

1. REPLY LETTER

(return this form with a self-addressed stamped envelope to the LEC for scheduling)

TO: Law Enforcement Council
401 W. Thames St. – Unit 2401
Norwich, CT 06360

FROM: _____

DATE: _____

SUBJECT: Regional Entry Examination

I have downloaded the appropriate forms for an upcoming Regional Entry Examination, and, per the instructions, I will bring the necessary forms to the testing site. I am including a self-addressed stamped envelope with the current postage on it. Please send me scheduling information on the next available Regional Entry Examination. I understand that it may be one to three months before I am scheduled.

SIGNED: _____ (your name)

MAILING ADDRESS: _____

E-MAIL ADDRESS: _____

2. INSTRUCTIONS

Enclosed you will find the following numbered documents:

1. Reply Letter to LEC
2. Instruction Sheet
3. Information Sheet
4. Release Form
5. Biographical Data Sheet
6. Physical Ability Standards Form
7. Physical Agility Test Description

1. Return the Reply Letter (Form #1) to our office including a self-addressed stamped envelope and be sure to affix the current postage to this envelope. Place the reply letter and envelope in another envelope addressed to the LEC of Conn, Inc., 401 W. Thames St., #2401, Norwich, CT 06360 and mail to us.

The following forms **must be filled out and brought with you to the testing site.**

2. Form #3 – Information Sheet
3. Form #4 – Release Form — this Release Form **MUST BE SIGNED** and dated by you.
4. Form #5 – Biographical Data Sheet – this will remain in your file and serve as a generic application form for participating agencies.

Additional Information:

5.

A VALID DRIVERS LICENSE OR OTHER SIGNED PICTURE IDENTIFICATION IS MANDATORY. You will not be admitted to the center without at least one form of valid picture identification.
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6. Form #6 – A Physical Ability Standards Form has been enclosed for your review that explains the requirements of the Physical Ability Examination. This is to be given careful consideration, as this will be required of you as part of the selection process. These forms do not need to be brought with you to the testing facility.

3. INFORMATION SHEET

Complete the information requested below:

NAME (Please Print)

SOCIAL SECURITY #

Last

First

Street Address

City

State

Zip Code

() _____
Home Telephone Number

DATE OF BIRTH
(must be filled in!)

() _____
Cell Phone Number

Are you presently a certified Police Officer

YES

NO

If you answered YES, what State?

How did you hear about this examination?

_____ Present Police Officer

_____ Police Department

_____ Website (specify which: _____)

_____ Law Enforcement Council

_____ Community Agency

_____ Other: _____

Directions to Groton City Municipal Building

Interstate 95 to Clarence B. Sharp Highway. At the first traffic light, take a right, a quick left and you will see the Municipal Building. The City of Groton Police Department (located in the Municipal Building) telephone number is 860-445-2451.

Applicants are instructed to park at Washington Park, located next to the Municipal Building Campus. The entrance to the park (Park Avenue) is just west of the Municipal parking lot. Candidates may park near the pavilions and walk to the municipal building, either across the lawn, or following the dirt drive.

4. RELEASE FORM

REQUEST TO SEND CANDIDATE TEST RESULTS TO SPECIFIC POLICE DEPARTMENTS

I understand that the test results will be provided only to the departments which I designate below upon successful completion of the written entry examination. I realize that by completing the test process and authorizing the release of the information in no way guarantees employment by or appointment to any position or job with the designated police departments.

I hereby agree to hold the L.E.C. of Conn., Inc. harmless and free from any damages or claims in any way arising out of the release to or use by those listed below of my test results. I further understand that my name will be active on the departmental lists I choose for a period of one year, originating from the date of my written examination.

I hereby give my permission to the L.E.C. of Conn, Inc. to release my written test results and biographical data to: (please choose option #1 or #2)

1. **ALL** departments listed. _____

Your **Signature**

OR

2. To the following individual departments (*do not initial if you have signed above*)

<u>Department</u>	<u>Your Initials</u>
CLINTON	_____
COLCHESTER.....	_____
EAST LYME.....	_____
ESSEX.....	_____
GROTON CITY.....	_____
GROTON LONG POINT.....	_____
GROTON TOWN.....	_____
LEDYARD.....	_____
MADISON.....	_____
MANSFIELD.....	_____
MASHANTUCKET.....	_____
MOHEGAN TRIBAL.....	_____
MONTVILLE.....	_____
NEW LONDON.....	_____
NORWICH.....	_____
OLD LYME.....	_____
PLAINFIELD.....	_____
PUTNAM	_____
STONINGTON.....	_____
WATERFORD.....	_____
WESTBROOK.....	_____
WILLIMANTIC.....	_____

