



**SIOUX COUNTY  
CIVIL SERVICE COMMISSION**

Phone (712) 737-2216  
FAX (712) 737-2537

P.O. Box 18  
Orange City, Iowa 51041-0018

April 13, 2023

Applicant:

Thank you for considering Sioux County as your choice for future employment. The Sioux County Civil Service Commission will be accepting applications for the Entrance Examination for Sioux County Deputy Sheriff's List starting April 13, 2023. To be considered, completed applications must be received by the Civil Service Commission Personnel Director at the following address:

**Sioux County Civil Service Commission  
Attn: Personnel Director  
PO Box 18  
Orange City, IA 51041**

Applications must be returned to the Auditor's Office in the Sioux County Courthouse. Any applications returned to the Sheriff's Office, or any other County Office will be disqualified. Completed applications must be received no later than 4:30pm on Wednesday, May 17, 2023. If returned by mail, completed applications must arrive by no later than 4:30pm on Wednesday, May 17, 2023.

Once a completed application is received, you will receive additional information regarding the mandatory testing day. This information will be sent via mail and email. Testing day will be held May 31, 2023 at Northwestern College in Orange City, IA beginning at 8:00am.

Enclosed with this letter is an overview of the application process and the required application packet. The documents herein are listed on page 3. Please note, some of the documents are for you to retain while some need to be completed in full and returned. You will also need to include information not included in this packet. Those items are as follows: copy of your birth certificate, copy of your driver's license, copy of your high school diploma or GED, Military Discharge Paperwork (if applicable), and a personal, non-refundable \$25.00 check made payable to Sioux County. An application will not be considered complete until all necessary items are received.

If you have any questions, please do not hesitate to reach out at the contact information listed below.

Respectfully,

**Michelle Monsma**  
Civil Service Commission Personnel Director  
Phone: (712) 737-2216 x 220  
Email: [michellem@siouxcounty.org](mailto:michellem@siouxcounty.org)

Enc.

D #Q rwh#iurp #vk huli#Mdp lh#Y dq#Y rruvw#

Thank you for considering employment with the Sioux County Sheriff's Office. It is my goal to hire the best possible deputies to serve the public of Sioux County.

As a law enforcement agency, called to serve the public, we continue to work on building trust with the people we serve. If you are hired as a Deputy Sheriff, you will be expected join us in this goal.

You will also be expected to commit to our Mission Statement:

*The Sioux County Sheriff's Office is committed to maintaining the public's trust, providing protection, and professional leadership, by utilizing our skills and resources with integrity.*

My hope is that you will join us in working together to keep Sioux County a safe place to call home.

### **Preparation for the P.O.S.T. Exam**

P.O.S.T. exam study guides and practice tests are available for purchase at Stanard & Associates:  
<https://www.applytoserve.com/Study/>

### **P.O.S.T Exam Score Transfers**

If you have taken the P.O.S.T. exam within the last 12 months (must be within 365 days of May 31, 2023), and would like to transfer your score, please contact the Sioux County Auditor's Office and speak to Civil Service Commission Personnel Director, Michelle Monsma, to document this information. If you are transferring a P.O.S.T. exam score, you will still need to take the physical agility test and interview on the testing day, May 31, 2023.

### **Current Iowa Certified Peace Officers**

Iowa certified peace officers who are currently working or are within 180 days of leaving peace officer employment in good standing with an Iowa agency do not need to take the physical agility testing or P.O.S.T. exam but will still need to attend an oral interview with the Sioux County Civil Service Commission on testing day, May 31, 2023. Out of state certified police officers will need to take both the physical agility testing and the P.O.S.T. exam.

### **Background Checks and Sheriff's Office Interviews**

Background checks will begin immediately after May 31, 2023 and interviews with the Sheriff's Office command staff will be set at a later date. You will be notified of that process.

Again, thank you for your interest in employment with the Sioux County Sheriff's Office. I look forward to reviewing your application materials and meeting you in the near future.

Regards,

Sioux County Sheriff Jamie Van Voorst

# Sioux County Civil Service Application Packet Checklist

Applicant:

Please use the following checklist to ensure you include all required elements with your application. Incomplete applications, as of July 12, 2022 will be deemed ineligible for testing.

