



# CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



## DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

TO: Department Training Officers  
FROM: Basic Training Division  
DATE: October 28, 2025  
SUBJECT: RETURN OF FORMS SESSION 389

Your recruit has been registered to attend scheduled Session #389, which begins on FRIDAY, January 9th, 2026. As part of the recruit paperwork, the agency will be required to submit the forms listed below. For Session 389, the academy will begin utilizing the new Acadis Readiness Suite registration portal for submission of all forms. Training for submitting these forms is taking place on November 4th and 6th, 2025 at the Connecticut Police Academy.

Required forms 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 Cooper package as well as this packet)
5. Addendum to the Medical Form (**ALL 4 pages**)
6. Physical Performance Examination - Candidate Score Sheet (RECRUIT MUST BE COOPER PRE-CERTIFIED) (Note: This form was also sent with the Cooper Letter.)

**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 PRIOR TO ENTERING THE SESSION.**

Should you have any questions, please submit them via email to [post.basic@ct.gov](mailto:post.basic@ct.gov).

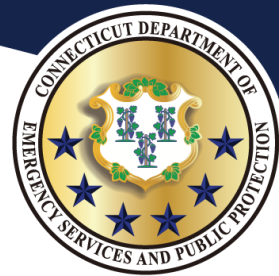
Sincerely,

A handwritten signature in blue ink, appearing to read "MF", is placed above the typed name of the director.

Marc Fasano, Director  
Basic Training Division



# CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



## DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION TRAINING OFFICER AND RECRUIT,

You are registered to attend the 389th Training Session of the Police Officer Standards and Training Council Academy, which is a residential academy class.

- All recruits must report to the rear entrance of the Connecticut Police Academy no later than **0730 on THURSDAY JANUARY 8th, 2026** to complete mandatory fitness testing. Recruits shall arrive dressed in their police academy approved physical training gear.
- All recruits will then report to the rear of the Connecticut Police Academy no later than **0730 hours on FRIDAY JANUARY 9TH, 2026** to complete the academy orientation.

Prior to the start of the academy, recruits will be required to provide a short, handwritten writing sample of at least 300 words. The writing samples, which will be collected on January 9th, 2026, at orientation must be done in long hand or print covering the following topics:

- Why do you want to become a law enforcement officer and how have you prepared for this position?
- What was the hardest hurdle or challenge you faced during this process.
- What is your understanding of the Connecticut Police Academy, its curriculum and the expectations placed on recruits?
- What does integrity in law enforcement mean to you and how will you adhere to this belief?

### SCHEDULES

Recruits will be provided with weekly schedules, but plan for the following:

- Physical fitness classes take place Tuesday through Friday from 0545-0645 hours
- Scheduled classes are held Monday through Friday from 0800 - 1645 hours unless otherwise directed.
- The academy will also conduct approximately 80 hours of nighttime training held during the week from 1800-2000 hours



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You will **not** be permitted to leave the Academy grounds between 0800 hours on Monday and class dismissal on Friday, except for unforeseen emergencies, therefore all existing future weekday appointments should be rescheduled prior to arriving at the Academy.

Except for Monday (lunch/dinner only) and Friday (breakfast/lunch only), the Academy will provide you with three meals per day. Classroom learning may take place online at times due to unforeseen events. 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.

### Classes will NOT be held on the following dates:

January 19th, 2026, Martin Luther King Jr. Day  
February 11th, 2026, Washington's Birthday  
February 16th, 2026, Lincoln's Birthday  
April 3rd, 2026, Good Friday  
May 25th, 2026, Memorial Day  
June 19th, 2026, Juneteenth Day

Anticipated Graduation is the week of June 26th, 2026

### **ACKNOWLEDGEMENT OF ACADEMY RULES AND REGULATIONS**

During orientation your recruit will be given a copy of the Rules and Regulations of the Academy and other policies which they will adhere to during their time at the academy. During orientation recruits will be given an opportunity to ask any questions related to the academy rules and policies. Recruits will then be required to sign and turn in a form acknowledging that they have read and understand the Rules and Regulations.

### **TRANSPORTATION**

Transportation to and from the Academy and for specialized training off-site is your responsibility. Recruits are required to ensure that any vehicle driven by them to the academy or off-site training is properly registered, insured and meets all current Connecticut motor vehicle laws.



