



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 (INCLUDING PHYSICAL FITNESS TEST)

*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 (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: _____

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

285 Preston Avenue – Meriden, Connecticut 06450-4891
An Affirmative Action/Equal Opportunity Employer
(Rev. 10/21)



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PHYSICAL PERFORMANCE EXAMINATION – 40%

NAME: _____ DEPARTMENT/AGENCY: _____ DATE: _____
DATE OF BIRTH: _____ GENDER: Male ☐ Female ☐ Age: _____ Photo ID#: _____

Time Start	EVENT	40% TARGET	TRIAL SCORE	INITIALS	P/F	Time End
	1. Sit-ups					
	2. 300 Meter					
	3. Push ups					
	4. 1.5 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

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

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