



# TOWN OF BRIDGEWATER

## POLICE DEPARTMENT



*Christopher D. Delmonte*  
Chief of Police

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Tel. (508) 697-6118  
Fax (508) 697-0917

### Police Cadet

Dear Candidate,

The Bridgewater Police Department is accepting applications from qualified residents for the full-time (40 hours per week) position of Police Cadet. Candidates must be between the ages of 18 and 23 at the time of application. All candidates must be physically and psychologically fit, as well as a person of high moral character, self-motivated with sound judgement. All candidates must be willing to work nights, weekends and holidays. The position of Police Cadet is defined in M.G.L. c.147 s.21A and is intended to develop and recruit future police officer candidates who are willing to make a commitment to serving the community.

Bridgewater Police Cadet duties include answering telephones and communicating professionally with the public, maintain and file records, receive complaints and complete reports when required, monitor and assist with detainees as well as other administrative tasks. At all times, Cadets must present a professional appearance with their designated uniforms. Cadets are not authorized to carry firearms or exercise police authority, however, candidates must be able to obtain a License to Carry Firearms when eligible.

Police Cadet candidates will be required to pass a thorough background investigation, oral interview, drug screening, psychological evaluation, complete a comprehensive medical examination and meet designated physical fitness standards (see attached). Police Cadets are non-civil service at-will employees.

Police Cadets will receive an annual salary with health and holiday pay benefits as well as vacation leave after one year. Cadets must adhere to all Bridgewater Police Department Rules & Regulations and Policies & Procedures.

Thank you for your interest in the Bridgewater Police Department and good luck.

Sincerely,

Christopher D. Delmonte  
Chief of Police



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**The four events and their standards** (30th percentile of the Cooper Aerobics Institutes norms, including age and gender norming):

1. One-minute pushups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59	60+
Females*:	20	15	10	9	3
Males:	26	20	15	10	8

\* modified position is permitted

2. One-minute sit-ups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59	60+
Females:	30	22	17	12	4
Males:	35	32	27	21	17

3. 1.5 mile run (Cardiorespiratory Fitness):

AGE:	20-29	30-39	40-49	50-59	60-69
Females:	15:52	16:38	17:22	18:59	21:20
Males:	13:16	13:46	14:34	15:58	17:38

4. 300-meter run (anaerobic power - measured in seconds):

AGE:	20-29	30-39	40-49	50-59	60+
Females:	75	82	106.7	no data**	no data**
Males:	62.1	63	77	87	no data**

\*\* must complete the event, but no time standard has been established