides if license bears renewal sticker

☐ **Recent color photograph of yourself from shoulders up (face only). Must be passport quality.**

Black and white and/or unclear photos will not be accepted. It is recommended to have a white or off-white background to ensure clear photo.

☐ **Copy of birth record as proof of citizenship. The following are acceptable forms:**

- Copy of U.S. County/State issues birth record
- Copy of Valid U.S. Passport
- Copy of Naturalization Papers

Hospital issued birth certificates are not verifiable, and therefore cannot be accepted.

☐ **SEALED official/original college transcripts (if applicable)**

☐ **Copy of DD-214 (long form) (if applicable)**

☐ **Copy of Law Enforcement Officer Certification (if applicable)**



Illinois State Police Merit Board Entry-Level Trooper Eligibility Questionnaire

Social Security Number:

Name:

Last

First

Middle

The following questions must be answered in order to determine your eligibility set forth by the Illinois Compiled Statutes and Merit Board Rules.

Yes

No

☐☐

Have you ever been convicted of a felony?

☐☐

Are you a citizen of the United States?

☐☐

Do you have a valid driver's license?

☐☐

Are you willing to accept an assignment anywhere in the state?

Please indicate the highest level of education you will have earned at the time your application is submitted:

☐

60 Credit Hours with NO degree

☐

Associate's Degree

☐

Bachelor's Degree

☐

Master's Degree

☐

Doctorate

☐

None

If applicable, please indicate the military service met at the time your application is submitted:

☐

Three (3) years of continuous, full-time military duty with an honorable discharge

☐

Served in a combat mission by proof of hostile fire pay or imminent danger pay with an honorable discharge

☐

Awarded one of the following: Afghan Campaign Medal, Iraqi Campaign Medal, Southwest Asia Service Medal, Kosovo Campaign Medal, Korean Defense Service Medal, or Global War on Terrorism Expeditionary Medal and received honorable discharge

I certify that the facts set forth on this questionnaire and my online application are true and complete. I understand any false statements may be considered sufficient cause for rejection.

Applicant Name: _____

(printed)

Applicant Signature: _____

Date: _____



FITNESS TEST WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION of the granting of my request to be permitted to take the Illinois State Police Merit Board Examinations and particularly that portion thereof known as the Fitness Test, I hereby waive any claim for injuries to my person that may arise out of my taking, and participating in, the Fitness Test as administered by Illinois State Police sworn personnel. As such applicant, I undertake to assume the risk of all dangerous conditions which may exist on the premises where the tests are administered or the equipment and/or facilities used, and waive notice of the existence of such conditions and rely on my inspection of the same.

IN FURTHER CONSIDERATION of my being permitted to take the Fitness Test, I hereby release the State of Illinois, all of its employees and agents, and the institution where the tests are given, its officers and employees from any claim which I may have of any nature whatsoever and for any injuries to my person or damage to my property while taking said Fitness Test.

I have read the foregoing and understand every word of this Release and Waiver.

AGREED TO AND ACCEPTED on this _____ day of _____, 20____.

Signed: _____

Print Name: _____

Address: _____

*******APPLIES ONLY TO FEMALE APPLICANTS WHO ARE EXPECTING*******

I, _____, do hereby attest to the fact of being aware of my pregnancy and still choose to participate in this Fitness Test. I release the State of Illinois, all of its employees and agents, and the institution where the tests are given, its officers and employees from any claim which I may have of any nature whatsoever and for any injuries to my person or to my unborn child.

Signature: _____

Executive Director
Illinois State Police Merit Board

AUTHORIZATION FOR RELEASE OF PERSONAL INFORMATION

For a period of one year from the execution of this form, I _____ authorize the State of Illinois, Illinois State Police to conduct an investigation into all aspects of my qualifications and background. I also authorize any individual, organization, or agency which maintains records relating to me to provide these records on request to any agency of the Illinois State Police conducting such an investigation. This authorization includes, but is not limited to, employment records, credit records, and criminal history records. The intent of this authorization is to give my consent to full and complete disclosure of criminal records, driver's license records, internal investigation records, military records, records of educational and financial institutions, employment and pre-employment records, background reports, efficiency ratings, and complaints. I specifically waive my rights to written notice of release of information relating to prior disciplinary actions, as provided by the Illinois Personnel Record Review Act.

I also certify that any person(s) who may furnish such information concerning me shall not be held accountable for giving this information; and I do hereby release such person(s) from any and all liability which may be incurred as a result of furnishing such information whether from record or recollection. I authorize the Illinois State Police and its agents to provide copies of any records obtained pursuant to this release to any person(s) who are authorized to participate in the vetting of my qualifications and background for employment purposes. I further release the Illinois State Police, its agents and designees under this release, from any and all liability which may be incurred as a result of furnishing such information.

