



CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

TRAINING OFFICER AND RECRUIT,

You are registered to attend the 388th Training Session of the Police Officer Standards and Training Council Academy, which is a residential academy class.

- All recruits must report to the rear entrance of the Connecticut Police Academy no later than **0700 on THURSDAY October 2nd, 2025** to complete mandatory fitness testing. Recruits shall arrive dressed in their police academy approved physical training gear.
- All recruits will then report to the rear of the Connecticut Police Academy no later than **0730 hours on FRIDAY OCTOBER 3RD, 2025** to complete the academy orientation.

Prior to the start of the academy recruits will be required to provide a short, handwritten writing sample of at least 300 words. The writing samples, which will be collected on October 3rd, 2025 at orientation must be done in long hand or print covering the following topics:

- Why do you want to become a law enforcement officer and how have you prepared for this position?
- What was the hardest hurdle or challenge you faced during this process.
- What is your understanding of the Connecticut Police Academy, its curriculum and the expectations placed on recruits?
- What does integrity in law enforcement mean to you and how will you adhere to this belief?

Recruits will be provided with weekly schedules, but plan for the following:

- Physical fitness classes take place Tuesday through Friday from 0545-0645 hours
- Scheduled classes are held Monday through Friday from 0800 - 1645 hours unless otherwise directed.
- The academy will also conduct approximately 80 hours of nighttime training held during the week from 1800-2000 hours



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You will **not** be permitted to leave the Academy grounds between 0800 hours on Monday and class dismissal on Friday, except for unforeseen emergencies, therefore all existing future weekday appointments should be rescheduled prior to arriving at the Academy.

Except for Monday (lunch/dinner only) and Friday (breakfast/lunch only), the Academy will provide you with three meals per day. Classroom learning may take place online at times due to unforeseen events. Therefore, departments and recruits are required to have technology in place for the recruit to take online training with audio and video capability. The academy will provide the recruits with the log-in access code for classroom activities.

Classes will **NOT** be held on the following dates:

October 13th, 2025, Columbus Day
November 11th, 2025, Veterans Day
November 27th, 2025, Thanksgiving Day
December 25th, 2025, Christmas Day
January 1st, 2026, New Years Day
January 19th, 2026, Martin Luther King Jr. Day
February 11th, 2026, Washington's Birthday
February 16th, 2026, Lincoln's Birthday

Anticipated Graduation is the week of March 30th, 2026

During orientation your recruit will be given a copy of the Rules and Regulations of the Academy and other policies which you will adhere to during your time at the academy. During orientation you will be given an opportunity to ask any questions related to the academy rules and policies. You will then be required to sign and turn in a form acknowledging that you have read and understand the Rules and Regulations.

There are currently fourteen (14) standards in effect that every candidate for the basic police officer training must meet prior to admission into a council authorized basic training program as noted on the enclosed postc-51. This postc-51 must be submitted to the basic training division with the completion of each and every



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standard acknowledged by both the chief/ designee and the recruit entering the program. failure to have the completed sign-off sheet submitted to the basic training division on or before the start of the academy session will result in the recruit being excluded from attending the program. In addition, you must receive a medical clearance, on or before your arrival at the Academy, and submit the fully executed Medical Approval Form **signed by the examining physician.**

Transportation to and from the Academy and for specialized training off-site is your responsibility

REQUIRED ITEMS:

Minimum of Four (4) LONG SLEEVED "Dickie" brand khaki uniform shirts. - PLUS - two (2) "Dickie" brand khaki uniform trousers. All uniforms shirts must have following patches affixed to them.

- "Connecticut Police Academy" patch to be affixed to the **LEFT** sleeve, one inch below the shoulder seam. (patches may be purchased at Pinky's Embroidery)
 - "Department" patch to be affixed to the **RIGHT** sleeve, one inch below the shoulder seam.
1. Five (5) white crew neck tee shirts
 2. Black tie shoes or boots (leather only and shine-able toe)
 3. Five (5) pair black crew socks - **NO ANKLE HEIGHT**
 4. Black trouser belt (1-3/4" maximum width - **LEATHER ONLY**)
 5. Department nametag
 6. Running shoes - Color: **MUST BE SOLID BLACK, WHITE OR LIGHT GREY**
 7. Five (5) pair white crew socks (no color trim) - **NO ANKLE HEIGHT**
 8. Department issued waist-length jacket with department patches
 9. Department issued Rainwear
 10. Reflectorized department traffic vest
 11. One (1) pair white traffic gloves
 12. Four (4) white towels, wash clothes
 13. One (1) Terry cloth robe (Color: White, at least 3/4 kneelength or longer)
 14. One (1) bed pillow



