



STATE OF CONNECTICUT
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

Police Officer Standards and Training Council
Connecticut Police Academy

GENERAL NOTICE 12-03

To: Chief Law Enforcement Officers
Training Officers
Protective Services
Resident Troopers

From: Thomas E. Flaherty
Police Academy Administrator

Date: March 8, 2012

Subject: **Council Action – Modification of the Cooper Fitness Test**

At a regular meeting of the Police Officer Standards and Training Council on March 1, 2012, the Council modified the Cooper Standards Fitness Test. The chest/bench press component of the test will be replaced by the push-up component. A transition period will be required to allow for adequate preparation for future fitness tests. The transition period will allow for the use of either test component until May 1, 2012. After May 1, 2012, the push-up test will be the only acceptable strength test. For additional information on this new testing component, please contact Gary Fredericks at POSTC at 203-427-2613.

POST will be sponsoring a series of one-hour “Fitness Updates,” at the Training Academy focusing on the new standards, testing methods and documentation associated with the recent changes. The “Fitness Update” sessions are intended for Cooper instructors only. Instructors should plan on attending one of the following to be held in the POST Auditorium:

Wednesday, March 21, 2012, at 1600 hrs.
Thursday, March 22, 2012, at 1000 hrs.
Friday, March 23, 2012, at 0800 hrs.
Friday, March 23, 2012, at 1400 hrs.
Monday, March 26, 2012, at 1300 hrs.

There are approximately 380 Cooper Instructors in Connecticut. Seating will be on a first-come, first-serve basis.