

FORSYTH COUNTY SHERIFF'S OFFICE

Police Officer Physical Abilities Test (POPAT)

The Forsyth County Sheriff's Office Police Officer Physical Abilities Test (POPAT) simulates and measures an officer's physical ability to respond to critical incidents, apprehend suspects, and potentially control prisoners. Passing this test indicates the applicant possesses the minimum physical ability level to perform the duties of a Deputy Sheriff.

This physical abilities test is designed to test a person's physical strength, muscular endurance, coordination and agility by performing basic physical tasks that professional deputies will use throughout their career.

Introduction

An evaluation of physical fitness requirements for performing the duties of an officer has identified a number of important physical fitness abilities. An assessment of their fitness which relates to job performance is administered in a timed circuit (one activity following the other) on a pass/fail basis. The test must be completed successfully, in sequence and within the specified time limit; otherwise the applicant will receive an incomplete for the test.

PREPARING FOR THE TEST

It is strongly advised that applicants restrict caffeine intake the day they are scheduled for the test. In addition, it is recommended not to eat within two to three hours prior to the test. Do not engage in strenuous exercise, strenuous work or other physically demanding activities the day of or even the day prior to the test. Spend time warming up and stretching just prior to starting the test. Applicants are encouraged to dress appropriately for the physical abilities test.

Physical Activity List

Each of the test activities must be completed successfully prior to moving on, to the next item in the circuit. Failure to complete any of the test items will be marked as an incomplete for the applicant. All test items with the exception of the weight carry, must be completed within the strictly enforced time limit. Explanations are offered on any parts where the applicant has questions. On the command of "GO" the applicant begins the physical abilities test. The POPAT test will be described and demonstrated to you prior to your performance. Applicants must perform all activities at each station within the defined protocols.

The test circuit is made up of the following activities:

Station 1 400 METER MOBILITY/AGILITY RUN

Justification: To test the applicant's physical coordination, agility, muscular endurance, aerobic capacity, and the applicant's ability to change direction and make stride adjustments. Officers must have the physical ability to pursue suspects by navigating many obstacles.

Activity: The applicant is required to traverse the Mobility/Agility course six times in order to complete a total of 400 meters. The Mobility/Agility Run resembles a figure eight (see diagram) and will be marked with brightly colored traffic cones. In completing six laps of the Mobility/Agility Run, the applicant will be required to change directions, hurdle low barriers, make stride changes, and negotiate stairs. If at any time the participant fails to successfully complete, hurdles, stairs, etc. they will be instructed to go back and complete the task again.

Station 2 Push/Pull Station – Push Sequence

Justification: Applicants are required to push open doors or push on people in order to gain control over them, etc. During the performance of these activities, officers are required to move, change directions and still maintain a level of control over themselves, objects and persons.

- Activity:**
1. Push the handle away until the weight (80lbs) has reached its maximum height.
 2. Move from side to side as quickly as possible keeping the weight up and ensuring that the line on each side is touched before moving back to the other side. The participant must shuffle their feet from side to side in each direction without crossing their feet.
 3. This activity must be completed three times as quickly as possible. If the participant fails to complete this step by not pushing the weight to maximum height or not stepping on the line the station must be completed again until done correctly.

Station 2 Push/Pull Station – Pull Sequence

Justification: Applicants are required to pull open doors or pull on people to gain control of them, etc. During the performance of these activities, officers are required to move, change directions and still maintain a level of control over themselves, objects and persons.

- Activity:**
1. Pick up the rope, gripping it with both hands.
 2. Pull the weight (80lbs) off the floor by pulling with the arms.
 3. Move from side to side as quickly as possible keeping the weight up and ensuring that the line on each side is touched before moving back to the other side. The participant must shuffle their feet from side to side in each direction without crossing their feet.

4. This activity must be completed three times as quickly as possible. As above, if the station is not completed correctly the participant must repeat the station.

Station 3 Modified Squat Thrust and Stand

Justification: During the course of their duties officers occasionally are required to perform strenuous work at high intensity for short periods of time. This strenuous work places a high anaerobic demand on the body as well as requiring the officer to think and control his/her body in recovering from pushes, trips, etc. and potentially having to regain a standing position after lying on the floor from their back or chest.

Activity: 1. Start the activity from a standing position to a forward chest touch, squat thrust then stand. In performing this activity, the chest must be in contact with the mat when in the prone position prior to the standing position being regained.

Sequentially the exercise is:

- a) Start from a standing position.
- b) Bend the knees and place the hands on the mat just ahead of and outside the feet.
- c) Thrust the feet out and lie on the mat face down making sure to touch the chest to the mat.
- d) Regain the standing position by bringing the feet back under the body and stand.
- e) This activity should be completed as quickly as possible, thus it is not necessary to demonstrate clinical positions. In fact, it would be unreasonable to expect perfect positions. However, the chest must touch the mat.

2. Vault over the 3' high rail by placing your hands on the rail and jumping over. No other part of the body should touch the rail except for the hands. The applicant should land in a standing position on the other side of the rail.

3. Complete a backward squat thrust by reversing the procedure of the forward squat thrust, ensuring that the shoulder blades touch the mat before regaining the seated position and standing up.

4. Vault back over the rail again not allowing any part of the body to touch the rail except the supporting hands, and land on the mat in a

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