<b>Section 1: Keep for your Information</b>
<input type="checkbox"/> Minimum Standards for Iowa Law Enforcement Officers
<input type="checkbox"/> Application/Certification Process Guidelines
<input type="checkbox"/> Additional Information on Selection Process
<input type="checkbox"/> Job Description + Physical Fitness Minimum Requirements
<b>Section 2: Complete &amp; Return</b>
<input type="checkbox"/> Sioux County Civil Service Commission Personal History Statement & Application
<input type="checkbox"/> Release of Liability Form (not required for Iowa-certified officers who meet the conditions on page 2 of this application packet)
<input type="checkbox"/> Consent to Release Information
<input type="checkbox"/> Physical Challenge Form
<input type="checkbox"/> Physician Statement (not required for Iowa-certified officers who meet the conditions on page 2 of this application packet)
<b>Section 3: Include with Returned Packet</b>
<input type="checkbox"/> Copy of Birth Certificate
<input type="checkbox"/> Copy of Driver's License
<input type="checkbox"/> Copy of High School Diploma or GED
<input type="checkbox"/> Copy of Military Discharge Paperwork (if applicable)
<input type="checkbox"/> Any supplemental paperwork you wish to submit (Resume, Applicable Certifications, Letters of Recommendation, etc.)
<input type="checkbox"/> \$25.00 Check made payable to Sioux County

## **Minimum Standards for Iowa Law Enforcement Officers**

The applicant must:

1. Be a U.S. Citizen and a resident of Iowa, or intend to become a resident upon being employed
2. Be 18 years of age at time of appointment
3. Hold a valid Iowa driver's license
4. Not be addicted to drugs or alcohol [modified for Chapter 400 civil service positions by §400.17 of the Code of Iowa]
5. Be of good moral character as determined by a thorough background investigation including a fingerprint search conducted of local, state, and national fingerprint files and have not been convicted of a felony or a crime involving moral turpitude
6. Successfully pass physical fitness test(s)
7. Not be opposed to use of force to fulfill duties
8. Be a high school graduate or hold a GED certificate
9. Have uncorrected vision of not less than 20/100 in both eyes, corrected to 20/20, and color vision consistent with the occupational demands of law enforcement
10. Have normal hearing in each ear
11. Be examined by a physician and meet the physical requirements necessary to fulfill the responsibilities of a law enforcement officer
12. Undergo psychological testing
13. Undergo cognitive (Basic Skills) testing

## **Sioux County Civil Service Commission Certification Process**

The Sioux County Civil Service Commission Certification Process is accomplished in six different phases involving several months of preparation. In addition to the Civil Service Commission members, additional volunteer County staff is involved in various aspects of the certification process.

The following policies set by the Sioux County Civil Service Commission will be strictly adhered to:

1. Applications shall not be accepted after the deadline.
2. Alternate testing dates shall not be scheduled for any reason for any phase of the entrance examination. This includes the written, physical agility, oral interview, and psychological testing.
3. All instructions on the required forms shall be followed and forms shall be completed legibly. All required documents must be clear and legible photocopies.
4. An applicant shall be disqualified if the stated deadlines are not met and/or if instructions are not correctly followed.
5. Applicants are to contact only the Civil Service Commission Personnel Director, Michelle Monsma, with questions pertaining to any part of the certification process. Do not contact any members of the Sheriff's Office for any reason.

**Michelle Monsma**

(712) 737-2216 x 220

[michellem@siouxcounty.org](mailto:michellem@siouxcounty.org)

### **Additional Information on the Certification Process**

After completion of the Civil Service testing procedures, a certified list of no more than ten applicants will be submitted to the Sioux County Sheriff for consideration for a future position as a Deputy Sheriff. When a Deputy applicant is selected from the certified Civil Service list, he/she will be required to complete the following:

1. A completed physical, including back x-ray, hearing test (normal hearing in each ear as determined by examining physician), and uncorrected vision of not less than 20-100 in either eye, correctable to 20-20, and normal color vision.
2. After the Deputy applicant has been selected and satisfactorily completed all Civil Service and Sioux County Sheriff's Department requirements, that Deputy applicant shall hold a rank of Deputy Fourth Class, and shall complete a probationary period of twelve months in length or a probationary period of six months if the Deputy has satisfactorily completed prescribed law enforcement academy training. After completion of the probationary period, the Deputy's state shall be deemed permanent.