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15. Five (5) hangers
16. One (1) pair of shower shoes (flip flops or clogs - black or blue)
17. Four (4) sports bras (females -for defensive tactics and physical fitness)
18. One (1) athletic supporter with cup/pelvic protector (def. tactics/PT)
19. One (1) mouth guard for use in defensive tactics
20. Black compression shorts for wearing under gym shorts (not to extend past outer shorts)
21. Shoe polish, brush, cotton balls or cotton cloth
22. Personal toiletry articles (one-week supply soap, shampoo, etc.)
23. Undergarments and other personal laundry: one (1) week supply
24. Personal prescription medication (in original container).
No power drinks/power bars or vitamin supplements without a doctor's written authorization.
25. Blue360 CT Penal Code, Title 53, 53a and 54 and CT Motor Vehicle Law, Title 14 Books, (www.blue360media.com) **ALL LAW BOOKS MUST BE CURRENT AND UP TO DATE.**
26. DEPARTMENT AUTHORIZED/ISSUED GUN CLEANING KIT
27. Department issued Bullet Proof Vest (by third week in Academy)
28. One A-44 Form
29. One (1) Motor Vehicle Infractions book
30. One (1) Motor Vehicle Warning book
31. One (1) Juvenile Summons book
32. One photocopy of a (UAR) Uniform Arrest Report
33. One (1) Bond Form
34. One (1) Juvenile Rights Waiver Form
35. One (1) Juvenile (ages 16-17) Rights Waiver Form
36. One (1) FWSN Form
37. One (1) Juvenile Review Board Referral Form, if applicable
38. Dues payable to OEMS for CPR certification



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The following fitness items **"MUST" HAVE THE CONNECTICUT POLICE ACADEMY "LOGO and Session #"** and may be purchased from Pinky's Embroidery and More (formerly Vio's Sport Plus), 158 Research Drive Unit K-L, Milford, CT 06460 or the vender of your choice. Order form enclosed to bring to the vendor. **All PT Gear should have the Academy logo on the left shirt chest and left pant/short leg, Session # on left arm and recruit name on back. Shorts should extend to just above the knee.**

- One (1) blue hooded sweatshirt
- One (1) blue hoodless sweatshirt
- Two (2) blue sweatpants
- Two (2) blue sweat shorts (mid-thigh or top of knee)
- Four (4) gray dry fit tee shirts
- One (1) blue baseball cap with POST Logo
- One (1) black knit cap with POST Logo
- One (1) senior class pin
- Four (4) Connecticut Police Academy patches (required uniform shirts)
- Cargo bag (black) with police academy patch on oneside
- Naloxone clear water bottle with POST logo

Each recruit must be supplied with the following equipment by the third Monday of the Police Academy **(10/20/25 for Session 388)**: Duty gun belt, duty holster, keepers, six dummy rounds, department issued baton, baton holder, handcuffs, handcuff case/holder, handcuff key, bullet proof vest and RED/BLUE "training handgun". (NO simunition guns).

Chemical/O.C. agents **shall not be brought to the Academy** until you are instructed to do so. O.C. spray cannisters shall be new department issued cannisters. **Used cannisters will not be accepted.**



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A P.O.S.T. Firearms instructor will advise recruits when to bring their firearm to the academy. ONLY your department issued firearms will be permitted at the Academy. **WE REQUIRE THAT YOUR DEPARTMENT ARMORER VERIFY THAT THE WEAPON IS IN GOOD WORKING ORDER.** Failure to complete this requirement may delay your qualification in firearms. All weapons brought to the academy will remain here until the "end of the session"

AMMUNITION

Firearms Training - by day one of your recruit's firearms training, the department or recruit should have in the Academy armory:

- 2,000 rounds of practice ammo, requested to be "lead free" or "frangible".
- 250 rounds **MUST** be Lead Free/Frangible for indoor "low light firearms".
- Fifty rounds of your departments issued duty
- Department issued shotgun
- 5 slug rounds, 25 00 buck rounds for shotgun training
- Firearms Instructor with safety gear available for firearms training days

If your department does not have a shotgun, one will be supplied by the academy if available. Your agency will still be required to supply ammunition as requested.

