

DEPARTMENT OF EMERGENCY SERVICES & PUBLIC PROTECTION

POLICE OFFICER STANDARDS & TRAINING

285 PRESTON AVE, MERIDEN, CT 06450 • (203) 427-2622

TO: Department Training Officers
From: Basic Training Division
Date: December 2, 2024 (updated)
Subject: Return of Forms, Session 385

To ensure your agencies recruit for a seat in this Training Session and assist our staff in processing the application in an expeditious manner, certain forms must be returned to the Basic Training Division at least three weeks prior to the beginning of the Training Session.

Your recruit has been registered to attend scheduled Session #385, which begins on Thursday January 2, 2025, at 0800 hours with the recruit's entrance physical testing. **Session #385 will be a commuter academy** class operating Monday through Friday between the hours of 05:45-16:45 hours to include PT, unless otherwise directed. **Please complete and return the following forms to the Academy on or before December 13th, 2024. Forms must be submitted electronically to post.basic@ct.gov**

Required forms **to be returned to POST** are:

1. Basic Police Officer Training Program Application
2. Basic Training Division Entry Requirements for Appointment
3. Physical Wellness and Fitness Assumption of Risk for Apparently Healthy Individuals
4. Medical Approval Form (*form enclosed with fitness package as well as this packet*)
5. Addendum to the Medical Form (*all 5 pages*)
6. Physical Performance Examination – Candidate Score Sheet (*Only if the recruit has been physical fitness pre-certified*)

DEPARTMENT TRAINING OFFICERS ARE ENCOURAGED TO FAMILIARIZE THEMSELVES WITH THE RECRUIT LETTER ENCLOSED IN THE PACKAGE TO ENSURE THE RECRUITS ARE PROVIDED WITH THE PROPER UNIFORMS AND EQUIPMENT.

Should you have any questions, please call Amie Ledoux at 203-427-2622 or Marc Fasano 203-427-2608, Monday through Friday, between 8 a.m. and 4:30 p.m.

Marc Fasano
Division Director



DEPARTMENT OF EMERGENCY SERVICES & PUBLIC PROTECTION

POLICE OFFICER STANDARDS & TRAINING

285 PRESTON AVE, MERIDEN, CT 06450 • (203) 427-2622

TRAINING OFFICER AND RECRUIT,

You are registered to attend the 385th Training Session of the Police Officer Standards and Training Council Academy, held at 285 Preston Avenue Meriden, Connecticut. The Session will commence with physical fitness testing on **THURSDAY January 2nd, 2025**, and then begin in earnest on **FRIDAY, JANUARY 3rd, 2025** as a commuter academy class. Below are your initial instructions which must be adhered to in their entirety.

All recruits must report to the rear entrance of the Connecticut Police Academy, dressed in their police academy approved physical fitness attire no later than **0700 on THURSDAY JANUARY 2ND, 2025** to begin preparation for fitness testing. Male recruits are expected to be clean shaven with neat haircuts allowed to be gradually faded from zero to no more than 1.5 inches on top. Female recruits' hair shall be worn so as not to fall over the ears or eyebrows or touch the collar and if long, neatly pulled back in a bun. After completion of the physical fitness testing, the recruits will be released to follow their agency's directives.

Recruits must then report to the rear of the Connecticut Police Academy no later than **0730 hours on FRIDAY JANUARY 3RD, 2025** to begin a full day of Academy orientation. Recruits shall arrive dressed in formal business attire.

Prior to the start of the academy recruits will be required to provide a short writing sample of at least 300 words, in the form of a memo covering the following topics:

1. Why do you want to become a law enforcement officer and how have you prepared?
2. What drew you to and made you choose the department you were hired by?
3. What issue facing law enforcement do you think is important and how do you plan to address it?

This memo must be in long-hand or printed but cannot be done on a typewriter or computer. These writing samples will be collected on the full orientation day, Friday January 3rd, 2024.

Classes are traditionally held Monday through Friday from 0800 - 1645 hours unless otherwise directed on the schedule. **Physical fitness will take place Tuesday through Friday Morning 0545-0645 hours.** You will **not** be permitted to leave the Academy grounds between 05:45 to 16:45 Monday to Friday, without prior authorization. Prior authorization is set aside for emergency situations so all existing appointments and prescheduled events not training related should be rescheduled by the recruits prior to entering the academy. Classroom learning may take place

online at times if unforeseen events occur, 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.

