



**STATE OF CONNECTICUT
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION**

**Police Officer Standards and Training Council
Connecticut Police Academy**

TO: Training Officers
Police Departments with Seats in the 382nd Training Session

FROM: Basic Training Division

DATE January 30, 2024

SUBJECT: Upcoming Fitness Test Requirements – INCOMING RECRUITS – “382”

The Physical Fitness Standards adopted by the P.O.S.T. Council took effect on December 1, 1995. The Council-established minimum physical fitness norms are now "a condition of appointment to a position of probationary candidate (Police Officer) in a law enforcement unit" and also "a condition for entry into, and continuation in, a Council accredited B.L.E.T. program." The Council also adopted a policy of allowing the entry into a basic training program if the individual demonstrated his/her compliance with the standards within a **thirty (30) day** period **prior to the beginning of the program.**

The 382nd Session is scheduled to begin on FRIDAY April 5th, 2024 WITH FITNESS TESTING TAKING PLACE THURSDAY April 4th, 2024 therefore, THAT THIRTY (30) DAY PERIOD FOR THE 382ndSESSION IS BETWEEN WEDNESDAY MARCH 5TH, 2024 AND THURSDAY APRIL 4TH, 2024.

Please find enclosed a packet of documents which you should use to document your candidate's compliance with the fitness standards and to ensure your candidate's physician certifies that your candidate may safely participate in the related fitness programs. Please make the necessary number of copies of the Medical Approval Form.

You may have your candidate establish his/her compliance in one of three (3) different ways explained below:

OPTION #1:

You may have your candidate tested and pre-certified by a "certified fitness specialist". A list of current Fitness Specialists is posted on the Connecticut Police Academy website under the Basic Training Division Tab [POSTC-Approved-Fitness-Specialists.pdf \(ct.gov\)](#)

The fitness specialist who performs the pre-certification fitness tests for your candidate(s) will then fill out, and sign, the "PHYSICAL PERFORMANCE EXAMINATION CANDIDATE SCORE SHEET" enclosed in the fitness packet. Your candidate(s) will then be accepted into the 382ND Session based on the fitness specialist's certification that the candidate has been tested (i.e. pre-certified) within the

cited thirty (30) day period and successfully demonstrated compliance. The candidate may be tested as many times as he/she desires, and you, and the Certified Fitness Specialist, allow.

If you choose Option #1, please make sure that the following is completed:

1. Have the candidate's doctor sign the medical form included in the enclosed fitness packet before the candidate appears for fitness testing. NOTE: **The doctor's form requires that he/she sign that he/she has seen the description of the Council's Fitness Tests and Fitness Programs (included in the fitness packet) and he/she certifies that your candidate may safely perform those tests and participate in the programs.**
2. Have your candidate present both the fitness packet, with the medical form signed to the Fitness Specialist.
3. Have the Fitness Specialist complete and sign the "PHYSICAL PERFORMANCE EXAMINATION CANDIDATE SCORE SHEET". When the "MEDICAL FORM" and the "PHYSICAL PERFORMANCE EXAMINATION CANDIDATE'S SCORE SHEET" are properly signed, send them here to our Basic Training Division to the attention of law enforcement instructor Karla Medina, karla.medina@ct.gov two weeks prior to the start of the academy session.

OPTION #2:

You may have your candidate tested (i.e., pre-certified) by POST staff personnel here at the Connecticut Police Academy, by notifying us and your candidate that you want him/her to report here at **1000 hours on THURSDAY MARCH 14TH, 2024 with the enclosed doctor's permission form properly completed by the candidate's doctor.** We will then test your candidate and you will receive notification from us whether your candidate has successfully demonstrated compliance and, if so, will be admitted to the Academy for the 382nd Session.

Should you opt for Option #2 to be tested for pre-certification on Thursday March 14th, 2024, please contact law enforcement instructor Karla Medina at our Basic Training Division at karla.medina@ct.gov two weeks in advance of the test date to register the candidate. You may register one candidate for each of the seats you have tentatively reserved in the Session.

OPTION #3:

If your candidate is NOT pre-certified, under either Option #1 or #2 above they will be tested with the full session at the Academy at our final entry physical fitness testing on **THURSDAY APRIL 4TH, 2024.** (ALL RECRUITS MUST TEST ON THIS DATE)

Your candidate will be tested at that time, and if he/she successfully demonstrates fitness, will be admitted into the program. If he/she does not successfully demonstrate fitness and has not been pre-certified, he/she will not be accepted into the program and your department will be notified accordingly.

