

# CORRECTIONS OFFICER'S PHYSICAL ABILITIES TEST (COPAT)

## Introduction

An evaluation of physical fitness requirements for performing the duties of correctional officer has identified a number of important (mandatory) physical fitness abilities. An assessment of your fitness which relate 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 person fails the test.

## Physical Activity List

The test circuit is made up of the following activities:

- a) run from start to stairs
- b) run up/down six flights of stairs
- c) run and negotiate obstacles down/through a corridor, hallway, cafeteria, etc.
- d) push open a door or move obstacle/person
- e) pull open a door or move obstacle/person
- f) gain control over resisting subject by demonstrating endurance and agility
- g) remove the subject (object) by carrying a 70 lb. weight out of the corridor, cafeteria, etc.

Each of the test activities must be completed successfully prior to moving onto the next item in the circuit. Failure to complete any of the test items will disqualify the testee. All test items with the exception of the weight carry, must be completed within the strictly enforced time limit.

<b>STATION 1</b>	<b>Start and run 50' (two turns)</b>
Justification	Correctional Officers are required to move quickly from one station (place) to another during the routine performance of their duties (e.g., responding to a call for assistance).
Activity	<ol style="list-style-type: none"><li>1. The applicant is asked if he/she has any questions. Explanations are again offered, then asked if ready.</li><li>2. On the command "GO" the applicant begins the physical abilities test.</li><li>3. Run the course outside the markers as quickly as possible to the stairs (station 2).</li></ol>
<b>STATION 2</b>	<b>Stair Run</b>
Justification	Correctional Officers are required to run up and/or down flights of stairs during the routine performance of their duties (e.g., responding to a call for assistance at a different level). Some institutions have six different levels.
Activity	<ol style="list-style-type: none"><li>1. Enter the stair run from the front.</li><li>2. Run up and down stairs stepping on each stair. Repeat six times.</li><li>3. When completing the down stairs run on the first trip, turn right outside the cone and return to the front of the stairs; second trip, turn left outside the cone, third right, fourth left; fifth right; sixth, run to next station.</li></ol>
<b>STATION 3</b>	<b>Mobility, Agility and Speed Run</b>
Justification	Correctional Officers are required to routinely negotiate (manoeuvre around, over, etc.) obstacles during the performance of their duties. On occasion the obstacles must be negotiated as quickly as possible (e.g., moving through tables, chairs, etc.)
Activity	<ol style="list-style-type: none"><li>1. Run around each marker in succession jumping the stick resting on the chairs as quickly as possible.</li><li>2. On reaching marker #10, run completely around the marker and then proceed to station 4.</li></ol>

<b>STATION 4</b>	<b>Push Station</b>
Justification	Correctional Officers are required to push open doors, push on persons in gaining 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	<ol style="list-style-type: none"> <li>1. Push the handle away until the weight has reached its maximum height.</li> <li>2. Move from side to side as quickly as possible keeping the weight up and ensuring that the line (tape) on each side is touched before moving back to the other side.</li> </ol>
<b>STATION 5</b>	<b>Pull Station</b>
Justification	Correctional Officers are required to pull open doors, pull on person in gaining 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	<ol style="list-style-type: none"> <li>1. Pick up the rope, gripping the rope only with both hands.</li> <li>2. Pull the weight (50 lbs.) off the floor by pulling with the arms.</li> <li>3. Move from side to side touching the tape with the foot on each side of the ½ circle while keeping the weight up at all times.</li> <li>4. Touch each line successively three times as quickly as possible. Activity is similar to push activity in station 4</li> </ol>
<b>STATION 6</b>	<b>Modified Squat Thrust and Stand</b>
Justification	During the course of their duties, Correctional Officers occasionally are required to perform strenuous work at a 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 from lying on the floor on either the back or front.
Activity	<ol style="list-style-type: none"> <li>1. Start activity at station 6 with a forward (chest touch) squat thrust and 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: <ol style="list-style-type: none"> <li>a) Start from an erect standing position.</li> <li>b) Bend the knees and place the hands on the mat just ahead of and outside the feet.</li> <li>c) Thrust the feet out behind and lie on the mat face down placing the chest in contact with the mat.</li> <li>d) Regain standing position by bringing the feet back under the body and stand.</li> <li>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.</li> </ol> </li> <li>2. Vault over the 2'6" high rail without touching the rail with any other part of the body but the hands, and land on the mat on the opposite side.</li> <li>3. Complete a backward squat thrust by reversing the procedure of the forward squat thrust. Ensure that the shoulder blades touch the mat before regaining the seated position and standing up.</li> <li>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 standing position on the opposite side ready to complete the second of the chest touches to the mat.</li> <li>5. Continue the chest and back touch activities until 9 vaults over the rail have been completed and 5 forward and 5 backward squat thrusts have been properly performed. Stop the time immediately on the testee standing from the last back touch.</li> </ol>

<b>STATION 7</b>	<b>Weight Carry and Finish</b>
Justification	Correctional Officers are required to lift and carry heavy objects and/or persons. Most often two or more officers may carry a person or other heavy objects under controlled conditions.
Activity	<ol style="list-style-type: none"><li>1. Pick the weight (70 lbs.) up to waist height, using both hands, by bending the legs and lifting in the manner so as to reduce (avoid) the potential for injury.</li><li>2. Carry the weight 25' out to and around the marker and back to the start. Place the weight back on the floor, bending your legs to reduce (avoid) injury.</li></ol>