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## DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

### **REQUIRED ITEMS**

Minimum of two (2) LONG SLEEVED and two (2) SHORT SLEEVED "Dickie" brand khaki uniform shirts. - PLUS - two (2) "Dickie" brand khaki uniform trousers. All uniforms shirts must have following patches affixed to them.

- "Connecticut Police Academy" patch to be affixed to the **LEFT** sleeve, one inch below the shoulder seam. (patches may be purchased at Pinky's Embroidery)
- "Department" patch to be affixed to the **RIGHT** sleeve, one inch below the shoulder seam.

1. Five (5) white crew neck tee shirts
2. Black tie shoes or boots (leather only and shine-able toe)
3. Five (5) pair black crew socks - **NO ANKLE HEIGHT**
4. Black trouser belt (1-3/4" maximum width - LEATHER ONLY)
5. Department nametag
6. Running shoes - Color: **MUST BE SOLID BLACK, WHITE OR LIGHT GREY**
7. Five (5) pair white crew socks (no color trim) - **NO ANKLE HEIGHT**
8. Department issued waist-length jacket with department patches
9. Department issued Rainwear
10. Reflectorized department traffic vest
11. One (1) pair white traffic gloves
12. Four (4) white towels, wash clothes
13. One (1) Terry cloth robe (Color: White, at least 3/4 knee length or longer)
14. One (1) bed pillow
15. Five (5) hangers
16. One (1) pair of shower shoes (flip flops or clogs - black or blue)
17. Four (4) sports bras (females -for defensive tactics and physical fitness)
18. One (1) athletic supporter with cup/pelvic protector (def. tactics/PT)



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19. One (1) mouth guard for use in defensive tactics
20. Black compression shorts for wearing under gym shorts (not to extend past outer shorts)
21. Shoe polish, brush, cotton balls or cotton cloth
22. Personal toiletry articles (one-week supply soap, shampoo, etc.)
23. Undergarments and other personal laundry: one (1) week supply
24. Personal prescription medication (in original container)
  - a. No power drinks/power bars or vitamin supplements without a doctor's written authorization.
25. Blue360 CT Penal Code, Title 53, 53a and 54 and CT Motor Vehicle Law, Title 14 Books, ([www.blue360media.com](http://www.blue360media.com)) **ALL LAW BOOKS MUST BE CURRENT AND UP TO DATE**
26. **DEPARTMENT AUTHORIZED/ISSUED GUN CLEANING KIT**
27. Department issued Bullet Proof Vest (by third week in Academy)
28. One A-44 Form
29. One (1) Motor Vehicle Infractions book
30. One (1) Motor Vehicle Warning book
31. One (1) Juvenile Summons book
32. One photocopy of a (UAR) Uniform Arrest Report
33. One (1) Bond Form
34. One (1) Juvenile Rights Waiver Form
35. One (1) Juvenile (ages 16-17) Rights Waiver Form
36. One (1) FWSN Form
37. One (1) Juvenile Review Board Referral Form, if applicable
38. Dues payable to OEMS for CPR certification



# CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



## DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

### **FITNESS ITEM REQUIREMENTS**

The following fitness items **"MUST"** HAVE THE CONNECTICUT POLICE ACADEMY "LOGO and Session #" and may be purchased from:

**Pinky's Embroidery and More** (formerly Vio's Sport Plus)  
158 Research Drive Unit K-L, Milford, CT 06460

Or the vender of your choice. Order form enclosed to bring to the vendor

All PT Gear should have the Academy logo on the left shirt chest and left pant/short leg, Session # on left arm and recruit name on back. Shorts should extend to just above the knee.

- One (1) blue hooded sweatshirt
- One (1) blue hoodless sweatshirt
- Two (2) blue sweatpants
- Two (2) blue sweat shorts (mid-thigh or top of knee)
- Four (4) gray dry fit tee shirts
- One (1) blue baseball cap with POST Logo
- One (1) black knit cap with POST Logo
- One (1) senior class pin
- Four (4) Connecticut Police Academy patches (required uniform shirts)
- Cargo bag (black) with police academy patch on one side
- Nalgene clear water bottle with POST logo

Each recruit must be supplied with the following equipment by the third Monday of the Police Academy (1/26/26 for Session 389): 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).