The candidate will need to bring the following on the testing date:

1. Clothing suitable for taking the tests (including the 1.5 mile run outdoors).
2. Appropriate photo identification (i.e. driver's license).
3. The medical form, completely filled out with all required signatures.

NOTE:

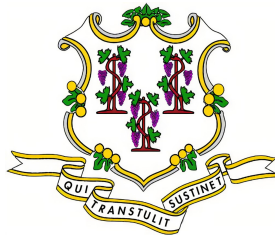
"To complete the Basic Law Enforcement Training program and achieve initial certification as a police officer, probationary candidates must complete a demonstration of physical fitness at the 40th percentile (as measured by the currently in place four standard tests) effective for all probationary candidates."

Be advised if your candidate is precertified through your agency or on March 14th, 2024 they will still need to attend testing on April 4th, 2024 and should continue to prepare for the physical training program. Any break in a fitness routine between precertification and entrance to academy will affect their performance in our training program.

Should you have any question on this topic please contact LAW ENFORCEMENT OFFICER KARLA MEDINA at 203-427-2613 or email Karla.medina@ct.gov.

Enclosures: 1. Medical Approval Form
2. Physical Performance Examination Score Sheet

MF/mf



STATE OF CONNECTICUT
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION
Police Officer Standards and Training Council
Connecticut Police Academy

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



STATE OF CONNECTICUT

Police Officer Standards and Training Council
Connecticut Police Academy



PHYSICAL PERFORMANCE EXAMINATION – 40%

NAME: DEPARTMENT / AGENCY:

DATE: GENDER: Male Female Age: _____ Photo ID #: _____

Start Time		<u>EVENT</u>	<u>40 % TARGET</u>	<u>TRIAL SCORE</u>	<u>INITIALS</u>	<u>P / F</u>	End Time
	1	Sit-ups					
	2	300 Meter Sprint					
	3	Push-ups					
	4	1 ½ Mile Run					

ACCEPTANCE OF SCORES: *I certify that to the best of my knowledge the above scores are correct.*

FITNESS SPECIALIST NAME: DEPARTMENT:
(please print)

FITNESS SPECIALIST SIGNATURE

FITNESS SPECIALIST CERTIFICATION DATE

Male Candidate

AGE	<u>1 MINUTE OF SIT-UPS</u>	<u>300 METER SPRINT</u>	<u>1 MINUTE OF PUSH-UPS</u>	<u>1.5 MILE RUN 40%</u>
20-29	38	59 SECONDS	29	12:38
30-39	35	59 SECONDS	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	<u>1 MINUTE OF SIT-UPS</u>	<u>300 METER SPRINT</u>	<u>1 MINUTE OF PUSH-UPS</u>	<u>1.5 MILE RUN 40 %</u>
20-29	32	71 SECONDS(1:11)	15	14:50
30-39	25	79 SECONDS(1:19)	11	15:38
40-49	20	94 SECONDS(1:34)	9	16:21
50-59	14	N/A	7	18:07

285 Preston Avenue Meriden, Connecticut 06450-4891
An Equal Opportunity Employer

Physical Fitness Assessment Battery Testing



Verbal Scripts

Sit Up Test

300 Meter Run

Push Up Test

1.5 Mile Run

Verbal Script for the Sit-Up Test

- This is the One Minute Sit-Up Test which measures muscular endurance of the abdominals.
- The test will count the number of correct sit ups completed in one minute.
- To start the test you will be lying on the ground with your knees bent, feet flat on the floor.
- Hands interlaced and held behind the head
- The neck should remain in a neutral position without pulling on the head. A partner will hold your feet firmly with his/her hands.
- The up position is obtained when the elbows touch the knees.
- The down position is obtained when the shoulder blades touch the floor.
- During the test if it is necessary to rest, you may only rest in the up position, maintaining the hands behind the head.
- Breathing during the test should be as normal as possible. At no time should you hold your breath.
- A correct sit up will be counted each time the up position is met while maintaining proper form. The number will be recorded in the “down” position.
- If at any time the described form is broken by raising the buttocks, unlocking the hands, failing to touch the knee or break the plane of the knee, the incorrect sit up will not be counted.
- After hearing these instructions, do you see any medical reason you cannot or should not complete this test or do you have any questions about the instructions?
- Please move to the starting position and wait for a signal to begin.