Except for Monday breakfast, the Academy will provide you with two meals per day

Classes will NOT be held on the following dates:

Monday January 20th, 2025 – Martin Luther King Jr. Day
Wednesday February 12, 2025 – Lincoln's Birthday
Monday February 17th, 2025 – Washington's Birthday
Friday April 18th, 2025 – Good Friday
Monday May 26th, 2025 – Memorial Day
Thursday June 19th, 2025 – Juneteenth Day

Anticipated Graduation is the week of June 23rd, 2025

REQUIRED ITEMS:

- 1) **Two (2) SHORT SLEEVED and two (2) LONG SLEEVED "Dickie" brand khaki uniform shirts. - PLUS - two (2) pair of "Dickie" brand khaki uniform trousers. (recruits may order extra if they desire)**

All uniforms shirts must have Department **and** Police Academy patches affixed to them.

"Connecticut Police Academy" patch to be affixed to the **LEFT** sleeve, one inch below the shoulder seam.

"Department" patch to be affixed to the **RIGHT** sleeve, one inch below the shoulder seam.

- "Connecticut Police Academy" patches may be purchased at Vio's Sport
 - **PLUS** (see enclosed order form).
- 2) Five (5) white crew neck tee shirts
 - 3) Black tie shoes or boots (leather only and shine-able toe)
 - 4) Five (5) pair black crew socks - **NO ANKLE HEIGHT**
 - 5) Black trouser belt (1-3/4" maximum width - LEATHER ONLY)
 - 6) Department nametag
 - 7) One (1) Black "clip on tie
 - 8) One (1) Department tie bar
 - 9) Running shoes - Color: **SOLID BLACK, WHITE OR LIGHT GREY - NO EXCEPTIONS**
 - 10) Five (5) pair white crew socks (no color trim) - **NO ANKLE HEIGHT**
 - 11) Department issued waist-length jacket with department patches
 - 12) Rainwear (department issued)
 - 13) Reflectorized department traffic vest
 - 14) One (1) pair of white traffic gloves
 - 15) Four (4) white towels, wash clothes
 - 16) One (1) Terry cloth robe (Color: White, at least 3/4 length, i.e. knee length or longer, male & female)
 - 17) Five (5) hangers
 - 18) One (1) pair shower shoes (flip flops or clogs - black or blue)
 - 19) Four (4) sports bras (females -for defensive tactics and physical fitness)

- 20) One (1) athletic supporter with cup (males - for defensive tactics and physical fitness)
- 21) One (1) mouth guard for use in defensive tactics
- 22) Black compression shorts for wearing under gym shorts (not to extend past outershorts)
- 23) Shoe polish, brush, cotton balls or cotton cloth
- 24) Personal toiletry articles (one-week supply) including soap, shampoo, etc.
- 25) Undergarments and other personal laundry: one (1) week supply
- 26) Personal prescription medication (in original container). You will not bring any power drinks/power bars or vitamin supplements without a doctor's written authorization.
- 27) Emergency Medical Responder: 7th Edition. AAO.S. ISBN: 9781284225914
- 28) CT Penal Code, Title 53a and CT Motor Vehicle Law, Title 14 Books, Looseleaf Law publication color black, All law books must be current and up to date
- 29) Department authorized/issued gun cleaning kit
- 30) Department issued Bullet Proof Vest (by third week in academy)
- 31) One A-44 Form
- 32) One Motor Vehicle Infractions Book
- 33) One Motor Vehicle Warning Book
- 34) One Juvenile Summons Book
- 35) One Photocopy of a Uniform Arrest Report
- 36) One Bond Form
- 37) One Juvenile Rights Waiver Form
- 38) One Juvenile (age 16-17) Rights Waiver Form
- 39) One FWSN Form
- 40) One Juvenile Review Board Referral Form, if applicable
- 41) One Committal Form (section 17a-503)

The following items "**MUST**" **HAVE THE CONNECTICUT POLICE ACADEMY "LOGO"** and may be purchased from Vio's Sport Plus, 487 Campbell Avenue (rear), West Haven, CT **OR** the vender of your choice. Order form enclosed (Do **NOT** return this form to POST).

- 1) One (1) blue hooded sweatshirt
- 2) One (1) blue hoodless sweatshirt
- 3) Two (2) blue sweatpants
- 4) Two (2) blue sweat shorts (mid-thigh or top of knee)
- 5) Four (4) gray dry fit tee shirts
- 6) One (1) blue baseball cap with logo with last name inscribed on back of hat**
- 7) One (1) black knit cap with logo
- 8) One (1) senior class pin
- 9) Four (4) Connecticut Police Academy patches (for 4 required uniform shirts previously listed)
- 10) Cargo bag (black) with police academy patch on one side
- 11) Academy approved water bottle

Recruits, you will be given a copy of the Rules and Regulations of the Academy during their orientation. The Session Coordinator will go over the Rules and Regulations with you, at which time you will be given an opportunity to ask any questions related to the Rules and Regulations. You will then be required to sign and turn in a form acknowledging that you have read and understand the Rules and Regulations. During your time at the academy, you shall adhere to the standards the academy has put in place and will be subject to discipline up to dismissal for violations of the Rules and Regulations.