## **JOB DESCRIPTION / DEPUTY SHERIFF**

### **JOB SUMMARY:**

Under general supervision of the Sheriff, Chief Deputy, Captain, Lieutenant and Sergeant, performs general duty law enforcement work with various divisions of the Sioux County Sheriff's Office involving a wide range of duties performed to protect life and property, enforce laws and ordinances, and preserve order within the community.

### **ESSENTIAL FUNCTIONS:**

1. Get along well with others and demonstrate sound leadership.
2. Have regular and predictable attendance.
3. Exercise rational judgment, control of emotions and leadership when responding to emergencies.
4. Self-initiate work priorities and work independent of direct supervision.
5. Protect the general safety of the public.
6. Drive emergency vehicles under stressful conditions.
7. Conduct physical apprehensions and arrests of resistive and/or fleeing, and often, dangerous suspects.
8. Be loyal by affirmatively promoting the mission, goals, objectives, and directives of the Sioux County Sheriff's Office as defined by the Sheriff.

### **GENERAL DUTIES AND RESPONSIBILITIES:**

1. Operate the assigned patrol vehicle in accordance with all applicable laws, regulations and Sioux County Sheriff's Office policy and procedure.
2. Patrol assigned area to include all public and private businesses and residences, parking lots, surface streets and highways enforcing all federal, state and local laws. Respond to calls for service, perform preliminary investigations as assigned, investigate suspicious persons or circumstances, and provide assistance to persons who require it.
3. Enforce traffic laws. Enforces all applicable, county, state and federal laws.
4. Conducts criminal investigations; collects, protects, processes and stores all physical evidence related to an investigation; interrogates and obtains statements from victims, witnesses and suspects; completes a wide variety of law enforcement reports.
5. Secures and protects the scene of a crime and the immediate area surrounding the crime scene so that no evidence is disturbed.
6. Reviews all reports, evidence and notes related to an investigation to allow for knowledgeable courtroom testimony.
7. Obtains arrest warrants from judicial authority by reviewing facts and evidence as basis for obtaining warrant resulting from the investigation of a criminal incident.
8. Makes arrests of persons observed or suspected of committing crimes, based on probable cause.
9. Confiscates property for evidence resulting from an arrest for safekeeping by physically taking property to the Evidence Processing Room and completing necessary paperwork.
10. Maintains all duty related personal and Sioux County Sheriff's Office equipment, to include vehicles, uniform apparel, weapons and ammunition, handcuffs, badges, flashlights, cellular phones, laptop computers, video and radar equipment, and other specialized equipment.
11. Demonstrates a proficiency in the use of all issued equipment.
12. Communicates over and listens to law enforcement radio in a professional manner.
13. Orally communicates with the public, public safety personnel and supervisors to a degree that complete understanding is accomplished.
14. Assists in the evacuation or rescue of persons and property in emergency situations such as aircraft

- crashes, fires, floods, tornados and other natural or manmade disasters.
15. Provides victims of crime with information, referral, and other assistance as provided in Iowa law and Sioux County Sheriff's Office policy or regulations.
  16. Speaks with and refers citizens in need to appropriate public and social services.
  17. Speaks with and interacts with citizens on the beat to establish rapport and trust.
  18. Maintains and organizes field notes and other information to complete comprehensive Sioux County Sheriff's Office reports.
  19. Fills out all required paperwork in a timely manner.
  20. Attends in-service and specialized training as required.
  21. Performs highly specialized duties and tasks associated with specialized assignments such as Detective, K-9 Unit, Traffic Enforcement, Crime Prevention, School Resource Office, and instructor.