Simunitions- Once notified of the date your recruit will complete simunitions training the recruit and agency should have the following available for the recruit:

- Simunitions weapon or conversion kit
- 50 rounds of simunition marking cartridges
- Use of Force or Firearms Instructor with safety gear.
- Minimally long pants and shirt

**If your agency does not have simunitions equipment, the academy will supply a weapon and safety gear as appropriate. Your agency will be required to supply the marking cartridges.*



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All ammunition is to be securely packaged with the recruit's **"NAME AND DEPARTMENT AND SESSION NUMBER 388"** clearly marked on the outside. **You will be notified by the firearms staff on the date to drop off the above listed ammunition to the Academy.**

Closing:

The Academy program is academically and physically demanding, and recruits should begin preparing physically, emotionally and intellectually prior to the start of the academy. Those recruits who come ready to learn and push their boundaries can assimilate into the rigors of academy life faster than those who aren't prepared. Part of this process is to ensure there is no disruption to your course of study by outside matters. All efforts shall be made by you and your agency to avoid disrupting your course of instruction. This includes rescheduling any existing medical appointments, court cases, car/housing appointments to hours or days outside of academy training or until after graduation. Requests to miss time for matters not academy related will only be reviewed as they pertain to emergency circumstances and will not be accepted for day-to-day matters.

A handwritten signature in blue ink, appearing to read "M. Fasano".

Marc Fasano, Division Director
Basic Training Division



DEPARTMENT OF EMERGENCY SERVICES & PUBLIC PROTECTION

POLICE OFFICER STANDARDS & TRAINING

OBJECTIVE

The objective of the Connecticut Police Officer Standards and Training (POST) Academy is to consistently provide state-of-the-art training to Connecticut law enforcement personnel. Every effort is made to ensure the training is legally viable and content valid in terms of currently accepted practices and procedures of the judicial system and law enforcement community.

The POST Academy is the main law enforcement training facility approved by the POST Council. Every person employed as a full-time law enforcement officer must meet compulsory minimum training standards. Individuals must first be hired by a supporting agency as a probationary candidate before coming to the Academy for training or attending a POST Council certified satellite academy.

The basic training curriculum is designed to orient new officers to the diverse day-to-day challenges experienced by law enforcement personnel. Many of the essential building blocks of a successful law enforcement career begin with basic law enforcement training. The Academy's position is that viable, progressive police training is as important to each new recruit as it is to a 10-year veteran.

After meeting Basic Training requirements, every state certified law enforcement officer must adhere to compulsory in-service training requirements. State required in-service training hours are 60 hours triennially in selected subjects mandated by Connecticut General Statutes and the POST Council. Annual firearms training and qualification is mandated by Connecticut General Statutes and POST Council and is part of the statutory triennial training.

OUR VISION

The POST Academy is dedicated to earning the public trust by advancing competence and professionalism in law enforcement.

OUR VALUES

These values guide the decisions and actions of the staff at the Connecticut Police Officer Standards and Training Council Academy.

CHARACTER

We are disciplined and conscientious and guide our conduct by a high standard of ethics.

EXCELLENCE

We provide exceptional staffing and facilities, good judgement, quality resources and are dedicated to the law enforcement profession.

ACCOUNTABILITY

We manage our resources effectively and efficiently and promote open communication among ourselves and our students.

COOPERATION

We strive to work as a team and maintain professional relationships with our law enforcement colleagues.

OUR PROMISE

These values are the cornerstone upon which the POST Academy's policies are formulated, our goals are set and our training is delivered. These values guide us in our mission as we seek to fulfill our vision.