POSTC 51 Entry Requirements for Appointment as a Police Officer

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 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, prior to beginning the academy, the recruit must be in receipt of a medical clearance and submit the original fully executed Medical Approval Form **signed by the examining physician.**

Equipment

Each recruit must be supplied with the following equipment by the third Monday of the Police Academy (1/21/25 for Session 385 due to Monday being a holiday):

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.**

The session coordinator or defensive tactics instructor will advise recruits when to bring department issued Chemical/O.C. agents therefore recruits shall not bring them to the Academy until you are instructed to do so. O.C. spray cannisters shall be new cannisters. Used cannisters will not be accepted.

A P.O.S.T. Firearms instructor will advise recruits when to bring their sidearm 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 prior to delivery/issuance. Failure to complete this requirement may delay your qualification in firearms. Once the department issued firearm is at the Academy it will remain here until "the end of the session" unless authorization is issued by the Division Director.

By day one of your recruit's scheduled firearms training, the department or recruit should have, in the Academy armory, 2,000 rounds of practice ammo for their department issued sidearm. The Academy is requesting that the ammo be "lead free" or "frangible". This requirement is to meet or exceed Health and Environmental standards. All major manufacturers produce "lead free" or "frangible" ammunition.

At least 250 rounds MUST be Lead Free/Frangible so your recruit may satisfy the new curriculum requirement for "low light firearms".

Fifty rounds of department issued duty ammo is also required for the range. This is to familiarize the recruit with any differences which may be experienced after using practice ammo.

Shotgun requirements: 5 Slug and 25 "00" buck rounds and department issued shotgun should be dropped

off 1 week prior to shotgun training.

If your agency does not have a shotgun, one will be supplied by the academy based on availability, however ammo is the responsibility of the recruit's agency.

Simunitions Requirements: Recruits are responsible for notifying their agency of the date they are assigned to conduct training. Departments must provide a simunitions weapon or conversion kit, 50 rounds of simunition marking cartridges, safety gear and use of force or firearms instructor for the day.

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.

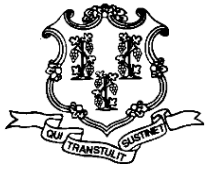
Upon being notified by the firearms staff of the date to drop off the above-mentioned ammunition, departments must be prepared to drop the ammunition off at the academy in securely packaged boxes with the recruit's "**NAME AND DEPARTMENT AND SESSION NUMBER 385**" clearly marked on the outside.

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 are able to 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.



Marc Fasano, Division Director
Basic Training Division (acting)



POLICE OFFICER STANDARDS AND TRAINING COUNCIL CONNECTICUT POLICE ACADEMY



POST ACADEMY OBJECTIVE, VISION AND VALUES

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	<u>ACKNOWLEDGED BY APPOINTING AUTH.</u>	<u>ACKNOWLEDGED BY APPOINTEE</u>
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	_____	_____
<i>If Appointee had previous law enforcement job</i>		
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.	_____	_____
Name and title of person from former law enforcement unit(s) providing this information to you: _____		

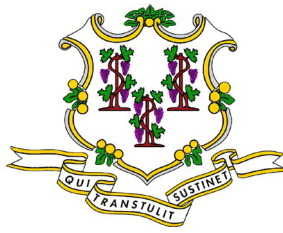
POSTC STANDARDS	<u>ACKNOWLEDGED BY APPOINTING AUTH.</u>	INITIALS <u>ACKNOWLEDGED BY APPOINTEE</u>
10. Background Examination Completed M/V conviction checked for:	_____	_____
Evasion of Responsibility (Not a disqualifier)	_____	_____
Operating "Under the Influence" (Not a disqualifier)	_____	_____
No act of perjury or false statement (Disqualifier)	_____	_____
11. Polygraph Administered by _____ Date _____ and on file (must be within 182 days of appointment)	_____	_____
12. Psychological Administered Date: _____ and on file (must be within 5 years of appointment)	_____	_____
13. Negative Drug Screen – Controlled Substances (All controlled substances not prescribed for the applicant)	_____	_____
14. Physical Fitness (Entry Level only)	_____	_____
Name/Agency of certified examiner:	_____	
15. Sworn-In Date (GN 03-04):	_____	

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.

_____ ** Appointing Authority Signature	_____ Date	_____ Department
_____ ** Appointee Signature	_____ Date	

* Officers assigned to patrol duties only



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

MEDICAL APPROVAL FORM FOR BASIC TRAINING PROGRAM (INCLUDING PHYSICAL FITNESS TEST)

*PHYSICIAN'S CERTIFICATION OF ABILITY TO PARTICIPATE IN THE POLICE
OFFICER STANDARDS & TRAINING COUNCIL'S BASIC TRAINING PROGRAM*

This is to certify that I have reviewed the following submitted material describing various aspects of the Police Officer Standards and Training Council's "Basic Recruit Training Program."

