

**ASHEVILLE POLICE DEPARTMENT
RECRUITMENT & CAREER DEVELOPMENT UNIT**



Physician Statement Form

The applicant listed below has applied for employment with our agency as a police officer. Part of the hiring process requires the applicant to participate in our POPAT. The POPAT (Police Officers Physical Abilities Test) consists of the following.

- The applicant will advance on foot 300 feet.(this is the total between 2 scenarios)
- Drag a 175-lb victim for 25 feet
- Perform 60 step ups
- Perform two 4 ft broad jumps and two 4 ft “fence’ climbs
- Perform 40 push-ups
- Roll from left in a complete circle and then back again with a100 lb heavy bag
- Crawl under a 2ft high obstacle (twice)

I have read the description of the physical abilities test and state that the applicant listed below can safely perform the physical abilities test as described in the attached document, which I have reviewed.

Print/Type Name of Physician

Physician Signature

Date

Applicant to be tested (please print)

Integrity, Fairness, Respect, Professionalism

ASHEVILLE POLICE DEPARTMENT
RECRUITMENT & CAREER DEVELOPMENT UNIT



Pre-Employment POPAT
Procedures

The Asheville Police Department will administer a pre-employment POPAT (Police Officer Physical Abilities Test) to all applicants for the position of police officer or police cadet. The POPAT measures applicants' abilities to perform tasks related to the job of police officer. The POPAT is a requirement for certification as a Law Enforcement Officer in N.C. and all candidates will be required to complete the tests in 06:00 (Test #1) and 03:00 (Test # 2) prior to graduation from the Police Academy. This pre-test will provide the Academy Staff with an assessment of each applicant's physical fitness.

The pre-employment POPAT will not be used to disqualify anyone from employment with our agency. However, applicants will not have their applications processed past this initial phase until they have completed the test within the required time. The APD Recruitment & Career Development Unit will administer the test and will advise applicants on ways to improve their time.

The pre-employment POPAT will be administered by the APD Recruitment & Career Development Unit on an as needed basis. The unit will schedule and notify applicants of their test date and location. Applicants will be allowed to retest every thirty days. To retest, applicants will contact the Recruitment & Career Development Unit to set up an appointment. Members of the Recruitment & Career Development Unit will be certified as Specialized Physical Fitness Instructors and will have current CPR certification. The unit will have a First Aid kit at the test site and the means to contact emergency medical assistance if needed. The applicant is responsible for preparing for this test by running and performing push-ups. The applicant is responsible for bringing a completed Physician Statement Form on test day. No applicant will be allowed to test without this form in hand.

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Pre-Employment POPAT
(Police Officer Physical Abilities Test)

Scenario 1: Chase & Apprehension

1. Applicant will start from a seated position then run from chair to cone 1 (40ft) and back (around chair) 2 times.
2. From the chair the applicant will then run to cone 2 (60ft) while completing the following obstacles:
 - a. 4 foot broad jump
 - b. 4 foot “fence” climb
 - c. Crawl under obstacle (2 feet high)
3. From cone 2 the applicant will go to mat
4. The applicant will then begin a roll drill; 3 repetitions to be completed (a-d equals 1 rep.)
 - a. Start on top of 100 lb. heavy bag with left knee on mat
 - b. Roll to right until bag is over body
 - c. Continue roll in same direction until back on top of heavy bag (complete when right knee touches mat)
 - d. Perform complete turn to left until left knee touches mat
5. Next the applicant will complete 20 push- ups
6. Roll drill will be performed another 3 repetitions
7. From the mat the applicant will return to cone 2 while completing the following obstacles:
 - a. 4 foot broad jump
 - b. 4 foot “fence” climb
 - c. Crawl under obstacle (2 feet high)
8. The applicant will then move from cone 2 to step box
9. Once at the step box the applicant will perform 30 steps (up & down)
10. The roll drill will be performed again for another 3 repetitions
11. Again 20 push-ups will be required
12. Finishing out scenario 1 with the roll drill for another 3 repetitions

Passing Time is **06:00** minutes or less for all applicants.

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Scenario 2: Rescue

1. The applicant will run from cone 1 to cone 2 (50ft) and back 2 times
2. The applicant then moves to the step box and will perform 30 steps (up & down)
3. Again the applicant will run from cone 1 to cone 2 (50ft) and back 2 times
4. The applicant will be required to drag a dummy (175 lbs) from cone 3 to cone 4 (25ft) and back to cone 3 (past the line that is adjacent to cone each way)

Passing Time is **03:00** minutes or less for all applicants.

** Please note there will be a minimum rest time of 10:00 minutes between the scenarios.