

I. POLICE OFFICER'S PHYSICAL ABILITIES TEST (P.O.P.A.T.)

The Police Officers' Physical Abilities Test is designed so that an applicant can demonstrate that he/she has the minimum ability to perform the physical duties associated with the job of a police officer. Standards for males and females are the same because the work of a police officer is the same regardless of gender. In order to pass the test, an applicant must perform all the activities within the defined protocol and complete the timed portion of the P.O.P.A.T. within 4:15 minutes and then demonstrate the ability to lift and carry the 100 lb. weight 50 feet.

*TASKS ARE TO BE PERFORMED IN CLOTHES APPROPRIATE FOR PHYSICAL ACTIVITY AND SHOES MUST HAVE NON-MARKING SOLES.
COURT SHOES ARE RECOMMENDED.*

STATION #1: 400 METER MOBILITY/AGILITY RUN

Run 6 laps of a circuit incorporating changes of direction, jumping a 6 foot mat while running, negotiating 6 stairs up and down, and jumping over two 18 inch obstacles.

STATION #2: PUSH AND PULL STATION

PULL an 80 lb. weight off its rest and move through a controlled 180 degree arc 6 times then PUSH the 80 lb. weight off its rest and move through a 180 degree arc 6 times.

STATION #3: MODIFIED SQUAT THRUST AND STAND AND RAIL VAULT

Complete 10 squat thrusts (5 forward, 5 reverse), vaulting over a 3 foot high rail after each one.

NB: Station #1 to #3 inclusive must be completed within 4 minutes and 15 seconds.

STATION #4: WEIGHT CARRY - 100 LBS.

Carry a 100 lb. torso sack a distance of 50 feet.

NB: The applicant must begin the weight carry within 30 seconds of the completion of Station #3.

QUALIFIED FITNESS TESTERS WILL EXPLAIN THE CORRECT PROCEDURE FOR EACH STATION. ONLY ACTIVITIES DONE IN THE CORRECT MANNER WILL BE COUNTED. THE TESTERS' SCORING WILL BE FINAL.