



CITY OF RICHLAND HILLS, TEXAS

POLICE DEPARTMENT

(817) 616-3780 · Fax (817) 616-3790 · 6700 BAKER BLVD. · RICHLAND HILLS, TEXAS · 76118

Dear Job Seeker:

The Richland Hills Police Department will be administering a written test for the position of police officer on **Saturday, January 7, 2017**, at Richland Hills City Hall, 3200 Diana Drive, Richland Hills, TX 76118. The test will consist of mathematics, reading comprehension, grammar and incident report writing. The test will take one hour and fifteen minutes to complete and **will begin promptly at 8:00 a.m.**

Practice test and study guide materials can be obtained at <https://www.applytoserve.com/Study/>

In order to test with the department, job seekers must be at least 21 years of age with a high school diploma or G.E.D.

A physical fitness test will be administered on this same day to those that pass the written test at the Richland Middle School located at 7400 Hovenkamp, Richland Hills, Texas. The physical fitness test will consist of the following exercises:

Male					Female				
Age	Sit-Ups	Flex	Push-Ups	1 ½ Mile Run	Age	Sit-Ups	Flex	Push-Ups	1 ½ Mile Run
20-29	38	16.5"	29	16.29	20-29	32	19.3"	15	16.29
30-39	35	15.5"	24	16.29	30-39	25	18.3"	11	16.29
40-49	29	14.3"	18	16.29	40-49	20	17.3"	9	16.29
50-59	24	13.3"	13	16.29	50-59	14	16.8"	5	16.29
60 +	19	12.5"	10	16.29	60 +	6	15.5"	2	16.29

You must pass all fitness exercises in order to proceed in the hiring process.

You **should** be in good physical condition before attempting the physical fitness tests. If any applicant has any questions concerning their physical fitness level to participate in the above listed exercises, they should consult their doctor before participating or beginning any training regime.



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Sit & Reach

- Shoes must be removed
- Feet are placed squarely against the box with feet no wider than eight inches apart, toes pointed toward ceiling.
- The knees remain extended throughout the test
- The hands are placed one hand on top of the other, fingertips even.
- The yardstick is set on the box such that the 15" mark is flush with the edge of the box.
- You lean forward without lunging or bobbing and reach as far down the yardstick as possible. The hands must stay even and the stretch must be held for one second. The neck remains in the neutral position.
- The reach is recorded to the nearest ¼" and there are three trials recorded.
- Exhaling on the reach is recommended.

Sit-Ups

- You start by lying on the back, knees bent, heels flat on the floor, with the fingers laced and held behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips.
- Partner will hold the feet down firmly
- You perform as many correct sit-ups as possible in one minute
- In the up position, the individual should touch elbows to knees and then return until the shoulder blades touch the floor
- Score is total number of correct sit-ups. Resting should occur in the up position.

Push-Ups

- The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places one fist on the floor below the subject's chest. If a male testing a female, a 3 inch sponge will be placed under the sternum.
- Starting from the up position (elbows extended), you must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist or the sponge. You then return to the up position. This is one repetition.
- Resting should be done only in the up position. Both hands must remain in contact with the floor at all times. There is no time limit.

1 ½ Mile Run

- You must run 1 ½ mile in the amount of time required 16.29 min.