### **MINIMUM QUALIFICATIONS:**

1. Be a United States citizen
2. Be a resident of State of Iowa, Sioux County, or become a resident within ninety [90] days of employment
3. Be at least twenty-one [21] years of age
4. Possess a valid Iowa Driver's License
5. Have a high school diploma or GED; or
6. Be at least eighteen [18] years of age if the applicant has received an associate's degree of sixty [60] semester hours of credit from an accredited college or university;
7. Successfully complete the minimum training required for licensure within the State of Iowa within one year of employment
8. Never have been convicted of a *felony* or *misdemeanor involving moral turpitude* or is not currently under indictment for any criminal offense
9. Have no previous or current charges of *driving while Intoxicated* or *driving under the Influence of drugs or alcohol*
10. Never been convicted of any family violence offense
11. Not be prohibited by state or federal law from operating a motor vehicle
12. Not be prohibited by state or federal law from possessing firearms or ammunition
13. Be subject to a thorough background investigation and personal interviews by Sioux County Sheriff's Office personnel
14. If served in the armed forces of any country, demonstrate stability, reliability, & integrity, by having an Honorable Discharge [*Dishonorable, General, or Medical* discharges are not acceptable]
15. Have never had a commission or peace officer license denied by final order or revoked
16. Not be currently on suspension, or have a voluntary surrender of a job-related license currently in effect
17. Demonstrate having a *good* financial credit rating for the last five [5] years
18. Demonstrate reading and comprehension skills in the English language to at least the 10<sup>th</sup> grade level through interviews and written testing
19. Demonstrate honesty and integrity, by successfully completing pre-employment interviews and drug testing
20. Demonstrate good general medical health as determined by a medical doctor, who is licensed by the State of Iowa, and physical performance testing
21. Free from illegal drug use, or legal drugs that impair mental or physical performance, for the past 5 years, as determined by interview, medical, or other testing
22. Be declared in satisfactory psychological and emotional health by a State of Iowa psychiatrist who is licensed by the State of Iowa

23. Be fingerprinted and subjected to a search of local, state, and national records and fingerprint files.
24. Continually demonstrate the ability to perform physical and mental tasks under stressful and often confusing circumstances. At time of application and periodically thereafter officers may be required to demonstrate these abilities without assistance. Minimum demonstrations of ability are those set by the Iowa Law Enforcement Academy which all applicants are required to perform at a passing level at the Civil Service Test.

**PHYSICAL ABILITIES:**

1. Ability to see and accurately identify and distinguish between colors,
2. Ability to accurately identify and distinguish between the smell of different materials, or chemicals,
3. Possess good hearing in order to hear sirens, alarms, the human voice, and to accurately identify and distinguish between inputs from short or long ranges, and clearly hear radio messages,
4. Possess an audible voice for in-person and radio communications,
5. Possess sufficient body strength in order to perform normal duties of the position,
6. Ability to sit, stand, stoop, bend, and walk about.

**REQUIRED JOB KNOWLEDGE:**

1. Local, state, and federal laws and current Sioux County ordinances.
2. Judicial system, operation, and procedures for criminal prosecution.
3. Laws pertaining to citizen disputes and domestic violence.
4. Laws pertaining to arrest, search, and seizure.
5. Legal limitations, authority, limits, and requirements in the use of force.
6. First Aid procedures and equipment at the first respondent level.
7. Suspect/victim/witness interview and interrogation concepts, principles, and practices.
8. Sioux County Sheriff's Office policies and standard operating procedures.
9. Public relations techniques for handling calls for service or complaints.
10. Crime scene processing procedures and the security and protection of a crime scene.
11. Basic crime prevention techniques.
12. Defensive tactics to protect self and others.
13. Proper arrest and suspect apprehension techniques.
14. Crime patterns, potential problem areas, and prior offenders within patrol area.
15. Jail and Communications Operations.
16. Record keeping, report preparation, filing methods and record management.
17. Correct English usage, including spelling, grammar, punctuation, and vocabulary.
18. Standard business arithmetic, including percentages and decimals.
19. Applicable state, federal and local laws, rules, and regulations.
20. Computer applications related to the work.

**NOTE:** This class specification should not be interpreted as all inclusive. It is intended to identify the essential functions and requirements of this class. Incumbents may be requested to perform job-related responsibilities and tasks other than those stated in this description.



