



CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

TO: Training Officers, Police Departments with Seats in the 389th Session
FROM: Basic Training Division
DATE: October 28, 2025
SUBJECT: Upcoming Fitness Test Requirements – INCOMING RECRUITS – “389”

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 the conditions 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 389th Session is scheduled to begin on Friday January 9th, 2026, with final fitness testing taking place on Thursday January 8th, 2026, therefore, that 30-day period for testing is between Tuesday December 9th, 2025, and Thursday January 8th, 2026.

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:



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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 **"40% Physical Performance Examination"** 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 389th 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 January 8th, 2026.

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

1. Have the candidate's doctor sign the **"Medical Approval Form for Basic Training Program (including Physical Fitness Test)"** 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 (**Addendum to the Medical Form**) 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 **"40% Physical Performance Examination Score Sheet"**.

When the **Medical Approval Form**, **Addendum to the Medical Form**, and the **40% Physical Performance Examination** sheets are properly signed, *email them to our Basic Training Division, Training Officer Karla Medina, karla.medina@ct.gov.

*These must be emailed **two weeks prior** to the start of the academy session (12/26/25).



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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 December 11th, 2025**, with the enclosed **Medical Approval Form (For Physical Fitness Test)** and **Addendum to the Medical Form** properly completed by the candidate's doctor.

We will then test your candidate and sign the "**40% Physical Performance Examination Score Sheet**" and place it in the recruit's file for you. Staff will notify your agency whether your candidate successfully demonstrated compliance so they will be eligible to attend the 389th Session.

Should you opt for Option #2 for pre-certification on Thursday December 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 JANUARY 8TH, 2026**. 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 December 9th, 2025, they will still need to attend testing on January 8th, 2026, 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 and appropriate clothing for testing, considering weather conditions (including the 1.5 mile run outdoors).
- Appropriate photo identification (i.e. driver's license).
- The **Medical Approval Form for Basic Training Program (Including Physical Fitness Test)** 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



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ENCLOSURES:

1. Basic Police Officer Training Program Application
2. Basic Training Division Entry Requirements
3. Assumption of Risk Form
4. Medical Approval Form (For Basic Training Program)
5. Medical Approval Form (For Physical Fitness Test)
6. Addendum to the Medical Approval Form
7. 40% Physical Performance Evaluation



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DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

POST ACADEMY 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 probationary candidates 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 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 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.



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EXCELLENCE

We provide exceptional staffing 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.



CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

BASIC POLICE OFFICER TRAINING PROGRAM APPLICATION

Name:	Department	
DOB:	Date of Appointment	
Home Address:		
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.

Applicant 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.

SIGNATURE

PRINTED NAME

DATE

RETURN TO:

Director, Basic Training Division

Police Officer Standards & Training Council
285 Preston Avenue,
Meriden, CT 06450-4891



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POSTC-51 | ENTRY REQUIREMENTS FOR APPOINTMENT AS A POLICE OFFICER

NEW HIRE <input type="checkbox"/>	LATERAL <input type="checkbox"/>	COMPARATIVE <input type="checkbox"/>	FULL TIME <input type="checkbox"/>	PART TIME <input type="checkbox"/>
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Appointee Name: _____ Date of Appointment: _____
Last four of SSN: _____ Date of Birth: _____
Hiring Department: _____

*Lateral/Comparative Appointment Only

Certification # _____ Rank at Hire _____
Former Department _____

POSTC STANDARDS	ACKNOWLEDGED BY APPOINTING AUTHORITY	ACKNOWLEDGED BY APPOINTEE
Meets Minimum Education Standard		
Age 21 or Older		
US Citizen or Permanent Legal Resident		
Valid M/V Operator License (Issued in the U.S.)		
Passed a validated written entry examination *		
Has completed a personal interview panel including at least one POSTC Connecticut certified police officer		
Examination of fingerprints (SPBI and FBI) Date Returned: _____		
No record of excludable offense Refer 7-294d (c)(1)(2)		
Criminal Convictions (as defined by CT) No "A" or "B" misdemeanor Convictions (Disqualifier) NO felony convictions (Disqualifier) NO Domestic Violence Convictions		
If Appointee had previous law enforcement job		
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		



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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)		
Polygraph Administered by: _____ Date: _____ and on file <i>(must be within 275 days of appointment)</i>		
Psychological Administered by: _____ Date: _____ and on file <i>(must be within 5 years of appointment)</i>		
Negative Drug Screen – Controlled Substances <i>(All controlled substances not prescribed for the applicant)</i>		
Physical Fitness Test (Entry Level Only)		
Name of Certified Examiner: _____		
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
<hr/>		
Appointee Signature	Date	

*Officers assigned to patrol duties only



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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 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.



