



## County of Passaic

Passaic County Police Academy

214 Oldham Road, Wayne, New Jersey 07470-2205

George Rosenthal, Director

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To: NJ Law Enforcement Agencies  
Law Enforcement Candidates  
From: Passaic County Police Academy  
Date: August 13, 2024  
Re: Candidate Physical Fitness Preparation Program

The New Jersey State Police Training Commission (PTC) has instituted a "Candidate Physical Fitness Preparation Program" ("Program"). This Program is designed to prepare participants for the physical demands of police training before they enter a police academy. Participants will be able to gauge whether they are capable of successfully completing the physical fitness requirements of police training and to work on the skills they are deficient in, prior to paying for and/or attending an academy. Each Program will be held at least twice a year at the Passaic County Police Academy.

The Program will be two days per week, for three weeks, and have thirty (30) participant seats available. Programs will be added if participant applications exceed thirty (30). Applications are available on the Passaic County website [passaiccountynj.org/departments/police-academy/basic-police](http://passaiccountynj.org/departments/police-academy/basic-police). Participants must complete and return the application, a completed medical clearance form, and a waiver of liability form. Applications must be submitted at least one week prior to the start of the Program. Original medical forms and waivers of liability must be brought to the first day of participation.

**2024 Prep Program #2 will begin Thursday, August 22, 2024.**

### SESSION #1

- Session #1 will take place on **Thursday, August 22, 2024, at 12:30pm** in the Passaic County Police Academy gymnasium. **All participants must sign in before each session.**
- Orientation: Importance of physical fitness throughout a law enforcement career. Overview of the PTC Physical Fitness Assessment. Collection and review of medical and liability waivers.
- Candidates will participate in a pre-workout warm-up and stretching session.
- Candidates will be offered the opportunity to be assessed in accordance with PTC Fitness Standards.
- If at any time during any physical conditioning session an individual is observed to be in distress, they will be directed to stop immediately. A PTC Physical Conditioning Instructor will attend to participants as needed. If an instructor observes a participant that is a danger to themselves or others, they will be counseled, and/or removed from the program. Since this is a voluntary program, candidates can remove themselves from a session or the program.



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### **SESSION #2 through #5**

- Session #2 will take place ***Friday, August 23, 2024, at 12:30pm.***
  - Session #3 will take place ***Tuesday, August 27, 2024, at 12:30pm.***
  - Session #4 will take place ***Thursday, August 29, 2024, at 12:30pm.***
  - Session #5 will take place ***Tuesday, September 3, 2024, at 12:30pm.***
- During these four sessions, candidates will participate in strength and cardio conditioning consistent with basic law enforcement style training. Candidates will receive directions on proper techniques for each exercise.

### **SESSION #6**

- Session #6 will take place on ***Thursday, September 5, 2024, at 12:30pm.*** During this session, participants will take place in a follow up PTC Assessment to allow the candidates to gauge their individual improvement.

Participants are required to wear proper athletic attire and running shoes. Upon arrival, a valid government identification will be required to participate and maintained on file with the participant application, medical clearance and waiver of liability. All questions and applications can be emailed to [policeacademy@passaiccountynj.org](mailto:policeacademy@passaiccountynj.org). Original medical forms and waivers of liability must be brought on the first day of participation.