POLICE OFFICER STANDARDS AND TRAINING COUNCIL
CONNECTICUT POLICE ACADEMY



BASIC POLICE OFFICER TRAINING PROGRAM APPLICATION

Name: _____ D.O.B.: _____

Employer: _____ Date of Appointment: _____

Home Address: _____
(Street) (City) (State) (Zip Code)

Home Telephone: _____ Business Telephone: _____

As a condition for my admission to and continued enrollment in the Basic Police Officer Training Program of the Police Officer Standards & Training Council (POSTC), I agree to abide by all rules and regulations of the POSTC. I understand that failure to abide by these rules and regulations may result in disciplinary action including dismissal from the training program.

Signature: _____ Date: _____

TO BE COMPLETED BY THE CHIEF LAW ENFORCEMENT OFFICER

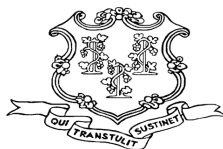
I certify that the above named person was appointed to a probationary candidate police officer position pursuant to CGS. 7-294a on _____ and request that he/she attend the Basic Police Officer Training Program for the purpose of obtaining police officer certification. I further certify that said candidate is a sworn officer of my agency and is currently covered by the Worker's Compensation policy for the town/city of _____ and meets all POSTC entry level requirements/standards.

RETURN TO:
Director, Basic Training Division
Police Officer Standards & Training Council
285 Preston Avenue
Meriden, CT 06450-4891

(Chief Law Enforcement Officer signature)

(Printed Name)

(Date)



STATE OF CONNECTICUT
POLICE OFFICER STANDARDS & TRAINING COUNCIL
CERTIFICATION DIVISION



Entry Requirements for Appointment as a Police Officer

☐ New Hire ☐ Lateral ☐ Comparative Certification ☐ Full Time ☐ Part Time

APPOINTEE NAME: SS# (last 4 Only): D.O.B.:

DATE OF APPOINTMENT: CERTIFICATION # **IF LATERAL** APPOINTMENT:

DEPARTMENT HIRING: RANK AT HIRE:

FORMER DEPARTMENT
(Lateral/Comparative ONLY):

INITIALS

POSTC STANDARDS

**ACKNOWLEDGED BY
APPOINTING AUTH.**

**ACKNOWLEDGED
BY APPOINTEE**

1. Meets Minimum Education Standard
2. Age 21, or older
3. US citizen or Permanent Legal Resident
4. Valid M/V Operator License (issued in the U.S.)
5. Has passed a validated written entry examination *
6. Has completed a personal interview panel including at least one POSTC Connecticut certified police officer
7. Examination of fingerprints (SPBI **and** FBI)
Date Returned
- No record of excludable offense
Refer 7-294d (c)(1)(2)
8. Criminal Convictions (as defined by CT) – No “A” or “B” misdemeanor Convictions (Disqualifier)
NO felony convictions (Disqualifier)
No Domestic Violence Convictions

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If Appointee had previous law enforcement job

9. Not dismissed from any former law enforcement unit(s) for malfeasance or other serious misconduct.
Did not resign or retire from a police officer position while under investigation for malfeasance or serious misconduct.

<input type="text"/>
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Name and title of person from former law enforcement unit(s) providing this information to you:

<input type="text"/>

POSTC STANDARDS	ACKNOWLEDGED BY <u>APPOINTING AUTH.</u>	INITIALS ACKNOWLEDGED BY APPOINTEE
10. Background Examination Completed M/V conviction checked for:	<input type="text"/>	<input type="text"/>
Evasion of Responsibility (Not a disqualifier) Operating	<input type="text"/>	<input type="text"/>
"Under the Influence" (Not a disqualifier) No act of	<input type="text"/>	<input type="text"/>
perjury or false statement (Disqualifier)	<input type="text"/>	<input type="text"/>
11. Polygraph Administered by _____ Date _____ and on file (must be within 275 days of appointment)	<input type="text"/>	<input type="text"/>
12. Psychological Administered Date: _____ and on file (must be within 5 years of appointment)	<input type="text"/>	<input type="text"/>
13. Negative Drug Screen – Controlled Substances (All controlled substances not prescribed for the applicant)	<input type="text"/>	<input type="text"/>
14. Physical Fitness (Entry Level only)	<input type="text"/>	<input type="text"/>
Name/Agency of certified examiner:	<input type="text"/>	
15. Sworn-In Date (GN 03-04):	<input type="text"/>	

All the above has been reviewed and approved. Additionally, there is nothing in the applicant's background or disclosed to us that would be a disqualifier pursuant to CGS 7-291c.

