



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 COOPER 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 (Cooper 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)



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PHYSICAL PERFORMANCE EXAMINATION – 40%

NAME: DEPARTMENT / AGENCY:

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

Start Time		<u>EVENT</u>	<u>40 % TARGET</u>	<u>TRIAL SCORE</u>	<u>INITIALS</u>	<u>P / F</u>	End Time
	1	Sit-ups					
	2	300 Meter Sprint					
	3	Push-ups					
	4	1 ½ 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	<u>1 MINUTE OF SIT-UPS</u>	<u>300 METER SPRINT</u>	<u>1 MINUTE OF PUSH-UPS</u>	<u>1.5 MILE RUN 40%</u>
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	<u>1 MINUTE OF SIT-UPS</u>	<u>300 METER SPRINT</u>	<u>1 MINUTE OF PUSH-UPS</u>	<u>1.5 MILE RUN 40 %</u>
20-29	32	71 SECONDS(1:11)	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

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