Equipment: Stopwatch, soft surface or mats, test forms to record data

Verbal Script for the 300 Meter Run Test

- This is a 300 Meter Run Test which measures anaerobic power.
- Prior to the test, you should warm-up per your normal training regimen. To begin the test, you will gather at the starting line. At the signal, begin to run as fast as possible until you reach the finish line.
- During the test pacing devices, external assistance, or devices that impair individuals from hearing will be prohibited.
- As you cross the finish line your time will be recorded in minutes and seconds.
- After finishing this test, continue to walk slowly for 3-5 minutes to cool-down. Do not stop moving.
- If at any time members run astray of the described course, utilize any external assistance, or any deviation from protocol, then the test will be terminated, and the results will not be recorded. If you feel any distress during or after the test, then inform the test administrator and do not continue the test.
- After hearing these instructions, do you see any medical reason you cannot or should not complete this test or do you have any questions about the instructions?
- Please move to the starting position and wait for a signal to begin.

Equipment: Stopwatches, accurately measured course of 300 meters that is flat and allows visibility of the entire course by the administrator, test forms to record data.

Verbal Script for the One Minute Push-Up Test

- This is the 1 Minute Push-Up test to measure muscular endurance of the upper body, specifically the anterior deltoids, pectoralis major and the triceps.
- The test will count the number of correct push-ups completed in 1 minute. The positioning for the full push-up test is as follows;
- Prior to beginning the test, you will lie on the ground face down, feet together, hands slightly wider than shoulder width apart, fingers pointed forward.
- The body will form a straight line from the ankles, through the knees, hips, back and shoulders to the head.
- To start the test you will be in the up plank position where the body forms a straight line from head to ankles with the head in a neutral position, arms at a soft extension and feet together.
- The test administrator or partner will place his/her fist or measuring device under chest in the middle of the sternum to verify that the down position has been obtained. If testing females, a 3-inch sponge/measuring device will be used in place of the fist.
- If it is necessary to rest during the test, you must rest in the “up” position with arms extended without placing a knee/lower leg down onto the mat and must return to the proper up plank position where the body forms a straight line from head to the ankles with the head in a neutral position and the arms at a soft extension with feet together.
- Breathing during the test should remain as normal as possible by exhaling on the way up and inhaling on the way down. At no time should you hold your breath.
- A correct push-up will be counted each time the planked body is lowered from the up position to the down position where the chest touches the fist or sponge and returns to the up position while maintaining the proper form.

- Correct push-ups will be indicated by a counter announcing the number completed or they will indicate why not counted.
- If at any time the form is broken by raising or piking the buttocks, sagging the midsection of the body, arching the back, lifting a hand or foot, not going all the way down or up, lifting the neck, or any deviation from protocol, then the incorrect push-up(s) will not be counted. If the continued incorrect form is deemed unsafe to your health, then the test may be terminated.
- After hearing these instructions, do you see any medical reason you cannot or should not complete this test or do you have any questions about the instructions?
- Please move to the starting position and wait for a signal to begin.

Equipment: Stopwatch, 3-inch sponge/measuring device, digital push up reader, testing form to record data

Verbal Script for the 1.5 Mile Run Test

- This is the 1.5 Mile Run Test, which provides an estimate of cardiorespiratory fitness level.
- The test will measure the time required to run 1.5 miles.
- Prior to the test you should warm up per your normal routine.
- To start the test, you will gather at the starting line. At the signal, begin to run as fast as possible until you reach the finish line or complete the correct numbers of laps. The correct number of laps is _____ {Insert number of laps}.
- During the test, pacing devices, external assistance or devices that impair the individuals from hearing instructions will be prohibited. Lap times will be provided during the test if running on a track.
- As you cross the finish line your time will be recorded in minutes and seconds. The finish time will be used to estimate your cardiorespiratory fitness level.
- After finishing the test continue to walk slowly for 5 minutes to cool down. Do not stop moving.
- If at any time members run astray of the described course, utilize any external assistance, or any deviation from protocol, then the test will be terminated, and the results will not be recorded. If you feel any distress during or after the test, then inform the test administrator and do not continue the test.
- After hearing these instructions, do you see any medical reason you cannot or should not complete this test or do you have any questions about the instructions?
- Please move to the starting position and wait for a signal to begin.

Equipment: Stopwatch(s), accurately measured course of 1.5 miles that is relatively flat and fully visible by an administrator, test forms to record data.