I have read and signed this form and attest that the information provided herein is true and accurate to the best of my knowledge. I understand that intentionally making a false written statement that I do not believe to be true with the intent to mislead a public servant in the performance of their official functions on a form bearing this notice is punishable by law. False Statement in the 2nd degree, under Connecticut General Statute § 53a-157b, is a class A Misdemeanor.

<input type="text"/>	<input type="text"/>	<input type="text"/>
** Appointing Authority Signature	Date	Department
 <input type="text"/>	 <input type="text"/>	
** Appointee Signature	Date	

*** Officers assigned to patrol duties only**



DEPARTMENT OF EMERGENCY SERVICES & PUBLIC PROTECTION
POLICE OFFICER STANDARDS & TRAINING

MEDICAL APPROVAL FORM FOR PHYSICAL FITNESS TEST

*PHYSICIAN'S CERTIFICATION OF ABILITY TO PARTICIPATE IN THE POLICE
OFFICER STANDARDS & TRAINING COUNCIL'S PHYSICAL FITNESS TEST*

This is to certify that I have reviewed the below listed activities conducted by the POST Council during physical fitness testing.

The "Fitness Test" will include the following physical fitness activities:

- One minute of sit-ups
- 300 meter sprint
- One minute of push-ups
- Run of one and one-half miles (1.5)

It is my professional opinion that the candidate named below:

Candidate's Name: _ _ _ _ _

Candidate's Employing Agency: _ _ _ _ _

Date of this Physician's Exam: _ _ _ _ _

IS MEDICALLY CAPABLE OF PARTICIPATING IN THE POST PHYSICAL FITNESS TEST

Physician's Signature: _ _ _ _ _

Physician's Name (Typed or Imprinted with Office Stamp)

POSTC-61



DEPARTMENT OF EM ERGENCY SERVICES & PUBLIC PROTECTION

POLICE OFFIC ER STANDARDS & TRAINING

PHYSICAL PERFORMANCE EXAMINATION - 40%

NAM E: _____ DEPARTMENT/ AGENCY: _____ DATE: _____

DATE OF BIRTH: _____ GENDER: Male ☐ Female ☐ Age: _____ Phot o ID#: _____

Time Start	EVENT	40%TARGET	TRIAL SCORE	INITIALS	P/F	Time End
	1. Sit-ups					
	2. 300 Meter					
	3. Push ups					
	4. 1.5 M il e Run					

Acceptance of Scores; / *certify that to the best of my knowledge the above scores are correct.*

FITNESS SPECIALIST NAME:.. _____ DEPARTMENT: _____
(Please Print)

FITNESS SPECIALIST SIGNATURE

CANDIDATE SIGNATURE

Male Candidate

Age	1 Minute of Sit-up s	300 Meter Sprint	1 Minute of Push-ups	1.5 Mile Run 40%
20-29	38	59 Seconds	29	12:38
30-39	35	59 Seco nd s	24	13:04
40-49	29	72 Seconds (1:12)	18	13:49
50-59	24	83 Seconds (1:23)	13	15:03
60-69	19	N/A	10	16:46

Female Candidate

Age	1 M inute of sit-u ps	300 Meter Sprint	1 Minute of Push-ups	1.5 Mile Run 40%
20-29	32	71 Seco nd s (1:14)	15	14:50
30-39	25	79 Seco nd s (1:19)	11	15:38
40-49	20	94 Seco nd s (1:34)	9	16:21
50-59	14	N/A	7	18:07
60-69	06	N/A	N/A	20:06

PRE-CERTIFICATION ☐ DAY ONE ☐ MID-TERM ☐ FINAL ☐ RE-TAKE ☐



DEPARTMENT OF EMERGENCY SERVICES & PUBLIC PROTECTION
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 285 PRESTON AVE, MERIDEN, CT 064 50 • (203) 427 - 2622



ADDENDUM TO THE MEDICAL FORM

I. SPECIFICATIONS AND STANDARDS FOR FITNESS TESTING

The POSTC Fitness Test is a scientifically valid test, consisting of four separate test components, conducted during a one-to-two-hour window of time.

