

# STUDENT TROOPER PROGRAM

## REQUIRED EQUIPMENT

Bring only the following personal items with you when you report for training. **Your last name and first initial should be discretely placed on all items:**

- One (1) pair shower shoes - preferably plastic
- One set of twin sheets (one fitted, one flat), one pillow, pillow case
- Toilet articles (deodorant, shampoo, soap, shaving equipment, washcloth, comb or brush, toothbrush, toothpaste – items necessary for daily hygiene. **(Do not bring cologne/perfume/body spray or makeup.)**)
- Clear water bottle with your name on it
- Two (2) bath towel (Solid Color)
- Two (2) facial cloth (Solid Color)
- One (1) gray sweat pant
- One (1) Gray sweatshirt (No Hood)
- Minimum (4) pair solid white athletic socks
- One (1) pair dark socks
- White laundry bag
- Four (4) pair boxer type athletic trunks (gym shorts, Navy blue solid color), **minimum inseam approximately 7 inches**
- Two (2) pair compression shorts, Navy blue or black solid color
- Black dress pants
- Running shoes (Sneakers)
- Black shoes (for graduation - may be sneakers, no high heels, or elevated shoes)
- Minimum four (4) pair underwear (Males: Boxer or Brief Style; Females – Brief Style)
- Minimum four (4) Navy blue **crew neck** TEE shirts (solid color)
- Sunscreen **and** bug repellent

Females only:

- Three (3) white athletic bras
- Elastic, hairpins, hair combs to keep hair from touching collar
- Female hygiene products

ALL items packed in ONE suitcase/duffel bag

**PLEASE DO NOT BRING ANYTHING THAT IS NOT ON THE REQUIRED EQUIPMENT LIST.**

### **DO NOT BRING**

- Cell phones
- Radio/iPod
- Books/Kindle/Nook/iPad
- Camera
- Money (Students do not need money)

### **DO NOT WEAR**

- Earrings (ear, facial, tongue etc.)
- Jewelry
- Nail polish

### **MEDICATION**

All medications must be turned in to medical staff upon arrival. Have all medications packed in a one-gallon size zip lock bag with the student troopers name on the outside of the zip lock bag. This should be easily accessible because it will be turned in on arrival. All medication must be in the original package and the Student Troopers name must be on each individual package. **Do not bring over the counter medication (i.e., Tylenol, Advil, Benadryl, cough drops). If this**

## **STUDENT TROOPER PROGRAM**

**type of medication is necessary, it will be provided by the State Police Academy Health and Fitness Unit. If you require any other type of medication you must provide a doctor's note or prescription.**

### **MASSACHUSETTS STATE POLICE ACADEMY RULES & REGULATIONS**

- The program is paramilitary in style with strict Rules and Regulations. You will be expected to abide by these rules and regulations. You will be given strict orders throughout the weekend, and you will be expected to follow directions in a precise manner. Any violation of the Rules and Regulations or discipline will subject a student to dismissal from the program without refund of the sponsor fee.
- No gambling, alcoholic beverages, drugs (except prescriptions), smoking, or possession of any tobacco product is allowed. No chewing gum or candy.
- No profanity, obscene language, obscene literature, racial, sexual, or religious slurs, or any other type of discrimination is allowed.
- No resting on, reclining on, or sitting on bunks until after "Tattoo." (2100 hours). No slouching or leaning against buildings, desks, etc. No hands in pockets.
- No outgoing or incoming phone calls are allowed except in an emergency. Prior approval of drill instructor is required. No visitors.
- All students will shower every morning and evening. All males will be clean-shaven at all times. Hair will be well groomed. Males' hair will not touch the shirt collar and will not have sideburns beyond the middle portion of the ear. Females' hair will be neat and will not touch collar. Females may wear inconspicuous hairpins/elastics to maintain hair. In either case, hair will not interfere with the wearing of headgear.
- Footwear will be clean at all times.
- "Sir" or "Ma'am" will be used at all times when addressing all ranks of the Academy staff, visiting lecturers, and instructors. Students will be respectful and courteous to each other, the staff and all persons.
- Students will be respectful of all property and possessions. There will be no defacing property or taking another's property. All issued gear and personal gear will be properly stored in assigned areas.
- Students will not leave the academy grounds with the exception of field trips. Students will remain with the group on field trips. Violation of this rule is grounds for immediate dismissal from the program. A parent/guardian will be notified to pick up the student.
- If a student wishes to leave, he/she must notify a drill instructor or the program coordinator. A parent or guardian will be notified to pick up the student. A student will be released to a parent/guardian only unless parents/guardians make other arrangements with the academy staff members. Staff members will not transport the students if the student leaves the program. Parents/guardians will be responsible for transportation of students in case of dismissal.

