



# State of Connecticut

## Police Officer Standards and Training Council Connecticut Police Academy



### GENERAL NOTICE 16-03

**To:** Chief Law Enforcement Officers  
Training Officers  
Protective Services  
Resident Troopers

**From:** Thomas E. Flaherty  
Police Academy Administrator

**Date:** June 9, 2016

**Subject:** Modification to the Cooper Institute Fitness Test Battery for Entrance Into a Basic Training Police Recruit Academy

At the regular May 12, 2016 meeting of the Police Officer Standards and Training Council, the Council adopted a modification to the Cooper Institute Fitness Test Battery for Entrance into all Basic Training Police Recruit programs.

**The Sit and Reach Flexibility portion of the Fitness Test Battery is eliminated and in its place will be the Anaerobic Power (Sprinting Ability) 300 Meter Run.**

The Cooper Institute has determined that the Sit and Reach Flexibility portion is “not predictive or is predicative in only a few cases” of performing physical tasks in an Academy program.

On the other hand, the 300 meter run (a measurement of sprinting ability) is, according to the Cooper Institute “highly predictive of job task performance.”

The Cooper Institute has recommended the following sequence for testing:

- Sit-ups
- 300 Meter Run
- Push- Ups and
- 1.5 mile run

Cooper recommends a minimum 5 minute rest between each testing activity.



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Cooper has published the protocol for the 300 meter run and the norms for Males and Females, a copy of which is included with this general notice.

Numerous 30 minute orientation sessions will be held at the Academy to discuss the test modifications, Test protocols and adjusted score sheets. These sessions will be mandatory for Cooper Testing personnel. A calendar of scheduled sessions will be available soon and posted on our website [www.ct.gov/post](http://www.ct.gov/post)

**The above change in testing will go into effect as of July 5, 2016. All recruits entering an Academy after July 5, 2016 will have to pass the new test for entry into an Academy.**

If there are questions regarding this substitution, please contact Physical Fitness Coordinator Gary Fredericks at the POST Connecticut Police Academy at 203-427-2613 or e-mail – [gary.fredericks@ct.gov](mailto:gary.fredericks@ct.gov).



## PROTOCOL FOR ANAEROBIC POWER TESTING

### 300 Meter Run Test

#### Purpose

Measure of anaerobic power. This test is recommended as part of the public safety fitness assessment battery.

#### Equipment

400 meter running track, or any measured 300 meter flat surface that provides good traction, running shoes. Irregular surfaces such as loose gravel are not acceptable.

#### Procedures

1. As with all physical tests, medical screening should precede testing.
2. As with all physical tests, warm up and stretching should precede testing.
3. If using a 400 meter track, client runs 3/4 of 1 lap (inside lane) at maximal level of effort. Time used to complete distance is recorded in seconds. Consult norms to determine fitness category.
4. Client should walk for 3-5 minutes immediately following test to cool down. This is an important safety consideration.

Percentile	Males				Females				
	Age				Age				
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59	
99th	42.6	42.0	47.0	52.0	54.0	55.0	65.0	NA	
95th	46.0	46.1	52.0	58.0	54.3	56.5	65.0		S
90th	48.0	49.0	55.0	61.0	56.0	60.0	66.0		
85th	49.0	50.0	56.0	63.0	58.0	63.5	68.2		
80th	50.3	51.0	57.0	66.4	58.3	66.0	72.0		E
75th	51.0	52.0	60.0	68.0	59.7	66.5	72.0		
70th	52.0	53.0	61.0	70.0	60.0	68.0	75.3		
65th	53.5	54.0	62.0	72.0	61.0	69.9	78.7		
60th	54.0	55.0	64.0	74.0	61.0	71.0	79.0		G
55th	55.0	56.0	66.0	77.4	62.7	72.0	80.5		
50th	56.0	57.0	67.6	80.0	64.0	74.0	86.0		
45th	57.5	58.0	70.0	82.6	68.5	75.5	91.7		
40th	59.0	58.9	72.0	83.2	71.0	79.0	94.0	109.0	F
35th	60.0	61.0	74.8	85.0	74.5	80.5	101.8		
30th	62.1	63.0	77.0	87.0	75.0	82.0	106.7		
25th	64.0	65.0	81.0	89.0	76.0	85.5	109.3		
20th	66.0	68.0	83.0	95.0	78.0	86.0	110.0		P
15th	69.0	70.0	86.0	99.0	88.0	93.5	116.0		
10th	73.4	74.9	90.0	101.6	97.0	100.0	121.5		
5th	81.3	80.9	104.0	112.0	106.7	114.0	125.0		
1st	95.1	113.9	143.0	184.0	120.0	210.0	125.0		VP

Note: These norms are based on a small sample of police officers (n=500) and should be used cautiously.