




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

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

TO: Training Officers
Police Departments with Seats in the 383rd Training Session

FROM: Basic Training Division 

DATE: March 19th, 2024

SUBJECT: Upcoming Fitness Test Requirements – INCOMING RECRUITS – “383”

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 "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 383rd Session is scheduled to begin on FRIDAY July 12th, 2024, WITH FITNESS TESTING TAKING PLACE THURSDAY July 11th, 2024 therefore, THAT THIRTY (30) DAY PERIOD FOR THE 383rd SESSION IS BETWEEN WEDNESDAY JUNE 12th 2024 AND THURSDAY JULY 11th, 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 383rd 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 (06/28/24)**

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 JUNE 20TH, 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 383rd Session.

Should you opt for Option #2 to be tested for pre-certification on Thursday June 20th, 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 JULY 11TH, 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, filled out completely 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 June 12th, 2024 they will still need to attend testing on July 11th, 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

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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 EMERGENCY SERVICES & PUBLIC PROTECTION POLICE OFFICER STANDARDS & TRAINING

PHYSICAL PERFORMANCE EXAMINATION – 40%

NAME: _____ DEPARTMENT/AGENCY: _____ DATE: _____

DATE OF BIRTH: _____ GENDER: Male Female Age: _____ Photo 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 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

CANDIDATE SIGNATURE

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 (1:14)	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
60-69	06	N/A	N/A	20:06

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