

POLICE OFFICER PHYSICAL ABILITIES TEST

(Revised 1/05)

The Springfield Police Department 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 police officer.

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 police officers will use throughout their career.

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. **NO BLACK SOLED SHOES WILL BE ALLOWED ON THE GYMNASIUM FLOOR.**

TEST COMPONENTS

Physical performance will only be timed for Stations One, Two, and Three.

STATION ONE: 440 YARD (1/4 MILE) MOBILITY/AGILITY RUN

Procedure: The applicant is required to traverse the Mobility/Agility course six times in order to complete a total of 440 yards or 1/4 mile. The Mobility/Agility Run resembles a figure eight (please see diagram below) 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.

Purpose: To test the applicant's physical coordination, agility, muscular endurance, aerobic capacity, and the applicant's ability to change direction and make stride adjustments.

Related Job Tasks: Police Officers must have the physical ability to pursue suspects by navigating many obstacles.

STATION TWO: PULL AND PUSH STATION

Procedure: After completing the Mobility/Agility Run, the applicant will move directly to the Pull and Push Station. The applicant will be required to pull on the rope and hold 80 pounds of weight off the bottom of the power training machine (PTM) and move through an arc of 180 degrees. The applicant will be required to touch a designated line on either side of the machine three times with the left foot and three times with the right foot, for a total of six touches. If at any time during these six 180 degree arcs the elevated weight stack comes in contact with the bottom of the machine, the applicant will be required to begin the pull portion again.

After the sixth arc, the applicant will release the rope and once again raise the 80 pound weight stack off the bottom of the power training machine by pushing on the swing arm of the machine. The applicant must move through another six 180 degree arcs touching the designated line on either side three times with the left foot and three times with the right foot. If at any time during these six 180 degree arcs the elevated weight stack comes in contact with the bottom of the machine, the applicant will be required to begin the push portion again.

Purpose: To test the applicant's upper body strength, upper body muscular endurance, and overall physical coordination.

Related Job Task: Police Officers must have the ability to apprehend and physically control suspects.

STATION THREE: MODIFIED SQUAT THRUST AND STAND USING RAIL VAULT

Procedure: Upon completing the Pull and Push Station, the applicant will proceed directly to the Modified Squat Thrust and Stand station. The applicant will begin this test lying on his/her chest on the mat adjacent to the rail vault. The applicant will begin by standing and vaulting over the three foot high rail to the other side. Once on the other side, the applicant will touch his/her back to the mat. This process will be repeated until the applicant has completed five touches to the chest and five touches to the back. Once the applicant stands for the last time, the running time for the POPAT test is completed.

Purpose: To test the applicant's physical agility, coordination, and overall body stamina.

Related Job Task: Police Officers must have the ability to maintain high levels of exertion in times of emergencies.

THE FIRST THREE STATIONS MUST BE COMPLETED IN FOUR MINUTES AND FIFTEEN SECONDS (4:15) OR LESS. THE TEST WILL BE SCORED ON A PASS/FAIL BASIS ONLY.

STATION FOUR: TORSO BAG CARRY

Procedure: Within 30 seconds of completing Station Three, the applicant will move directly to the Torso Bag Carry Station. The applicant will lift and carry an 80 pound torso bag a distance of 50 feet.

Purpose: To test the applicant's upper body strength and muscular endurance.

Related Job Task: Police Officers must have the ability to lift and carry suspects/prisoners.

The POPAT test will be described and demonstrated to you before your performance. You will be given time to practice test components within each station so you will be aware of your abilities. Applicants must perform all activities at each station within the defined protocol. **You must pass the physical abilities test to continue on in the police officer hiring process.** Applicants who do not appear for the testing when scheduled will not be allowed to continue on in the testing process.

The physical abilities test is strenuous. Each applicant must sign a waiver form releasing liability prior to testing. The Police Department recommends that if you have had surgery or a serious illness within the previous six months, are on medication or have an ongoing medical condition, you should consult your physician before attempting the physical abilities test.