<b>Minimal Physical Fitness Performance Requirements Chart</b>					
<b>Males</b>	<b>Age</b>				
Test	20-29	30-39	40-49	50-59	60 +
1 Minute Sit-up	38	35	29	24	19
1 Minute Push-up	29	24	18	13	10
1.5 Mile Run	12:51	13:36	14:29	15:26	16:43
<b>Females</b>	<b>Age</b>				
Test	20-29	30-39	40-49	50-59	60 +
1 Minute Sit-up	32	25	20	14	6
1 Minute Push-up	15	11	9	* 12	* 5
1.5 Mile Run	15:26	15:57	16:58	17:54	18:44

\* Females in excess of 49 years of age may do pushups on their knees.  
Normative data for these age groups have not been established.

### **1 Minute Sit-Up Test**

This is a measure of the muscular endurance of the abdominal muscles. It is an important area of performing 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 number of bent leg sit ups performed in 1 minute. Hands must remain on or about the head, in the up position, elbows should touch the knees or upper portion of the thigh, in the down position, the back must come down so that shoulder blades touch the floor. Legs may be held for assistance.

### **1 Minute Push-Up Test**

This test requires pushing one's own weight off the floor. This measures the amount of force the upper body can generate and is an important area of performing tasks requiring upper body strength. The score is calculated by the number of push-ups performed in 1 minute. The body is supported by the hands and feet touching the ground, with legs straight and off the ground. The chest must come down and touch a fist placed under the individual's chest, then the arms must go to full extension to complete the push-up.

### **1.5 Mile Run Test**

This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area of performing tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

## **Sioux County Civil Service Commission Deputy Sheriff Personal History Statement & Application**

These instructions are provided as a guide to assist you in properly completing your Personal History Statement. It is important that the information be accurate in all respects. This document will be used as the basis for a background investigation that will determine your eligibility for employment.

1. Your Personal History Statement should be printed legibly in ink. Answer all questions to the best of your ability.
2. If a question is not applicable to you, enter N/A in the space provided.
3. Avoid errors by reading the directions carefully before making any entries on the form. Be sure your information is correct and in proper sequence before you begin.
4. You are responsible for obtaining correct addresses. If you are not sure of an address, check it by personal verification.
5. If there is insufficient space on the form for you to include all information required, attach extra sheets to the Personal History Statement. Be sure to reference the relevant section and question number before continuing your answer.
6. An accurate and complete form will help expedite your investigation.
7. As you complete the questionnaire, you may be uncertain about how to answer a particular question. In that case, you should circle the question and the background investigator will discuss it with you at a later date.



From	To	Address

**C. Work History:** Beginning with your present or most recent job, list all employment since the age of 16, including part-time, temporary, or seasonal employment. Include all periods of unemployment. Attach extra pages if necessary.

From \_\_\_\_\_ To \_\_\_\_\_ Employer \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Job Title \_\_\_\_\_

Job Duties \_\_\_\_\_

Supervisor \_\_\_\_\_

Reason for Leaving \_\_\_\_\_

From \_\_\_\_\_ To \_\_\_\_\_ Employer \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Job Title \_\_\_\_\_

Job Duties \_\_\_\_\_

Supervisor \_\_\_\_\_

Reason for Leaving \_\_\_\_\_

From \_\_\_\_\_ To \_\_\_\_\_ Employer \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Job Title \_\_\_\_\_

Job Duties \_\_\_\_\_

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Supervisor \_\_\_\_\_

Reason for Leaving \_\_\_\_\_

From \_\_\_\_\_ To \_\_\_\_\_ Employer \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Job Title \_\_\_\_\_

Job Duties \_\_\_\_\_

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Supervisor \_\_\_\_\_

Reason for Leaving \_\_\_\_\_

From \_\_\_\_\_ To \_\_\_\_\_ Employer \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Job Title \_\_\_\_\_

Job Duties \_\_\_\_\_

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Supervisor \_\_\_\_\_

Reason for Leaving \_\_\_\_\_

**D. Military Record:**

Have you served in the U.S. Armed Forces? \_\_\_\_\_ Yes \_\_\_\_\_ No      Branch of Service: \_\_\_\_\_

Dates of Service: \_\_\_\_\_ Unit Designation: \_\_\_\_\_

Military Service Number: \_\_\_\_\_ Highest Rank Held: \_\_\_\_\_

Were you ever disciplined while in the military? (include court-martial, captain's masts, company punishments, etc.) \_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, please explain: \_\_\_\_\_

Type of Discharge: \_\_\_\_\_

If you received a discharge other than honorable, give complete details: \_\_\_\_\_

**E. Educational History:**

High School(s) Attended:

High School	City & State	From	To	Diploma?