Test 1. The One-Minute Sit-Up Test. This is a measure of the muscular endurance of the abdominal muscles and core area. Sit ups are done with bent legs and hands alongside the ears. The score is the number of correctly performed sit-ups in one minute.

Test 2. The 300-Meter Run. This is a measure of anaerobic power and sprinting ability. The test is conducted on a suitable running surface/track. The score is measured in the number of seconds necessary to complete the 300-meter distance.

Test 3. The One-Minute Push-up Test. This is a measure of absolute strength of the muscles of the upper body. Pushups start in the up position (flat back and arms fully extended). The candidate lowers their body to approximately four inches from the ground without touching/bending their knees. Without touching knees, the candidate then fully extends arms into the up position. The score is the number of correctly performed pushups in one minute.

Test 4. The 1.5-Mile Run. This is a measure of the cardiovascular capability of the runner. The test is conducted on a suitable oval running track. The score is the minutes and seconds necessary to complete the 1.5-mile distance.

Minimum Scores for Enrollment as a Police Officer using the 40th 12percentile of Cooper Standards.

	ONE MINUTE	SECONDS	ONE MINUTE	
MALE	SIT-UPS	300-MTR SPRINT	PUSH-UPS	RUN
20-29	38	59	29	12:38
30-39	35	59	24	13:04
40-49	29	72	18	13:49
50-59	24	83	13	15:03
60-69	19	NIA	10	16:46
FEMALE				
20-29	32	71	15	14:50
30-39	25	79	11	15:38
40-49	20	94	9	16:21
50-59	14	NIA	7	18:07
60-69	6	NIA	NIA	20:06



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II. DEFENSIVE TACTICS TRAINING PROGRAM

The Academy's Defensive Tactics program includes "take down" techniques. All techniques are trained at one-half speed, three quarter speed and "full speed." In addition, various handcuffing procedures are practiced. These techniques involve the manipulation of the wrists, shoulders, elbows, ankles, knees and hip joints.

Other activities in the Defensive Tactics Program include:

Punching , blocking, and kicking on a stuffed dummy (bagman) while a second recruit holds the bagman. (This is done at full speed/strength.)

Participate in wrestling/grappling exercise where the heart rate is elevated to 180-200 beats per minute.

Apply twelve pressure points to other recruits.

Execute a leg-trap control hold, which involves manipulation of and twisting/torquing of the ankle joint. Recruits will also have this applied to them. Participate in ground-defense counter measures, which involve movements and arm-lock control holds in which recruits take each other from standing to a prone position.

Perform, blocking and striking techniques with a police baton against a bagman and against each other while dressed in protective padded gear.

Extricate a resistive operator out of a motor vehicle using their baton as a torquing lever control tool. (Recruits must play both parts.)

Same as above only removing the operator by use of a bar-arm and inside body takedown.

After removing or being removed as above, handcuffs will be applied to the "controlled" subject by the rear handcuff method.

Use empty-hand, baton and firearm countermeasures on a simulated knife attacker and complete the technique with a handcuffing procedure.

Execute a handgun retention technique, which requires them to quickly pivot 360 degrees.

Recruits will be compelled to extricate themselves from an adversary physically holding them down.

Engage in foot pursuit drills which place the suspect in a prone position and apply a handcuffing technique. (Recruits also play the part of the suspect.)

Within the Physical Wellness Program, necessary warm-up and cool-down exercises are conducted.

III. CHEMICAL AGENTS TRAINING

The physical aspect of the chemical agents training consists of two exercises. In the exercise recruits are full face sprayed with their agency's Oleoresin Capsicum (Pepper spray) - (O.C.) that may be composed of Oleoresin Capsicum pepper, Isopropyl alcohol, and Isobutane/propane as a propellant.



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Subjects sprayed with this mixture can experience uncontrollable coughing, involuntary closing of the eyelids, loss of body motor control, intense burning sensation of the skin and respiratory distress.

During this training, emergency medical personnel are present. Decontamination procedures consist of washing the recruit's face and skin with water and milk, as well as the application of a baking soda paste.

