



About the C.H.I.P. Program

C.H.I.P. administers the Police Physical Ability Assessment for more than 60 Connecticut Police Agencies. Upon successful completion of the assessment candidates receive a C.H.I.P. card. Cards are valid for a 6-month period and accepted by participating departments. Each participating department is responsible for establishing what C.H.I.P. test dates or C.H.I.P. card expiration dates are acceptable for their hiring process. It is an applicant's responsibility to identify these dates and determine when or if they need to take the C.H.I.P. test.

Signing Up for the C.H.I.P. Assessment

1. Go to www.ichiptest.com and register online. (Paper forms are no longer accepted.)
2. Download the **waiver** and **medical** forms from your account dashboard on the website, and complete both forms in full.
 - a. The medical form must be completed by a doctor, form is valid for 6 months from date it is signed.
 - b. The waiver form must be witnessed and signed at your test.
3. Check your email **1 week prior** to your test date. Your assigned time slot and the test location will be emailed to you.

On the Day of Your Test

Bring the waiver and medical forms with you, as well as two forms of ID; please see website for full list of accepted documents. Upon passing the test, you will be given a printed card.

After Your Test

Log in to your C.H.I.P. dashboard after the test to view your results and compare against previous tests.

C.H.I.P. Schedule

Each department that participates in the C.H.I.P. program determines a cutoff date for their hiring process. This is the date when an applicant must have a current C.H.I.P. card. It is the applicant's responsibility to sign up for a C.H.I.P. test that will allow you to meet that date. Assessment dates and locations are available on www.ichiptest.com. C.H.I.P. tests are offered on a monthly basis and registration forms must be postmarked one week prior to the assessment date in order to meet the registration deadline.



Connecticut Police Officer Standards and Training Councils Physical Ability Assessment Standards

The physical ability assessment includes the four stations described below. These standards are required by the Connecticut Police Officers Standards and Training Council.

Sit-Ups	Muscular Endurance	The score is the number of correct, full, bent-leg sit-ups performed in one minute. Your feet are held and your fingertips are tucked behind your ears.
Pushups	Muscular Endurance	The score is the number of correct full-body push-ups performed in one minute: <ul style="list-style-type: none"> Starting in the up position, hands placed slightly wider than shoulder width apart, fingers pointing forward with a straight back. Bend your elbows, lowering your body towards the floor and touch your chest to the measuring block (approximately four inches from floor) and return to the up position.
300 Meter Run	Anaerobic Power	The score is the time it takes to run at maximal effort for a distance of 300 meters.
1.5 Mile Run	Cardiovascular Capacity	The score is the time (minutes:seconds) it takes to run, jog, or walk 1.5 miles.

Standards for Passing

Age / Gender	Sit-Ups	Pushups	300 Meter Run	1.5 Mile Run
Male, 20-29	38	29	59 seconds	12:38
Male, 30-39	35	24	59 seconds	13:04
Male, 40-49	29	18	72 seconds	13:49
Male, 50-59	24	13	83 seconds	15:03
Male, 60-69	19	10	N/A	16:46
Female, 20-29	32	15	71 seconds	14:50
Female, 30-39	25	11	79 seconds	15:38
Female, 40-49	20	9	94 seconds	16:21
Female, 50-59	14	7	N/A	18:07
Female, 60-69				20:06