Signature

Date

Print Name (First, Middle, Last)

Maiden Last Name, former Married name(s) or other names used

Current Address

Previous Address

City/State/Zip

City/State/Zip

To process this form, the following information has been requested by the Illinois State Police:

Date of Birth

Social Security Number

Contact Phone Number

Driver's License Number

Sex/Race

Email Address

Authorization for Appointment/Employment Credit Report

I authorize the Illinois State Police to obtain a credit report on myself through the credit reporting agency of its choice.

Signature

Date

Print Name

Employment Credit Report Disclosure Statement

The Illinois Police will procure a credit report concerning my employment. If an adverse employment decision is made due totally or partially to the information on the credit report, the Illinois State Police will provide me a copy of the credit report, a summary of my rights under the Fair Credit Reporting Act, and the source of the credit report so that I may contact them, if I wish.

Signature

Date

Print Name

ISP 4-28 (10/14)

2019 Illinois State Police Merit Board

Required Document Page 3 OF 6

COPIES OR FAXES NOT ACCEPTED. ORIGINAL INK SIGNATURES REQUIRED. SEE CHECK LIST FOR LIST OF ALL REQUIRED DOCUMENTS. LEAVE NO BLANKS. CALL 800.343.HIRE WITH QUESTIONS BEFORE SUBMITTING AN APPLICATION.

State of Illinois
Department of Children and Family Services

AUTHORIZATION FOR BACKGROUND CHECK
Child Abuse and Neglect Tracking System (CANTS)
For Programs NOT Licensed by DCFS

NOTE: Do not use this form if you are an applicant for licensure or an employee/volunteer of a licensed child care facility. Please contact your licensing representative.

Name: _____
Last
First
Middle

Date of Birth: -- -- Gender: ☐ Male ☐ Female Race: _____

Current Address: _____
Street/Apt #

City
State
Zip Code

If you currently reside in Illinois, please list all previous addresses for the past five years.

OR

If you currently reside out-of-state, please provide ALL Illinois addresses in which you did reside while living in Illinois.

(Street/Apt#/City/County/State/Zip Code)	Dates From/To
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

List maiden name and/or all other names by which you have been known: (last, first, middle)

_____	_____
_____	_____
_____	_____
_____	_____

I hereby authorize the Illinois Department of Children and Family Services to conduct a search of the Child Abuse and Neglect Tracking system (CANTS) to determine whether I have been a perpetrator of an indicated incident of child abuse and/or neglect or involved in a pending investigation. I further consent to the release of this information to the agency listed below.

_____ (Submitting Agency Fax Number)
 _____ (Submitting Email Address)

Illinois State Police (Agency Name)
 _____ (Contact Person)



ILLINOIS STATE POLICE MERIT BOARD FAST TRACK ELIGIBILITY QUESTIONNAIRE

Social Security Number:

Last:

First:

Middle:

The following questions must be answered in order to determine your potential eligibility for the Illinois State Police Fast Track Class.

Yes No

- ☐ ☐ Have you graduated from an accredited law enforcement academy?
- ☐ ☐ Do you have at least two (2) years of experience while employed as a full-time sworn police officer?
- ☐ ☐ Have you successfully completed the National Highway Traffic Safety Administration (NHTSA)/International Association of Chiefs of Police (IACP) approved DWI/DUI Detection and Standardized Field Sobriety Testing training program or an approved equivalent?
(Proof will be required.)

I certify the facts set forth on this questionnaire are true and complete. I understand false statements may be considered sufficient cause for rejection.

Candidate Name:

Candidate Signature:

Date:

Copies or faxes not accepted. Original ink signatures required.



Selective Service Registration Verification

All **males** who apply for the Illinois State Police are required to provide verification of Selective Service Registration.

Please click the link below, provide the required information and submit the search form. The next page will show your registration number and the date you registered.

You may then download an official Registration Acknowledgement Letter after successful verification. **Please print the Registration Acknowledgement Letter and include this document with all required waivers.**

<https://www.sss.gov/Registration/Check-a-Registration/Verification-Form>

Full Name: _____

Selective Service Number: _____

Date of Birth: _____

FOUR-ITEM FITNESS TEST FOR ILLINOIS STATE POLICE OFFICER APPLICANTS

Practical exercise performance requirements are fitness activities related to law enforcement tasks. The following practical exercise performance requirements have been identified and must be satisfactorily performed for successful completion of the Merit Board's Fitness requirement.

