



NORTH CAROLINA'S POLICE OFFICER PHYSICAL ABILITY TEST (POPAT)

Scenario #1: Chase and Apprehension

Start Position seated in chair

1. Run 160 ft.

At instruction to begin (and start of stopwatch), participant will stand, run from chair to Cone 1 (40 ft.) going around cone, return to chair going around chair, and repeat.

2. Run 120 feet while encountering obstacles

After completion of Task #1, participant will run from chair to Cone 2 (60 ft.), go around the cone, and return to the chair. During the run from the chair to Cone 2, the following obstacles must be successfully completed:

A) 4 foot broad jump: Completely clear tape marks placed on floor/ground. If any portion of the foot touches the tape or space between during the jump, the jump must be repeated until successful completion.

B) 4 foot "fence" climb: Participant will climb or vault (with hands on top of obstacle) a simulated 4 foot fence. Participant may not advance along course until successful completion.

C) Crawl under obstacle (2 foot high): Participant will crawl under 2 foot high obstacle. Participant may not advance along course until successful completion.

3. "Roll Drill," 3 repetitions (a-d equals 1 repetition)

After completion of Task #2, the participant will perform 3 repetitions of the following 4 steps:

A) Start on top of 100 lb. heavy bag with left knee on mat/facing away from chair.

B) Roll to right until bag is over body and back is on mat.

C) Continue to roll in the same direction until back on top of heavy bag and right knee touches mat.

D) Perform complete turn to left until left knee touches mat (back at start position)

4. 20 push-ups

After completion of Task #3, participant will perform 20 strict push-ups. The push-ups are not required to be continuous and the participant may rest in any position during the course of the 20 push-ups. A "strict" push-up will be defined as maintaining a prone position from shoulders to ankles throughout the motion, chin touching a 4 inch high box during each downward motion, and elbows completely extended at end of each repetition.

5. "Roll Drill," 3 repetitions (a-d equals 1 repetition)

After completion of Task #4, the participant will perform 3 repetitions of the following 4 steps:

A) Start on top of 100 lb. heavy bag with left knee on mat (facing away from chair).

B) Roll to right until bag is over body and back is on mat.

C) Continue to roll in the same direction until back on top of heavy bag and right knee touches mat.

D) Perform complete turn to left until left knee touches mat.

6. Run 120 feet while encountering obstacles

After completion of Task #5, participant will run from the mat to Cone 2, go around the cone, and return to the chair. During the run from the mat to Cone 2, the following obstacles must be successfully completed:

A) 4 foot broad jump: Completely clear tape marks placed on floor/ground. If any portion of the foot touches the tape or space between during the jump, the jump must be repeated until successful completion.

B) 4 foot "fence" climb: Participant will climb or vault (with hands on top of obstacle) a simulated 4 foot fence (see materials list for details). Participant may not advance along course until successful completion.

C) Crawl under obstacle (2 foot high): Participant will crawl under 2 foot high obstacle. Participant may not advance along course until successful completion.

7. 30 steps (up and down) on step box

After completion of Step #6, the participant will complete 30 steps (up and down) on an 8 inch high box or aerobic step bench. A repetition will count as any portion of the bottom of each foot touching the top of the box followed by any portion of the bottom of each foot touching the floor/ground.

8. "Roll Drill," 3 repetitions (a-d equals 1 repetition)

After completion of Task #7, the participant will perform 3 repetitions of the following 4 steps:

A) Start on top of 100 lb. heavy bag with left knee on mat (facing away from chair)

B) Roll to right until bag is over body and back is on mat

C) Continue to roll in the same direction until back on top of heavy bag and right knee touches mat

D) Perform complete turn to left until left knee touches mat

9. 20 push-ups

After completion of Task #8, participant will perform 20 strict push-ups. The push-ups are not required to be continuous and the participant may rest in any position during the course of the 20 push-ups. A "strict" push-up will be defined as maintaining a prone position from shoulders to ankles throughout the motion, chin touching a 4 inch high box during each repetition.

10. "Roll Drill," 3 repetitions (a-d equals 1 repetition)

After completion of Task #9, the participant will perform 3 repetitions of the following 4 steps:

A) Start on top of 100 lb. heavy bag with left knee on mat (facing away from chair)

B) Roll to right until bag is over body and back is on mat

C) Continue to roll in the same direction until back on top of heavy bag and right knee touches mat

D) Perform complete turn to left until left knee touches mat

Scenario #2: Rescue

A minimum 10 minute recovery period will be required between the end of Scenario #1 and the start of Scenario #2. The entire test (Scenarios 1 and 2) must be successfully completed in the same day.

1. Run 200 ft.

At instruction to begin (and start of stopwatch), participant will run from Cone 1 to Cone 2 (50 ft.) going around cone, return to Cone 1 going around cone, and repeat.

2. 30 steps (up and down) on step box

After completion of Task #1, the participant will complete 30 steps (up and down) on a 6-8 inch high box or aerobic step bench. A repetition will count as any portion of the bottom of each foot touching the top of the box followed by any portion of the bottom of each foot touching the floor/ground.

3. Run 200 ft.

Description: After completion of Task #2, participant will run from Cone 1 to Cone 2 (50 ft.) going around cone, return to Cone 1 going around cone, and repeat.

4. Drag 175 lb. dummy 50 ft.

Description: After completion of Task #3, the participant will drag a 175 lb. dummy from Cone 3 to Cone 4 (25 ft.) and back to Cone 3 (entire dummy past line adjacent to cone each way).

Greenville Police Department



Participation and Release Form

I, _____, an applicant for a position with the City of Greenville and a participant in the Police Officer Physical Abilities Test. For and in consideration of an opportunity to participate in test and the application program declare and state as follows:

- 1) I declare that I am not under a physician's care or have any medical condition that would prevent me from fully participating in the physical agility test.
- 2) I understand that I am not an employee of the City of Greenville and if injured while participating in this program, I am not eligible for any benefits granted to employees of the City of Greenville including but not limited to claims under the North Carolina Workers Compensation Act, disability or health insurance or salary.
- 3) I hereby waive for myself, my heirs, executors, administrators or assigns, any and all claims, demands, actions or causes of action, against the City of Greenville, its officers, agents and employees, of whatever kind or nature may arise in any manner by reason of injury or damage to my person or property or both while participating in this program in any manner.
- 4) I understand that by participating in this program that I agree, waive and release the right to file any claim, or institute any suit or cause of action against the City of Greenville, its officers, agents or employees, for damages or loss or injury of any kind for or on account of any damages, loss or injury to my person or property or both which may arise in any manner while I am participating in this program.
- 5) This agreement holds harmless the City of Greenville, its officers, agents and employees for any injury, including but not limited to claims for wrongful death, arising in any manner to me while participating in this program.
- 6) I understand that my participation in the program is completely voluntary.

I further declare and acknowledge, by my signature set out below, that I have read the description of the Police Officer Physical Abilities Test in its entirety and fully understand that such test may require arduous physical exercise. I hereby knowingly and intelligently waive any right or claim against the City for injuries resulting therefore.

I have read the foregoing waiver and covenant not to sue and understand that it constitutes a formal legal document.

Participant's Signature _____
Print Participant's Name _____

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