Chemical/O.C. agents **shall not be brought to the Academy** until you are instructed to do so. O.C. spray cannisters shall be new department issued cannisters. **Used cannisters will not be accepted.**

# Please take note of the new ordering format!

**The Connecticut Police Academy SESSION 389**  
**POST Basic Recruit Equipment Form**  
**Session Start Date: January 9th, 2026**

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

Pinky's Embroidery & more is located at 158 Research Drive, Unit K-L, Milford, CT 06460  
 Phone: 203-283-0749; Email: pinkyembroidery@gmail.com

Item	Price	Small	Medium	Large	XLarge	XXLarge	Total
Grey T-Shirts (4)	\$20						
Blue Sweatshirts (1)	\$20						
Blue Sweatpants (2)	\$25						
Blue Shorts (2)	\$20						
Blue Hooded S/S no/zip (1)	\$30						
Blue Cap w/POST Logo (1)	\$20						
Cargo Bag Black (1)	\$35						
Black Knit Cap w/POST logo (1)ck	\$10						
POST State Outline Patch (1 per shirt)	\$5						
Senior Flag Pin (1)	\$8						
Clear Nalgene Water Bottle w/logo (1)	\$20						
Black Tie (clip on) (1)	\$8						
Terry Cloth Robe- color white	\$60						
Lettering-name (gym clothes)	\$30						
Lettering-class # (gym clothes)	\$30						
						<b>Total</b>	
<b><i>Pinky's will bill the Department, if requested</i></b>	<b><i>No restock charge on blank items</i></b>			<b><i>If items are worn or personalized, no returns</i></b>			

Books To Be Ordered (review attached sheets)	Order Information
<ul style="list-style-type: none"> <li>CT Criminal Law (black book) Title 53, 53a, 54 (newest edition) Looseleaf Law Publication</li> <li>CT Motor Vehicle Law (black) Looseleaf Publication "Title 14" (newest edition)</li> </ul>	<p>Can order online BUT make sure of accurate book ID #            1-800-647-5547            Looseleaf Law Publications, Inc.  <a href="http://www.looseleaflaw.com">http://www.looseleaflaw.com</a>            Click on Connecticut            You can also order Text directly from Connecticut Fire Academy</p>

## COMPLETE THIS SECTION WHEN ORDERING CLOTHING

Person placing the order: \_\_\_\_\_ Telephone # \_\_\_\_\_

Police personnel "authorizing" the order \_\_\_\_\_ Telephone # \_\_\_\_\_





# CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



## DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

### **FIREARMS & AMMUNITION**

A P.O.S.T. Firearms instructor will advise recruits when to bring their firearm 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.** Failure to complete this requirement may delay your qualification in firearms. All weapons brought to the academy will remain here until the "end of the session".

#### **Firearms Training**

By day one of your recruit's firearms training, the department or recruit should have in the Academy armory:

- o 2,000 rounds of practice ammo, requested to be "lead free" or "frangible".
- o 250 rounds **MUST** be Lead Free/Frangible for indoor "low light firearms".
- o Fifty rounds of your departments issued duty
- o Department issued shotgun
- o 5 slug rounds, 25 00 buck rounds for shotgun training
- o Firearms Instructor with safety gear available for firearms training days

*If your department does not have a shotgun, one will be supplied by the academy if available. Your agency will still be required to supply ammunition as requested.*

**Simunitions-** Once notified of the date your recruit will complete simunitions training the recruit and agency should have the following available for the recruit:

- o Simunitions weapon or conversion kit
- o 50 rounds of simunition marking cartridges
- o Use of Force or Firearms Instructor with safety gear.
- o Minimally long pants and shirt

*\*If your agency does not have simunitions equipment, the academy will supply a weapon, if available, and safety gear as appropriate. Your agency will be required to supply the marking cartridges.*

All ammunition is to be securely packaged with the recruit's **"NAME, DEPARTMENT AND SESSION NUMBER 389"** clearly marked on the outside. **You will be notified by the firearms staff on the date(s) to drop off the above-listed ammunition to the Academy.**





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## DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

### 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 can 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.

A handwritten signature in blue ink, appearing to read "M. Fasano".

Marc Fasano, Division Director  
Basic Training Division



# CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



## 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.



# CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



## DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

### **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.