- Entry Level Physical Fitness Standards (Physical Fitness Test)
- Defensive Tactics Training Program
- Chemical Agents Training
- Firearms Training Program
- Physical Wellness Program
- Driver Training Program
- Water Safety Program

After reviewing said material, it is my professional opinion that the candidate named below:

Candidate's Name: _____

Candidate's Employing Agency: _____

Date of this Physician's Exam: _____

(Approval only valid for 60 days from date of exam)

IS MEDICALLY CAPABLE OF PARTICIPATING IN THIS BASIC RECRUIT TRAINING PROGRAM.

Physician's Signature: _____

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

CALEA Internationally Accredited Public Safety Training Academy

285 Preston Avenue – Meriden, Connecticut 06450-4891
An Affirmative Action/Equal Opportunity Employer

(Rev. 10/21)



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	1 MINUTE OF SIT-UPS	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 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	1 MINUTE OF SIT-UPS	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40 %
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



ADDENDUM TO THE MEDICAL FORM

I. SPECIFICATIONS AND STANDARDS FOR FITNESS TESTING (COOPERTEST)

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 the 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 Employment as a Police Officer using the 40th percentile of the 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	N/A	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	N/A	7	18:07
60-69	6	N/A	N/A	20:06

RECRUIT NAME : _____ PHYSICIAN'S INITIALS: _____

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 (bag-man) while a second recruit holds the bag-man. (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/torqueing 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 bag-man and against each other while dressed in protective padded gear.
- Extricate a resistive operator out of a motor vehicle using their baton as a torqueing 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 apply and to extricate themselves from a strangle/choke hold.
- 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. During this spray event, the recruits are directed to have their eyes and mouth shut.

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.

RECRUIT NAME : _____ PHYSICIAN'S INITIALS: _____

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 weight between 27 to 39 pounds for a distance of approximately sixty yards. They must fire between 700 to 1,000 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 both standing and kneeling from the shoulder and the hip.

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 three to five 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 seatbelts will be on during all driving courses.

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.

RECRUIT NAME : _____ PHYSICIAN'S INITIALS: _____

Recruits will experience vehicle motion and dynamics 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)

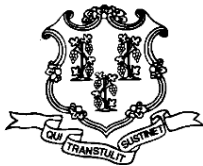
Driver must perform a timed driving course that may elevate the heart rate. (Cumulative Drive Courses or Simulated Pursuit activity, (3 – 7 minutes per run). Recruits will drive in reverse in a vehicle dynamics course, where there are require to look only out the rear and side windows and with a passing 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-pounddummy.
- Throw a two to three pound life-ring approximately 25 feet and tow a fellow recruit 25feet 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.

RECRUIT NAME : _____ PHYSICIAN'S INITIALS: _____



**POLICE OFFICER STANDARDS AND TRAINING COUNCIL
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 in an attempt 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.

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 385
POST Basic Recruit Equipment Form
Session Start Date: January 3rd, 2025 (fitness 1/2/25)

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

[Vio's Sports Plus](#) is located at 487 Campbell Avenue (rear), West Haven, CT 06516
 Phone: 203-934-3368; Fax: 203-934-1117; Email: viossportsplus@yahoo.com

Item	Price	Small	Medium	Large	XLarge	XXLarge	Total
Grey T-Shirts (4)	\$						
Blue Sweatshirts (1)	\$						
Blue Sweatpants (2)	\$						
Blue Shorts (2)	\$						
Blue Hooded S/S no/zip (1)	\$						
Blue Cap w/POST Logo (1)	\$						
Cargo Bag Black (1)	\$						
Black Knit Cap w/POST logo (1)ck	\$						
POST State Outline Patch (1 per shirt)	\$						
Senior Flag Pin (1)	\$						
White water Bottle w/logo (1)	\$						
Black Tie (clip on) (1)	\$						
Terry Cloth Robe- color white	\$						
Lettering-name (gym clothes)	\$						
Lettering-class # (gym clothes)	\$						
Delivery method?							Total
Vio's will bill the Department	No re-stock charge						<i>If items are worn, no returns</i>

Books To Be Ordered (review attached sheets)	Order Information
<ul style="list-style-type: none"> Emergency Medical Responder Text 7th edition First Response in Emergency Medical Care: ISBN-9781284225914 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 Can also order EMR Text directly from Connecticut Fire Academy</p>

COMPLETE THIS SECTION WHEN ORDERING CLOTHING

Person placing the order: _____ Tel# _____

Police personnel "authorizing" the order: _____ Tel# _____