IV. FIREARMS TRAINING PROGRAM

The firearms program consists of five (5) eight (8) hour days during which time recruits are required to be outside and on their feet for up to 6-7 hours per day regardless of the weather conditions. Recruits must also wear a fully equipped gun (duty) belt that weighs between 12 and 20 pounds. They will carry steel target frames that weigh between 27 to 39 pounds for a distance of approximately sixty yards. They must fire up to 2000 rounds of ammunition from both standing and kneeling positions.

During the "Stress Firing Course," recruits are required to run at% speed to full speed approximately 1,000 feet down a hill and immediately engage multiple targets from positions of cover and/or concealment. This is done in a crouched or kneeling position. The recruit then immediately re-holsters and runs to a second position and again engages multiple targets.

Recruits are also required to fire 25 rounds from a shotgun and up to 350 rounds from a rifle both standing and kneeling.

V. PHYSICAL WELLNESS PROGRAM

Physical Education Specialists administer the Physical Wellness Program. The quantity and quality of activity adheres to the guidelines established by the American College of Sports Medicine and the Cooper Institute for Aerobics Research. All recruits engage in up to eight hours of physical activity per week. Activities include aerobics, weight training, running, stretching and flexibility. Each activity session encompasses the necessary warm-up and cool-down phases.

VI. DRIVER TRAINING PROGRAM

(EVOC - Emergency Vehicle Operation Course) The physical portion of the Driver Training Program requires recruits to be in a vehicle for up to (30-40 hours over 5 days) engaged in various driving activities both forward and in reverse. Vehicle seat belts will be on during all driving courses.



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The recruits will be both a passenger and driver, the recruit may experience:

Sudden and quick movements from side to side while traveling in several vehicle dynamics courses in the forward direction at speeds of 25-40 mph. (35 mph Evasive/Serpentine Courses)

Vehicle skids on wet or dry surface depending on weather conditions at approximately 18-22 mph in a "skidcar". This may also occur at higher vehicle speed in the pursuit course and a cumulative course. If any driver error occurs in this type of drive movement or skid, a secondary skid may occur with equal to or greater intensity, throwing the vehicle in the opposite direction. Sudden forward movement when the brakes are applied on at speeds during a 40-mph braking course.

Recruits will experience vehicle motion and dynamics at a higher speed (0-85 mph) where the vehicle may be forced to steer suddenly, brake suddenly and drive through various cone courses. (Simulated Pursuit activity)

Driver must perform a timed driving course that may elevate the heart rate. (Cumulative Drive Courses or Simulated Pursuit activity, (3 - 7 minutes per run). Recruits will drive in reverse in a vehicle dynamics course, where they are required to look only out the rear and side windows and with a passing time of 90 seconds. Recruits may have to change tires on a vehicle.

VII. WATER SAFETY TRAINING

Recruits are expected to remain in a swimming pool for up to three hours during which time they will perform the following activities:

- Tread water for one-minute using legs only.
- Dive to a 12-foot depth and recover an 11-pound dummy and a 25-pound dummy.
- Throw a two-to-three-pound life-ring approximately 25 feet and tow a fellow recruit 25 feet through the water.
- _ Assist and pull a fellow recruit out of the water.
- While swimming with one arm, tow a fellow recruit 30 feet through the water at least three times.
- Escape from an aggressive victim by wrestling the victim underwater and swim to safety._ Swim 50 yards twice at sprint speed.

Perform four (4) separate spinal-injury management techniques requiring holding/lifting a fellow recruit to the water's surface using arms only.



DEPARTMENT OF EMERGENCY SERVICES & PUBLIC PROTECTION
POLICE OFFICER STANDARDS & TRAINING
285 PRESTON AVE, MERIDEN, CT 06450 • (203) 427-2622



I have read and discussed all of the above physical requirements (pages 1 through 4 inclusive) for the basic training program with the recruit and the recruit does not have restrictions that would prevent them from participating in the program.

