



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 388th Training Session

FROM: Basic Training Division

DATE: July 14, 2025

SUBJECT: Upcoming Fitness Test Requirements – INCOMING RECRUITS – “388”

Per regulation 7-294e-16(n) The Police Officer Standards and Training Council requires, as a condition of appointment to a position of probationary candidate in a law enforcement unit in the State of Connecticut, and as a condition for entry into a Council accredited basic training program, that the candidate has been tested for physical fitness and achieved a score, in each individual test, at least as high as the minimum acceptable percentile for each individual test, using the minimum acceptable score for each individual test, as set by the Council

On December 1st, 1995 POST established these minimum physical fitness norms as a condition of appointment to a position of probationary candidate in a law enforcement unit and as a condition for entry into, and continuation in, a Council accredited B.L.E.T. program. The Council also adopted a policy of allowing 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 388th Session is scheduled to begin on Friday October 3rd, 2025 with final fitness testing taking place on Thursday October 2nd, 2025, therefore, that 30 day period for testing is between Tuesday September 2nd, 2025 and Thursday October 2nd, 2025.

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 conducting the pre-certification fitness tests will then ensure that the script is read for each physical fitness battery testing and the tests are administered according to the [verbal script](#). Once testing is completed the fitness specialist will fill out, and sign, the "**PHYSICAL PERFORMANCE EXAMINATION CANDIDATE SCORE SHEET**" attesting to the accuracy of the testing. The recruit must also sign the score sheet. Based on a passing score the candidate(s) will then be eligible to be accepted into the 388th Session. If the candidate does not pass, they may be re-tested again by a fitness specialist as many times as the agency chooses up to October 2nd, 2025.

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.**

[Medical Approval Form \(ct.gov\)](#)

[40th % examination score sheet \(ct.gov\)](#)

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, email them to our Basic Training Division, Training Officer Karla Medina, karla.medina@ct.gov These must be emailed two week prior to the start of the academy session (9/19/25).

OPTION #2: (Preferred method/strongly suggested)

You may have your candidate tested (i.e., pre-certified) by staff personnel here at the Connecticut Police Academy, by notifying us and your candidate that you want him/her to report here at **0900 hours on Thursday September 11th, 2025 with the enclosed doctor's permission form properly completed by the candidate's doctor.**

We will then test your candidate and sign the "**PHYSICAL PERFORMANCE EXAMINATION CANDIDATE SCORE SHEET**" and place it in the recruits file for you. Staff will notify your agency whether your candidate successfully demonstrated compliance so they will be eligible to attend the 388th Session.

Should you opt for Option #2 for pre-certification on Thursday September 11th, 2025, please contact Training Officer Karla Medina at karla.medina@ct.gov no later than two weeks in advance of the test date to register your candidate.

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 at **0800 hours on THURSDAY OCTOBER 2ND, 2025**. Your candidate will be tested at that time, and if he/she successfully demonstrates fitness, he/she will be admitted into the program. If he/she does not successfully demonstrate fitness, he/she will not be accepted into the program and your department will be notified accordingly.

Be advised even if your candidate is pre-certified through your agency on or after September 2nd, 2025, they will still need to attend testing on October 2nd, 2025, 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.

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

- Suitable clothing for testing, considering weather conditions (including the 1.5 mile run outdoors).
- Appropriate photo identification (i.e. driver's license).
- The medical form filled out completely with all required signatures.

Should you have any question on this topic please contact Training Officer Karla Medina at 203-427-2613 or email Karla.medina@ct.gov.

Enclosures:

1. Medical Approval Form (embedded in link above)
2. Physical Performance Examination Score Sheet (embedded in link above)

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