As with any new physical regimen, please consult your physician before beginning.

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 score is the distance, in inches, reached on a yardstick.**

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. It is also important for maintaining good posture and minimizing lower back problems. **The score is the number of correct sit-ups completed in one minute.**

3. **ONE REPETITION MAXIMUM BENCH PRESS** - This is a maximum weight pushed from the bench press position, measuring the amount of upper body force that can be generated. It is an important area for performing police tasks requiring upper body strength. The test will be conducted on a Universal DVR-Chest Press. **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' capability 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.**

ILLINOIS STATE POLICE MERIT BOARD FITNESS STANDARDS

<u>TEST</u>	<u>MALE</u>				<u>FEMALE</u>			
Age	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit & Reach (measured in inches)	16.5	15.5	14.25	13.25	19.25	18.25	17.25	16.75
Per Minute Sit-Up	38	35	29	24	32	25	20	14
Maximum Bench Press Ratio (% of total weight)	0.99	0.88	0.80	0.71	0.59	0.53	0.50	0.44
1.5 Mile Run	12:51	13:36	14:29	15:26	15:26	15:57	16:58	17:55

HOW TO PREPARE FOR THE FITNESS TEST

1. Preparing for the sit and reach test.

Perform sitting types of stretching exercises daily to increase this area.



Sit And Reach. Sit on the floor with legs straight. Slowly bend forward at the waist and extend fingertips toward the toes (keep legs straight). Hold for 10 seconds. Repeat 5 times.



Towel Stretch. Sit on the floor with legs straight. Wrap a towel around feet, holding each end of the towel with one hand. Lean forward and pull gently on the towel, extending the torso toward toes. Hold for 10 seconds. Repeat 5 times.

2. Preparing for the sit-up test.

Do as many bent leg sit-ups (hands behind the head) as possible in one minute. This is the set number.



Do 3 sets at a time, at least 3 times a week.

3. Preparing for the one repetition maximum bench press.

If weights are available, determine the maximum weight that can be bench pressed at one time.

Calculate 60% of that weight to determine training weight. A set is 8 – 10 repetitions of that weight.



Do 3 sets weekly, adding 2 ½ to 5 pounds every week.

If weights are not available, push-up exercises can be utilized. Determine how many push-ups can be done in one minute. This is the set number.



Do 3 sets at a time, at least 3 times a week.

4. Preparing for the 1.5 mile run.

Below is a gradual schedule that will enable a maximum effort for the 1.5 mile run. If possible, advance the schedule on a weekly basis, proceeding to the next level. If the distance can be covered in less time, that should be encouraged.



Week	Activity	Distance	Time	Frequency
1	Walk	1 mile	20 minutes – 17 minutes	5 times weekly
2	Walk	1.5 miles	29 minutes – 25 minutes	5 times weekly
3	Walk	2 miles	35 minutes – 32 minutes	5 times weekly
4	Walk	2 miles	30 minutes – 28 minutes	5 times weekly
5	Walk/Jog	2 miles	27 minutes	5 times weekly
6	Walk/Jog	2 miles	26 minutes	5 times weekly
7	Walk/Jog	2 miles	25 minutes	5 times weekly
8	Walk/Jog	2 miles	24 minutes	4 times weekly
9	Jog	2 miles	23 minutes	4 times weekly
10	Jog	2 miles	22 minutes	4 times weekly
11	Jog	2 miles	21 minutes	4 times weekly
12	Jog	2 miles	20 minutes	4 times weekly

FINAL CHECKS BEFORE SUBMITTING REQUIRED DOCUMENTS

- I have submitted an online application at iosolutions.com
- I have received a confirmation number from my application
- My online application has been submitted within the past 30 days
- I have the following included in my submission packet to send to IOS

Recruitment, in this **exact order**:

- Release Forms (pgs. 1-6) *Selective Service Form (males only)
- Copy of driver's license
- Color Photo of yourself shoulders up (face only) – must be in color and clear
- Copy of birth record (birth certificate, U.S. passport, or naturalization papers)
- Copy of Military DD-214 Long Form (if applicable)
- Copy of Law Enforcement Officer Certification (if applicable)
- Original, Official (sealed) College Transcripts

This documentation must be submitted at the same time. If you are missing any documents, your application may be deemed invalid. If you submit required documentation more than 30 days after submission of an online application, your application may be deemed invalid.

Please send your required information packet to:

IOS Recruitment

ATTN: ISP Trooper

1520 Kensington Rd. Ste. 110

Oak Brook, IL 60523