Recruit Name: _____

Recruit Signature: _____

Date of Exam: _____
(MUST BE W/N 60 DAYS OF ACADEMY START)

Physician name: _____

CT License #: _____

Physician signature _____



DEPARTMENT OF EMERGENCY SERVICES & PUBLIC PROTECTION

POLICE OFFICER STANDARDS & TRAINING

Connecticut Police Academy

**Physical Wellness and Fitness
Assumption of Risk Form for
Apparently Healthy Individuals**

I desire to participate voluntarily in a regularly scheduled health-related physical fitness program at the Connecticut Police Academy. I understand that the exercise sessions involve one or more of the following types of activities: warm-up exercises such as calisthenics, muscular endurance, and strength activities, aerobic or endurance and strength activities, aerobic or endurance activities including walking, jogging, and the like. Aerobic exercises are designed to place gradually increasing demands on the cardiovascular system to improve my functional capacity (aerobic fitness). I further understand that these sessions are not designed for individuals with known heart disease with or without functional impairment.

Although complications are rare, I understand that the reaction of the cardiovascular system to such activities cannot be predicted with complete accuracy. There exists the possibility of certain changes occurring during or following exercise. These include mild lightheadedness, fainting; abnormalities in blood pressure or heart rate, ineffective heart function, and, in rare instances, heart attack or cardiac arrest.

I understand that the Police Officer Standards and Training Council will attempt to minimize such changes and their effects by having instructors who are knowledgeable in emergency procedures and who will possess cardiopulmonary resuscitation (CPR) certification.

I further understand that the Academy's Defensive Tactics Training Program consists of HIGH IMPACT exercises, including the "hip roll" and "shoulder throw" techniques. All high impact exercises are conducted at one-half speed.

I further certify that I have received medical clearance from a licensed physician prior to embarking on this exercise program. Any testing of fitness parameters by the exercise staff is to be used in determining individual progress and should not be relied upon by me unless such tests and reports are requested, reviewed, and approved by a licensed physician.

Page 1 of 2

Recruit Initials / Date

_____/____

Finally, I understand that the staff related to these exercise sessions are trained and qualified in varying degrees in the fields of physical fitness and conditioning, and exercise physiology, but are not qualified to render medical advice.

I have read the foregoing and understand it. Any questions which have arisen or occurred to me have been answered to my satisfaction.

(Trainee's Signature)

(Witness's Signature)

(Printed Name)

(Printed Name)

(Date)

(Date)

Please take note of the new ordering format!

The Connecticut Police Academy SESSION 388
POST Basic Recruit Equipment Form
Session Start Date: October 3rd, 2025

Name:	Date:
Address:	Invoice #:
Police Dept. Address:	Phone #:
Visa/MC: Cash: Check:	

Pinky's Embroidery & more is located at 158 Research Drive, Unit K-L, Milford, CT 06460
 Phone: 203-283-0749; Email: pinkyembroidery@gmail.com

Item	Price	Small	Medium	Large	XLarge	XXLarge	Total
Grey T-Shirts (4)	\$20						
Blue Sweatshirts (1)	\$20						
Blue Sweatpants (2)	\$25						
Blue Shorts (2)	\$20						
Blue Hooded S/S no/zip (1)	\$30						
Blue Cap w/POST Logo (1)	\$20						
Cargo Bag Black (1)	\$35						
Black Knit Cap w/POST logo (1)ck	\$10						
POST State Outline Patch (1 per shirt)	\$5						
Senior Flag Pin (1)	\$8						
Clear Water Bottle w/logo (1)	\$20						
Black Tie (clip on) (1)	\$8						
Terry Cloth Robe- color white	\$60						
Lettering-name (gym clothes)	\$30						
Lettering-class # (gym clothes)	\$30						
						Total	
<i>Pinky's will bill the Department, if requested</i>	<i>No restock charge on blank items</i>			<i>If items are worn or personalized, no returns</i>			

Books To Be Ordered (review attached sheets)	Order Information
<ul style="list-style-type: none"> CT Criminal Law (black book) Title 53, 53a, 54 (newest edition) Looseleaf Law Publication CT Motor Vehicle Law (black) Looseleaf Publication "Title 14" (newest edition) 	<p>Can order online BUT make sure of accurate book ID # 1-800-647-5547 Looseleaf Law Publications, Inc. http://www.looseleaflaw.com Click on Connecticut You can also order Text directly from Connecticut Fire Academy</p>

COMPLETE THIS SECTION WHEN ORDERING CLOTHING

Person placing the order: _____ Telephone # _____

Police personnel "authorizing" the order _____ Telephone # _____