Signature (if you initialed individual departments)

Date

Printed Name (all applicants to fill out)

Social Security #

Printed Address

Town

State

Zip

6. PHYSICAL ABILITY STANDARDS

PRE-CERTIFICATION PHYSICAL ABILITY TEST BATTERY

Minimum scores for Certification as a Police Officer
(Scores indicate 50th Percentile of Fitness)

- SIT-UP** **MUSCULAR ENDURANCE** – The score is the number of bent-leg sit-ups performed in one minute.
- FLEX** **FLEXIBILITY** – The “sit-and-reach” test measures the *flexibility* of the lower back and hamstrings and the candidate’s range of motion. The test involves stretching out to touch the toes and beyond with extended arms from the sitting position. **The score is in inches reached on a yardstick with the 15” mark being at the toes and the 36” mark being at the far end away from the toes.**
- BENCH** **ABSOLUTE STRENGTH** – One (1) repetition maximum bench press using Dynamic Variable Resistance (DVR) protocol. **The score is a ratio of weight pressed divided by body weight.**
- 1.5 MILE RUN** **CARDIOVASCULAR CAPACITY** – 1.5 MILE RUN. **The score is in minutes:seconds.**

Male Candidate

AGE	1 MINUTE SIT-UPS	SIT/REACH (straight-leg)	BENCH PRESS RATIO (1 lift)	1.5 MILE RUN
20 – 29	40	17-1/2 in.	.106 x body weight	11:49
30 – 39	36	16-1/2 in.	.93 x body weight	12:20
40 – 49	31	15-1/4 in.	.84 x body weight	13:04
50 – 59	26	14-1/2 in.	.75 x body weight	13:46
60 – 69	20	13-1/2 in.	.68 x body weight	15:41

Female Candidate

AGE	1 MINUTE SIT-UPS	SIT/REACH (straight-leg)	BENCH PRESS RATIO (1 lift)	1.5 MILE RUN
20 – 29	35	20 in.	.65 x body weight	14:08
30 – 39	27	19 in.	.57 x body weight	14:54
40 – 49	22	18 in.	.52 x body weight	15:36
50 – 59	17	17-3/4 in.	.46 x body weight	16:43
60 – 69	8	16-3/8 in.	.45 x body weight	18:00

In some instances, push-ups may be substituted for the bench press if the local police department does not have access to a DVR machine, however, you are required to do the bench press lift to enter the academy. Push-ups (in minutes) begin at 35 for a 20-29 male, and 20 for a 20-29 female.

7. STATE OF CONNECTICUT PHYSICAL AGILITY TEST

Q: How will physical fitness be measured?

A: The physical fitness test battery consists of four basic tests. Each test is a scientifically valid test. The tests to be given are described as follows:

One Minute Sit-Up Test

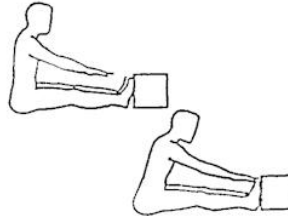
This is a measure of the muscular endurance of the abdominal area for performing police tasks that may involve the use of force. bent leg sit-ups performed in 1 minute.



muscles. It is an important
The score is the number of

Sit and Reach Test

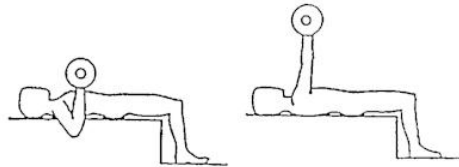
This is a measure of the flexibility of the lower back and upper leg important area for performing police tasks involving range of motion. stretching out to touch the toes or beyond with extended arms from The score is in inches reached on a yardstick with 15 inches being at mark being at the far end away from the toes.



area. It is an
The test involves
the sitting position.
the toes and the 36"

One Repetition Maximum Bench Press

This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing police tasks requiring upper body strength. The score is a ratio of weight pushed divided by body weight. (push-ups MAY be substituted for bench press)



1.5 Mile Run

This is a timed run to measure the heart and vascular system's capability to important area for performing police tasks involving stamina and minutes and seconds.



transport oxygen. It is an
endurance. The score is in