



The Commonwealth of Massachusetts
Department of State Police



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From: Michelle Small, Chief Administrative Officer
To: Candidates for Appointment to the 90th RTT
Date: September 28, 2023
Re: **Physical Fitness Reporting Instructions**

The “Physical Fitness Reporting Schedule” will be posted to the 90th RTT website. Reporting dates and times will be listed by candidate number.

Unless otherwise rescheduled, fitness assessments will be conducted at the:

Massachusetts State Police Academy
340 West Brookfield Road
New Braintree, MA 01531

If the fitness assessment for any particular day or session is to be rescheduled to an indoor track, candidates will be notified via a bulletin that will be posted no later than the day before the scheduled session. Unless otherwise notified, all candidates shall report to the State Police Academy for their fitness assessment. Candidates must monitor the “Fitness Assessment” link for notifications about their particular fitness assessment session. As a rule, only icy or slippery conditions will result in a decision to relocate the fitness assessment to an indoor venue.

Fitness Assessment Reporting Times – Fitness Assessments will be conducted during the months of October and November. Please note there are two reporting times, no earlier than 0700 hours and no later than 0745 hours and no earlier than 1200 hours and no later than 1245 hours. Make sure you find your designated time listed on the 90th RTT website.

What To Bring: – Candidates must bring the following documentation to their fitness assessment:

- a photo ID (driver’s license or military ID),
- the Candidate’s Medical Certification Form signed by a physician, nurse practitioner or physician’s assistant (the Medical Certification Form is posted at “Fitness Assessment” link),
- the Candidate’s Physical Fitness Screening Release Form (the Physical Fitness Screening Release Form is posted at “Fitness Assessment” link),
- Your original 90th RTT Application. The 90th RTT Application is a very lengthy and detailed application. Be sure to leave yourself sufficient time to complete this application well before your scheduled reporting time. The application must be filled out accurately, completely and truthfully; failure to do so can result in disqualification.
- All applications must be notarized by a notary public before submitting at the Physical Fitness Test. Please only use binder clips, do not staple or bind your application. The 90th RTT Application is posted at the “Forms and Application” link.
- Veterans only - regardless of status, a copy of the Candidate’s certification of disability as issued by Veterans Administration *if applicable*.
- Food and hydration as needed.

Failure to bring any one of these documents may result in your dismissal from the scheduled selection activities.

What to Wear: – Candidates will report in a “V” neck T-shirt, gym shorts, running shoes and socks. All candidates shall wear sweatshirt and sweatpants over their t-shirt and gym shorts. As dictated by the weather and personal preference, candidates may in addition to the above requirements, wear appropriate cold weather gear, gloves and/or knit hat.

What You will be Required To Do:

- A. **1.5 – Mile Run** - The fitness assessment includes a 1.5 mile run. This run will take place outside on a paved surface. The qualifying times for the 1.5-mile run are posted to the “Fitness Assessment” link. Failure to satisfy the posted minimum qualifying time will be recorded as such. Anyone failing to meet or exceed the qualifying time will be rescheduled for one additional opportunity. Re-tests are typically scheduled one to four weeks after the initial failure. In the event a candidate fails a second time, he or she will be removed from further consideration.
- B. **Photo/Fingerprints/Tattoo Inspection** – In addition to the fitness assessment, candidates will be photographed, fingerprinted and inspected for tattoos that are visible when wearing the Department’s Summer Class B uniform shirt.

Age Reminder: To qualify for State Police selection, applicants for the Commonwealth's 2023 Police Officer Exam had to be 19 years of age on or before March 18, 2023 in order to take the examination for State Trooper, and they must be at least 21 years of age by the date of enlistment to the position of State Police Trooper. Also, applicants had to be less than 35 years old as of the last date to file an application (i.e. January 31, 2023) for the 2023 Police Officer Exam. This age requirement is strictly enforced.

Failure to attend this or any other scheduled activity shall be considered a voluntary withdrawal from the selection process. As a reminder it is your responsibility to provide MSP Human Resources with any contact information changes.