



STATE OF CONNECTICUT
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION
Police Officer Standards and Training Council
Connecticut Police Academy

TO: Training Officers
Police Departments with Seats in the 357th Training Session

FROM: Basic Training Division

DATE: January 17, 2017

SUBJECT: Seat Confirmation

Currently your agency has one or more seat(s) reserved for Session 357 scheduled to begin on Friday, April 7, 2017. It is important at this time that you notify Captain Joann Peterson of your intention to use the confirmed seat(s) as soon as possible. Failure to notify may result in the **loss of a confirmed seat**.

Captain Peterson may be reached at 203-427-2615 or joann.peterson@ct.gov.

In addition, enclosed is a medical form and Cooper assessment score sheet should you choose to pre-certify your candidate. If you wish to take advantage of the Connecticut Police Academy Cooper pre-certification, the tentative date is scheduled for Tuesday, March 8, 2017 at 10:00 a.m. in the **Field House**. Please notify Training Officer Gary Fredericks at 203-427-2613 to register your candidate or obtain information concerning certified Cooper examiners.

RECRUIT PACKAGES WILL BE EMAILED TO YOUR DEPARTMENT IN MARCH. THE ORIGINAL FORMS MUST BE RETURNED TO THE ACADEMY NO LATER THAN MARCH 31, 2017.

Sincerely,

William J. Schultz, Director
Basic Training Division

IMPORTANT

Please notify Captain J. Peterson via email or telephone at Joann.Peterson@ct.gov or 203-427-2615, no later than **March 3, 2017**, if you intend on using the seat(s).

In March, a second packet will be emailed to your agency. By **March 24, 2017**, please provide Captain Peterson with name(s) of your recruit(s).

The original paperwork in the second packet **MUST BE DELIVERED INTO THE ACADEMY NO LATER THAN **March 31, 2017****. If the paperwork is not received, your agency may forfeit the seat (s) which will be given to another requesting agency. PLEASE NOTE THAT SCANNED & PHOTOCOPIES CAN NOT BE ACCEPTED.

Thank you in advance for your cooperation.



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TO: Training Officers
Police Departments with Seats in the 357th Training Session

FROM: Basic Training Division

DATE: January 13, 2017

SUBJECT: Upcoming Fitness Test Requirements – INCOMING RECRUITS – “357”

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 also "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 357th Session is scheduled to begin on Friday, April 7, 2017, therefore, THAT THIRTY (30) DAY PERIOD FOR THE 357th IS BETWEEN WEDNESDAY, MARCH 8, 2017 AND FRIDAY, APRIL 7, 2017.

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 any "**certified fitness specialist**". A list of current Fitness Specialists may be obtained by calling Gary Fredericks at 203-427- 2613.

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 357TH 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 this option, 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 sign that he has seen the description of the Council's Fitness Tests and Fitness Programs (included in the fitness packet) and he 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. If we do not receive them prior to Orientation day, they will be required of your candidate at that time.

OPTION#2:

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 **10:00 a.m., Wednesday, March 8, 2017, 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 on file here for you. By scheduling your candidate(s) to attend this pre-certification physical fitness test you will receive notification from us, by the end of the day or early the next morning, whether your candidate has successfully demonstrated compliance and, if so, will be admitted to the Academy for the 357th Session.

If you cannot, or choose not to, take advantage of Option #1 or Option #2, or if your candidate fails to achieve a passing score on our pre-certification testing date, we might be able to schedule him/her for another test date but these other dates will be on an "as, and if, staff is available" basis.

OPTION #3:

If your candidate is NOT pre-certified, under either Option #1 or #2 above, you may have him/her report, as in the past, to the Academy for orientation and physical fitness testing on **Friday, April 7, 2017.**

Your candidate will be tested at the time and if he/she successfully demonstrates fitness 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.

Should you desire to register your candidate(s) to be tested for pre-certification here on Wednesday, March 8, 2017, please contact our Basic Training Division at (203) 427-2613 (Instructor Gary Fredericks) to register the candidate. You may register one candidate for each of the seats you have tentatively reserved in that Session.

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 completely filled out with all required signatures.

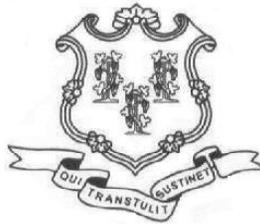
NOTE:

"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."

Should you have any question on this topic please contact GARY FREDERICKS at 203-427-2613.

cc: Thomas E. Flaherty, Police Academy Administrator

Enclosures: 1. Medical Approval Form
2. Physical Performance Examination Score Sheet



STATE OF CONNECTICUT
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION
Police Officer Standards and Training Council
Connecticut Police Academy

MEDICAL APPROVAL FORM FOR BASIC TRAINING PROGRAM

PHYSICIAN'S CERTIFICATION OF 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
- 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: _____

Candidate's Employing Agency: _____

Date of this Physician's Exam: _____

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

IS MEDICALLY CAPABLE OF PARTICIPATING IN THIS BASIC RECRUIT TRAINING PROGRAM.

Physician's Signature: _____

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

CALEA Internationally Accredited Public Safety Training Academy

EFFECTIVE BEGINNING WITH SESSION 355 (10/7/16)

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 the 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 Pushup 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.

	ONE MINUTE	SECONDS	ONE MINUTE	
MALE	SIT UPS	300 MTR SPRINT	PUSH UPS	RUN
20-29	38	59	29	12:38
30-39	35	59	24	12:58
40-49	29	72	18	13:50
50-59	24	83	13	15:06
FEMALE				
20-29	32	71	15	14:50
30-39	25	79	11	15:43
40-49	20	94	9	16:31
50-59	14	N A	7	18:18

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 (bag-man) 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 use of 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.
- 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 Ortho-chloro-benzylidene-malononitrile "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 a 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. They will carry steel target frames that weight between 27 to 39 pounds for a distance of 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 adheres 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 movement 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)
- 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.

PHYSICAL PERFORMANCE EXAMINATION - 40%

NAME: _____ DEPARTMENT/AGENCY: _____

DATE: _____ GENDER: Male Female Age: _____ Photo ID#: _____

EVENT	40% TARGET	TRIAL SCORE	INITIALS	P/F
1. Sit-ups				
2. 300 Meter Sprint				
3. Push-ups				
4. 1-1/2 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

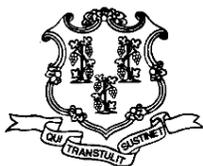
 FITNESS SPECIALIST CERTIFICATION DATE

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	12:58
40 - 49	29	72 SECONDS	18	13:50
50 - 59	24	83 SECONDS	13	15:06
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	15	14:50
30 - 39	25	79 SECONDS	11	15:43
40 - 49	20	94 SECONDS	9	16:31
50 - 59	14	N/A	7	18:18



POLICE OFFICER STANDARDS AND TRAINING COUNCIL CONNECTICUT POLICE ACADEMY



POST ACADEMY OBJECTIVE, VISION AND VALUES

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 a probationary candidate 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 new 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 the 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.

EXCELLENCE

We provide exceptional staffing and 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.