



MAINE STATE POLICE GENERAL ORDER

E-107

SUBJECT: MAINE STATE POLICE POLICY REGARDING SPECIALTY TEAM
UNIFORM PHYSICAL APTITUDE TESTING STANDARD

EFFECTIVE DATE: 08.27.2021

EXPIRATION DATE: 08.27.2028

RECENT HISTORY: AMENDED (08.27.2021); AMENDED (08.19.2020);
AMENDED (08.01.2020); AMENDED (01.01.2019); TECHNICAL AMENDMENT
(ATTACHMENT UPDATED)(06.06.2018); AMENDED (07.22.2016); AMENDED
(08.20.2015); NEW (10.23.2009)

TECHNICAL AMENDMENTS: TECHNICAL AMENDMENT (ATTACHMENT
UPDATED)(06.06.2018)

DISTRIBUTION CODE: 2 (MAY BE PUBLICLY DISCLOSED)

APPLICABILITY CODE: S

SIGNATURE OF COLONEL:

A handwritten signature in blue ink, appearing to read "John Cote", written over a light blue rectangular background.

I. PURPOSE

1. The purpose of this General Order is to establish the policy of the Maine State Police concerning the physical aptitude testing ("PAT") standard that must be met and maintained by officers assigned to any Maine State Police Specialty Team that presently or prospectively has in place physical aptitude testing standards that must be met and maintained by officers who are assigned to the team.

II. POLICY

1. The policy of the Maine State Police is to have in place a uniform physical aptitude testing standard applicable to Maine State Police Specialty Teams that presently or prospectively have in place a physical aptitude testing standard that must be met and maintained by officers who are assigned to such teams.

III. DEFINITIONS

1. For the purposes of this General Order, the terms included in this section are defined as follows, unless otherwise indicated in the order.
 - A. Maine State Police Specialty Team. "Maine State Police Specialty Team" means a Specialty Team of the Maine State Police such as, for example, the Maine State Police Tactical Team and the Maine State Police Crisis Negotiation Team.

IV. PROCEDURE

1. Notwithstanding the provision of any other Maine State Police General Order, the following provisions apply to all Maine State Police Specialty Teams that presently or prospectively have in place a physical aptitude testing standard that must be met and maintained by officers who are assigned to such teams:
 - A. To earn and maintain an assignment to a Maine State Police Specialty Team, an officer must maintain a score in the sixtieth (60th) percentile or higher on each of the three components of the physical fitness test (pushups, sit-ups, and a one-and-one-half (1 ½) mile run), per Maine Criminal Justice Academy and Cooper Standards protocols and norms used in the current applicant process.
 - B. When an officer who is a member of a Specialty Team fails a PAT, the Special Services and Training Lieutenant shall arrange for the member to be counseled by a trained fitness instructor and placed on a six (6) month probationary period, during which period the officer will remain a member of the Specialty Team.
 1. The assigned fitness instructor is to assess the member periodically during the probationary period.
 - a. If the member successfully achieves a PAT score in the sixtieth (60th) percentile or higher at any time during the six (6) month probationary period, the fitness instructor shall notify the leader of the subject Specialty Team and the Training and Special Services Lieutenant.

(1) The member then no longer shall be on probation.

- C. If an officer who is a member of a Specialty Team fails any two (2) consecutive bi-annual assessments, or two (2) of the three (3) most recent, consecutive such assessments, the member is to be removed from the subject Specialty Team unless the Lieutenant Colonel finds that exceptional circumstances caused the member to fail the most recent assessment.
 - 1. An officer removed from a Specialty Team may reapply for membership to the team after a period of at least one (1) year has passed.
- 2. The provisions Part IV, section 1 of this policy apply to the Maine State Police Tactical Team, except:
 - A. Members and prospective members must annually pass the "Maine State Police Tactical Team Annual Physical Fitness Test," the scoresheet for which is attached to and incorporated into this policy by reference.
- 3. The provisions Part IV, section 1 of this policy apply to the Maine State Police Underwater Recovery Team, except:
 - A. Members and prospective members must annually pass the "Maine State Police Underwater Recovery Team Entrance/Team Exam," the scoresheet for which is attached to and incorporated into this policy by reference.

ATTACHMENTS

["Maine State Police Tactical Team Annual Physical Fitness Test" scoresheet](#)
["Maine State Police Underwater Recovery Team Entrance/Team Exam"](#)



2019 Tact Team
Annual Physical Fitness



URT Entrance Exam
(003).pdf

NOTICE

THIS GENERAL ORDER IS FOR USE OF THE MAINE STATE POLICE AND NOT FOR ANY OTHER AGENCY. THE GENERAL ORDER IS NOT INTENDED TO BE RELIED UPON BY ANY OTHER INDIVIDUAL OR PRIVATE OR PUBLIC AGENCY. THE GENERAL ORDER EXPRESSLY DOES NOT CREATE, AND IS NOT INTENDED TO CREATE, A HIGHER LEGAL STANDARD OF SAFETY OR CARE IN AN EVIDENTIARY SENSE WITH RESPECT TO THIRD-

PARTY CLAIMS. VIOLATIONS OF THIS ORDER ONLY MAY FORM THE BASIS FOR ADMINISTRATIVE SANCTIONS BY THE MAINE STATE POLICE.