



Do Not Return This Form With Package

POLICE OFFICER'S PHYSICAL ABILITIES TEST MEDICAL CLEARANCE

To the Attending Physician:

Your patient/client has applied for employment with the Prince Albert Police Service. As a pre-requisite, applicants must demonstrate a minimum level of physical ability/fitness by successfully completing a test termed the **P.O.P.A.T.** (Police Officers' Physical Abilities Test)

The POPAT is designed to measure the applicant's ability to perform a given task. The test incorporates three duties: encountering or responding to an incident, arriving at the incident safely, and resolving or removing the problem. Consequently, applicants must complete a circuit which tests running and coordinate abilities, clinical fighting abilities, (including maximal cardiovascular stress), and reserve strength.

The applicant begins the circuit by running six laps of an obstacle course, a total distance of about 400 meters. During the run, the applicant must climb stairs, make sharp turns and jump over low obstacles. After negotiating the six-lap course, the applicant must first pull and then push a 36.4 kg (80 lb) weight through six 180 degree arcs. The final stage is the Modified Thrust and Stand Station. The applicant vaults a 1 meter rail and successfully completes alternating back and front falls. This ends the timed portion of the test. The applicant is allowed 4 minutes and 45 seconds to complete this portion of the POPAT. Finally, the applicant is asked to lift and carry a 45.5 (100 lb) weight 15 meters (50 feet). A person failing any one of the items fails the overall test.

Research indicates the POPAT elicits a maximum or near maximum heart rate in all participants. These values are attained as early as two minutes into the test. The POPAT also has an anaerobic component and blood lactates are elevated at completion.

During the push and pull activities, the applicant grasps a large rope simulation the size of a wrist, to which a 36.4 kg (80 lb) weight is attached. The applicant then pulls the weight off the floor and shuffles around the perimeter of an arc with a radius of 1 to 2 meters (3 to 6 feet) six times, always keeping the weight off the floor. The same activity is performed with the applicant pushing a 36.4 kg (80 lb) weight off the floor.

To minimize the health risk, we are requesting this medical examination to determine if the applicant is healthy enough to undertake the POPAT.



P.O.P.A.T. Medical Opinion/Clearance

(Applicant's Name)

Blood Pressure is _____

Resting Heart Rate is _____

Height _____

Weight _____

*****Note: For the POPAT test an acceptable level for blood pressure is 144/94 and resting heart rate is 100*****

In your professional opinion, do you consider this applicant to be healthy enough to take the P.O.P.A.T.?

() YES

() NO

Comments:

Date: _____

Physician's Signature: _____

Physician's Name: _____

(Please Print)

Please give completed form to applicant

Note to Applicant:

DO NOT RETURN this form with your Recruitment Package. You must bring this completed form with you when you present yourself for POPAT testing. You will not be cleared for testing without it. This form will be accepted up to six months from the date of the physician's signature.

Consent to Undertake P.O.P.A.T.

I, _____ understand the POPAT is a job-related physical ability test that evaluates my physical capacity to perform Police work. The successful completion of this test indicates that I possess the minimal physical abilities deemed essential for the performance of Police work.

I further understand that the POPAT is a physically demanding test. During the test, my heart rate will reach its maximum levels and may remain there for several minutes, thus placing me under heavy stress. The test will also challenge my muscular strength and coordinating skills. If I have known health problems that would be aggravated by intense exercise, I should refrain from taking the POPAT.

The test will be explained and demonstrated to me. Precise instructions will be given as to what constitutes a fault and how it is scored. I will also be given ample time to practice the various test items so I can develop a basic mastery as well as confidence in my abilities to undertake the POPAT. I understand that I have **4 minutes and 45 seconds** (experienced members have **4 minutes and 15 seconds**) to complete the timed portion of the test and that failing any of the items constitutes a failure of the entire test.

I, therefore, consider myself ready to safely undertake the POPAT.

*****Do not wear black-soled shoes*****

I, _____ understand the instructions and information provided in relation to the POPAT. I am not aware of any medical or physical problems that would place me at risk by doing the POPAT.

I understand that successfully completing the POPAT is a condition of my employment with a Municipal Police Service.

Signature of Applicant: _____

Witness: _____

Date: _____

Photo I.D. submitted (1 piece) _____

Note to Applicant:

DO NOT RETURN this form with your recruitment package. You will be required to complete this form on the day of the POPAT, so please bring this form with you.