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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 Signature

Printed Name

Printed Name

Date

Date



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MEDICAL APPROVAL FORM FOR PHYSICAL FITNESS TEST

PHYSICIAN'S CERTIFICATION OF RECRUIT 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 (Last, First): _____

Candidate's Employing Agency: _____

is medically capable of participating in this basic recruit training program.

Date of this Physician's Exam: _____

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

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

--

Physician's Signature: _____



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

PHYSICIAN'S CERTIFICATION OF RECRUIT 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 (Last, First): _____

Candidate's Employing Agency: _____

is medically capable of participating in this basic recruit training program.

Date of this Physician's Exam: _____

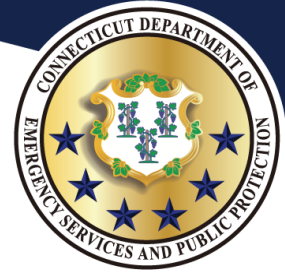
(Approval is only valid for 60 days from date of exam)

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

Physician's Signature: _____



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ADDENDUM TO THE MEDICAL FORM

I. SPECIFICATIONS AND STANDARDS FOR FITNESS TESTING (COOPER TEST)

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 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:

Male	Sit-ups (One Minute)	300-MTR Sprint	Push-ups (One Minute)	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



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Female	Sit-ups (One Minute)	300-MTR Sprint	Push-ups (One Minute)	Run
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

II. DEFENSIVE TACTICS TRAINING PROGRAM

The Academy's Defensive Tactics program includes high impact "take down" techniques such as the "leg sweep," etc. All high impact 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 (bagman) 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/torquing of the ankle joint. Recruits will also have this applied to them.
- Participate in ground-defense counter measures, which involve neck compression 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 torquing lever control tool. (Recruits must play both parts.)
- Same as above, only removing the operator by using 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.



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- 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 with weapon in hand for approximately 25 yards at full speed, 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 first 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.

In the second exercise, recruits are required to walk through a cloud of either Chloroacetophenone "CN" or Orthochlorobenzalmalonitrile "CS" tear gas. These gases can produce irritation, burning, and pain in the eyes, nose, throat, and respiratory tract. Effects in the air passages and lungs cause coughing, sneezing, a feeling of suffocation 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 baking soda paste.

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.



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They will carry steel target frames that weight between 27 to 39 pounds for 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 20 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 adhere 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

The physical portion of the Driver Training Program requires recruits to be in a vehicle for 12 hours engaged in various driving activities. As either a passenger or driver, the recruit will experience:

- Sudden jerking from side to side while traveling at 40 mph. (Evasive/Collision Avoidance)
- Skidding/"Fishtailing" on a wet surface at approximately 35 mph. If any driver error occurs in this type of skid, a severe secondary skid will occur with equal to or greater intensity, throwing the vehicle violently in the opposite direction. (Skid Control Activity)
- Sudden forward movements when the brakes are slammed on at speeds anywhere between 1- 60 mph. (All activities)
- Higher speeds (50-60 mph) where the vehicle may be forced to steer suddenly, brake suddenly. (Simulated Pursuit activity)
- Driver must perform a timed driving stress course that will elevate the heart rate. (Emergency Response Stress Course)
- Recruits may incur a foot chase or have to wrestle with a suspect. (Simulated Pursuits)



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- Recruits will drive in reverse gear through a winding course, which requires extensive back and forth twisting of the upper torso and neck.

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-pound dummy.
- Throw a two-to-three-pound life-ring approximately 25 feet and tow a fellow recruit 25 feet 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.

I have read and discussed all the above physical requirements (pages 1 through 4 inclusive) for the basic training program with the recruit, and the recruit does not have restrictions that would prevent them from participating in the program.

RECRUIT PRINTED NAME

RECRUIT SIGNATURE

DATE OF EXAM

(must be within 60
days of academy start)

PHYSICIAN NAME: _____

CT LICENSE #: _____

PHYSICIAN SIGNATURE: _____



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PHYSICAL PERFORMANCE EXAMINATION – 40%

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

Name: _____ Department/Agency: _____ Date: _____

D.O.B: _____ Gender: ☐ Male ☐ Female Age: _____ Photo ID#: _____

Time Start	Event	40% Target	Trial Score	Initials	P/F	Time End
	Sit- Ups					
	300 Meter					
	Push-Ups					
	1.5 Mile Run					

Acceptance of Scores:

I certify to the best of my knowledge the above scores are correct _____
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

Fitness Specialist Name: _____ Department: _____
(Please Print)

Certification Date/POST #

Fitness Specialist Signature