College/University Attended:

College/University	City & State	From	To	Major/Minor	Degree?

List other schools attended (trade, vocational, business). Give name and address of school, dates attended, course of study, and any other pertinent information.

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What was your grade point average in High School? \_\_\_\_\_ College? \_\_\_\_\_

What extracurricular activities were you involved in while in high school and/or college?

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### **F. Special Qualifications & Skills**

List any special licenses you hold (such as pilot, radio operator, scuba, etc.) showing licensing authority, original date of issue, and date of expiration:

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List any specialized machinery or equipment which you can operate:

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List any language (in addition to English) that you are fluent in. Indicate your degree of fluency (excellent, good, fair):

Language	Reading	Writing	Speaking	Comprehension

List any other special skills or qualification you may possess:

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## G. Arrests, Detentions, & Litigation

Have you ever been arrested, detained by police, or summoned into court? \_\_\_\_\_ Yes \_\_\_\_\_ No

If you answered yes, please complete the following:

Crime Charged	Police Agency City/State	Date	Disposition of Case

Briefly describe any traffic accidents in which you have been involved, giving approximate dates and locations:

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## H. References

List three persons who know you well enough to provide current information about you. Do not list relatives or former employees.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Years Known: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Years Known: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Years Known: \_\_\_\_\_



**I. Membership in Organizations** (past and/or present)

Name + Location	Type (Social, Fraternal, Professional)	From	To

**J. Personal Declarations**

1. Describe in your own words the frequency and extent of your use of intoxicating beverages:

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2. Have you ever used marijuana, or any other drug not prescribed by your physician?

\_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, please explain:

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3. Have you ever sold or furnished drugs or narcotics to anyone?

\_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, please explain:

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4. If it became necessary to take a human life in the course of your duties as a law enforcement officer, would any religious or other beliefs prevent you from doing so?  
\_\_\_\_\_ Yes \_\_\_\_\_ No  
If yes, please explain:

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5. Do you have any religious or other beliefs which would prevent you from fully performing the duties of a law enforcement officer, including working weekend, evening, or night shifts?  
\_\_\_\_\_ Yes \_\_\_\_\_ No  
If yes, please explain:

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6. What are your personal interests, hobbies, and/or pastimes?

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7. Offices and/or positions of leadership you have held in groups, associations, and organizations of which you were or are a member:

Position	Name & Type of Group

8. Have you ever submitted an employment application with this agency or any other law enforcement or related agency?  
\_\_\_\_\_ Yes \_\_\_\_\_ No  
If yes, please explain:

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9. Are there any incidents in your life or details not mentioned herein which may influence this commission's evaluation of your suitability for employment as a law enforcement officer?

Yes  No

If yes, please explain:

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I hereby certify that there are no willful misrepresentations, omissions, or falsifications in the foregoing statement and answers to questions. I am fully aware that any such misrepresentations, omissions, or falsifications will be grounds for immediate rejection or termination of potential employment.

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Signature of Applicant

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Date

**Release of Liability**

Not required for Iowa certified peace officers who meet the conditions on page 2 of this application packet

I, \_\_\_\_\_ am requesting the opportunity to participate in a physical agility test as part of the entrance examination for the position of Sioux County Deputy Sheriff. I have been informed of the nature and the physical requirements of such test, and I represent that I am of sufficient strength and in sufficient health to take it. I understand that any physical test such as this may subject me to some risk of physical injury, and I accept full responsibility for such risk.

Therefore, in consideration of the opportunity to participate in such physical agility test as part of the entrance examination for the position of Sioux County Deputy Sheriff, I do hereby release, covenant not to sue and hold harmless Sioux County, its officers, employees, and agents and Northwestern College from any and all liability to me, my next of kin, and the personal representative of my estate, my heirs and beneficiaries and any other persons who are my successors in interest. Such release shall apply to all loss or damage and any claim, therefore as a result of injury to me or my property or my death, even if caused by negligence of any of those whom I have released. I understand that I am assuming the full risk of injury for any activity regarding the physical agility test.