## **STUDENT TROOPER PROGRAM**

### **DISCIPLINE PROBLEMS AND DISMISSALS**

The Drill Instructors and the Officer in Charge will be notified of the problem immediately. The staff officer witnessing the problem, the Drill Instructor, and the Officer in Charge will meet to discuss the problem and the solution. Racial, sexual, or religious slurs as well as profanity will not be tolerated. Violations of the rules and regulations are grounds for dismissal. Physical training or exercise will not be used for corrective action. Drill Instructors will assign corrective action based on the following guidelines:

- Any student displaying behavior/attitude problems will be advised of the problem, advised of what is expected, and given a chance to correct the problem. The Drill Instructor and the Officer in Charge will be advised of any such incidents.
- If a problem arises as a result of a personality conflict between students, the students involved in the conflict will be separated.
- A staff member will monitor students assigned to a work detail.
- If a student makes more than one infraction, the student may be dismissed from the program. When the student is terminated from the program, the Officer in Charge will contact parents/guardians.

### **VOLUNTARY DISMISSAL**

Any student may leave at any time. Once a staff member is aware of a request to leave, the Drill Instructor will notify a supervisor who will contact and advise the parent/guardian. The student will remain in the program pending notification of parent/guardian. No student will be left by himself/herself or be allowed to leave academy grounds unsupervised.

### **STUDENT TROOPER PHYSICAL FITNESS PROGRAM**

The Massachusetts State Police Academy staff will familiarize the Student Trooper with a recruit physical fitness program. Physical training is conducted each day and all Student Troopers are expected participate. All fitness instructors are certified to instruct, and the Health and Fitness Unit is available during all physical training.

Student Troopers will be instructed in and perform the following:

- Stretching - Both before and after physical activity
- Aerobic training – Running will take place and Student Troopers should prepare for the academy by running and building up their cardiovascular endurance.
- Strength Training – Exercise equipment is available to build strength. Equipment will be used as available.
- Calisthenics – Group physical training will take place using side straddle hops, sit ups, push ups, toe touches, etc. Student Troopers should prepare for the academy and arrive in good physical condition.

# **STUDENT TROOPER PROGRAM**

## **ACADEMY LOCATION**

**Massachusetts State Police Academy  
340 West Brookfield Road  
New Braintree, MA 01531  
(508) 867-1000**

### **FROM THE WEST:**

From Mass Pike: Take Exit 8 (Palmer Exit), turn left onto Rte. 32 - take Rte. 32 North into the Town of Ware. At the center of town take a right onto Rte. 9 (Rte 9 East) - road becomes Rte 9 East & Rte 32 North at this point. Follow Rte. 9E/32N through the center of town. At the Ware/West Brookfield town line (Rtes. 9 & 32 split here) turn left onto Rte. 32 North (toward Gilbertville). After passing Hardwick Market on the left, take a right onto New Braintree Rd. (3.1 miles) just before RR tracks. Follow New Braintree Rd. for 4.1 miles to the intersection of West Brookfield Rd. Take a left and the Academy entrance is ½ mile on the left. (17.8 miles from Exit 8 on the Turnpike).

### **FROM THE EAST:**

From Mass Pike: Take Exit 9 (Sturbridge Exit), after going through tollbooth take the first exit - Rte. 20 West toward Sturbridge. Stay on Rte. 20 West for 1.9 miles. Take a right onto Rte. 148 North. Stay on Rte. 148 North for 7.6 miles into the Town of Brookfield. At the intersection of Rte. 149 and Rte. 9 take a left onto Rte. 9 West. Stay on Rte. 9 West for 2.5 miles into the center of West Brookfield. Take a right onto School St. just before the Town Common. The Town Common will be on the left of School St and the bandstand is on the right. Follow School St. to intersection of Rte. 67 (Stop Sign). After stopping go straight across and within 100 feet take a right onto New Braintree Rd. (Look for SP New Braintree sign) Stay on New Braintree Rd. for 5.1 miles and the Academy entrance will be on the left.

### **FROM THE NORTH:**

From Rte. 2 East or West take Rte 68 South (Gardner/Hubbardston Exit). Continue on Rte 68 South for 7.2 miles into the Center of Hubbardston. At flashing light take a right onto Elm St. (Barre Falls Dam). At the end of the road turn right onto Rte. 62 West. Follow Rte. 62 West for 4 miles and turn left onto Valley Rd. At the Quabbin Plaza go straight across the intersection, you will now be on South Barre Rd. (Rte. 32 South). At the next Stop Sign take a right and stay on Rte. 32 South for ¾ of a mile. Take a left onto Rte. 67 South. Travel for 3.4 miles and take a right onto Barre Cutoff Rd. At the Stop Sign take a left onto West Brookfield Rd. The Academy will be 1 mile on your right.

### **FROM THE SOUTH:**

Take 84 East to Exit 3B to Rte. 20 West. Follow directions **FROM THE EAST** (above).