


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

**GENERAL NOTICE 20-02**

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

From: Karen Boisvert,   
Academy Administrator

Date: February 7, 2020

Subject: **Change in Basic Recruit Training Curriculum**

At the POST Council meeting of January 21, 2020 the Council voted to reinstate the 50<sup>th</sup> percentile (50%) physical performance standard for all Recruits graduating from a Basic Police Recruit Training class. The Standards will be required in order for Recruits to successfully graduate the Basic Academy. This is the standard that was temporarily suspended by the Council in 2015.

This graduation requirement will be in effect for all Basic Recruit classes beginning on or after July 1, 2020. The performance standards are attached to this General Notice and will be posted on the POST website.

KB/bt/bt

**50% PHYSICAL PERFORMANCE EXAMINATION  
EXIT STANDARDS**

**Male Candidate**

<b>Age</b>	<b>1 Minute of Sit-ups</b>	<b>300 Meter Sprint</b>	<b>1 Minute of Push-ups</b>	<b>1.5 Mile Run 50%</b>
<b>20-29</b>	40	56 Seconds	33	11:58
<b>30-39</b>	36	57 Seconds	27	12:24
<b>40-49</b>	31	67.6 Seconds	21	13:12
<b>50-59</b>	26	80 Seconds	15	14:23
<b>60-69</b>	20	N/A	15	15:56

**Female Candidates**

<b>Age</b>	<b>1 Minute of Sit-ups</b>	<b>300 Meter Sprint</b>	<b>1 Minute of Push-ups</b>	<b>1.5 Mile Run 50%</b>
<b>20-29</b>	35	64 Seconds	18	14:04
<b>30-39</b>	27	74 Seconds	14	14:34
<b>40-49</b>	22	86 Seconds	11	15:34
<b>50-59</b>	17	N/A	N/A	17:19
<b>60-69</b>	08	N/A	N/A	20:13