Dated this \_\_\_\_\_ day of \_\_\_\_\_ 2023 in \_\_\_\_\_  
City, County, State

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Signature of Witness

## Consent to Release Information

- TO:
1. Any physician, hospital, or other health care organization, including their agents and employees
  2. Any educational institution, including their agents, teachers and other employees
  3. Each of my present and former employers, including their agents and employees, supervisors, co-workers, friends, relatives, and acquaintances
  4. Any bank, credit union, savings bank, or other financial institution, including their agents and employees
  5. Any federal, state, county, or municipal government department or agency, including their agents and employees

This is your full and sufficient authorization to give to any Sioux County Deputy Sheriff, from time to time\*, as requested, any records, reports, x-rays, or other documents in your custody or under your control and any other information which you may have, including personal opinions with reference to me or with reference to my fitness to become a law enforcement officer.

This consent to release information shall expire July 31, 2023, unless earlier revoked by the applicant.

A photocopy of this consent, as duly executed, shall have the same force and effect as this original.

Print Name \_\_\_\_\_

Sign Name \_\_\_\_\_

Date \_\_\_\_\_

Residential Address \_\_\_\_\_

Social Security Number \_\_\_\_\_

Date of Birth \_\_\_\_\_

## Physical Challenges

In the course of your potential career as a deputy with the Sioux County Sheriff's Office, you may be called upon to perform the following job functions. Please indicate by marking yes or no as to whether or not you feel you are able to perform these functions without accommodations.

Yes	No	Activity
		Carry a person who has been arrested and is unable or refuses to walk to the patrol car.
		With the aid of another officer, carry a stretcher with an injured person on it.
		With the aid of another officer, carry a body bag containing a dead person.
		Carry an equipment belt containing a gun, mace, walkie-talkie, etc. for the duration of a shift by wearing it around your waist.
		Carry a sick or injured person down several flights of stairs.
		Carry a person who has been overcome by smoke from a burning building.
		Carry an unconscious person out of a ditch or across rough terrain.
		Carry various types of equipment (TVs, stereos, small safes) that have been confiscated.
		Climb up a fire escape or steep embankment.
		Climb over a fence or fallen tree while in pursuit of a suspect.
		Climb a rope.
		Climb up to and through the window of a building.
		Climb a fence that surrounds a building.
		Pull an unconscious or injured person from an automobile that was involved in an accident.
		Pull your own weight off the ground.
		Pull a person that you want to arrest out of a vehicle, while the person is resisting.
		Pull one person away from another.
		Pull open the door of a car that was involved in an accident.
		Run after a suspect on the street.
		Run after a suspect through the yards of a residential area.
		Run after a suspect through a parking lot, running around the cars.
		Run up/down stairs or steep inclines.
		Run to the scene of an accident if you are unable to get to the scene with your vehicle.
		Run on different textured surfaces.
		Wrestle a person to the ground who is trying to escape after being arrested or resisting arrest.
		Swim in a lake or river.

## Physician's Statement

Not required for Iowa certified peace officers who meet  
the conditions on page 2 of this application packet

I hereby certify that \_\_\_\_\_, an applicant for the Sioux County Civil Service Deputy Sheriff Examination has had a physical examination within the last 12 months. The details are on file at my office at the address listed below. I verify that his/her physical condition is adequate in order to perform the physical requirements on the following chart.

<b>Minimal Physical Fitness Performance Requirements Chart</b>					
<b>Males</b>	<b>Age</b>				
Test	20-29	30-39	40-49	50-59	60 +
1 Minute Sit-up	38	35	29	24	19
1 Minute Push-up	29	24	18	13	10
1.5 Mile Run	12:51	13:36	14:29	15:26	16:43
<b>Females</b>	<b>Age</b>				
Test	20-29	30-39	40-49	50-59	60 +
1 Minute Sit-up	32	25	20	14	6
1 Minute Push-up	15	11	9	* 12	* 5
1.5 Mile Run	15:26	15:57	16:58	17:54	18:44

\* Females in excess of 49 years of age may do pushups on their knees.  
Normative data for these age groups have not been established.

Comments:

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Doctor's Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Office Address: \_\_\_\_\_