

Correctional Officer Physical Abilities Test (COPAT)

1.10 RECRUIT FITNESS STANDARDS AND REQUIREMENTS (BCRC TRACK)

The Academy's physical training is based upon functional fitness. Functional fitness is a classification of training that prepares the body for real-life movements and activities, also known as functional training or functional movement. "It trains your muscles to work together and prepares them for daily tasks by simulating common movements you might do at home, at work, or in sports."

A. Fitness Training

Officers must be able to respond to a variety of physically demanding activities to maintain safety and security within their daily environment. The purpose of the Academy's Physical Fitness Training Program (PFTP) is to evaluate each Recruit's strength, endurance, and agility and prepare them to satisfactorily perform the essential duties and functions expected of an officer.

The PFTP and the Physical Fitness Assessments (PFA) are based upon the physical skills necessary to complete the essential job tasks identified through the department's recent Job Task Analysis (JTA). Fitness training will be conducted at a minimum of three times per week. An exception to this requirement may be made by the Academy Commander during firearms and other off-site training. Recruits are required to successfully complete the Benchmark and either SOPAT or COPAT depending on their status.

B. Benchmark Fitness Assessments

Recruits are evaluated in the assessment areas of aerobic capacity, muscular strength and endurance, and flexibility. balance/coordination, power, range of motion, and mobility. Recruits will participate in Physical Fitness Assessments (PFAS) and must meet the minimum scores required. Recruits must meet the minimum exit score by the completion of the course. The PFA's are comprised of the following:

COPAT

Tests may be administered in the above order. While not required, the test battery process should be sequenced as follows:

1. Warm-up

This standardized dynamic warm-up is designed to target all the muscles used during PFA. If performed correctly it will prepare the muscles for the test by increasing the range of motion, temperature, and blood flow to the muscles. This standardized warm-up should NOT fatigue the individual and will improve their performance on the test.

Exercises:

- a. (10) four-count Pec Fly w/ Overhead Raise
- b. (10) four-count Chest Press/ Shoulder Press
- c. (10) four-count Air Squat
- d. (10) four-count Calf Raise
- e. (10) four-count Knee Blocks to the right
- f. (10) four-count Knee Blocks to the left
- g. (10) four-count 3 Side-Step Touch the Deck
- h. 30 seconds of Quick Feet followed by 30 seconds of High Knees

After performing the standardized warm-up, recruits will have five (5) minutes to perform an individual warm-up and stretching as needed.

C. Corrections Physical Ability Test (COPAT)

The Correctional Officer Physical Ability Test evaluates capacity to meet the physical demands of Correctional Services work.

6. Station: 50' Run with 2 Turns

In Station 1A the participant runs 50' to Station 2. This short run includes two 90-degree turns.

- a. The applicants are asked if they have any questions. Explanations are again offered then asked if ready.
- b. On the command "**GO**," the applicant begins the physical abilities test.
- c. Run the course outside the markers as quickly as possible to the stairs (station 2).

7. Station 1B: The Stair Run

Here the participant runs up and down six stairs. This activity is repeated 6 times. Stairs are common in most correctional facilities and are accessed during emergency situations such as fights, fire/evacuations, and medical emergencies.

- a. Enter the stair run from the front.
- b. Run up and down stairs stepping on each stair. Repeat six times.
- c. When completing the downstairs 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 left run to Station 1C.

Station 1C: The Mobility, Agility and Speed Run

From the Station 1B, the participant moves through a 30-meter zig-zag course of cones and must jump over 3 hurdles placed 18 inches off the ground. Correctional Officers are required to routinely negotiate (maneuver 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.) This simulates potential obstacles in a living unit or common area in the correctional facility.

- a. Run around each marker in succession jumping the slick resting on the chairs as quickly as possible.
- b. On reaching marker #10, run completely around the marker and then proceed to Station 2.

Station 2: Power Training machine (Pull and Push Station)

The Pull-Push Station is the first half of resolving the emergency situation part of the test.

a. Pull Activity

This first part of this station is the Pull; the participant grasps a rope on the Power Training Machine (PTM) and pulls the weight stack (70 pounds total) off its resting position. While keeping the weight stack *off* the resting position, the participant moves through the machine controlled 180-degree arc 6 times reaching the line of the machine.

- (1) Pick up the rope, gripping the rope only with both hands.
- (2) Pull the weight (70 lbs.) *off* the deck by pulling with the arms.
- (3) Maintaining the weight in this position, the officer moves through an arc 180-degrees by bringing the bar parallel to the base of the machine. This action is repeated six (6) times.
- (4) The officer must remain in control at all times with the Bar maintained in the green indicator area.
- (5) The recruit will be given verbal warning when the indicator drops into the yellow and is given opportunity to pull into the green.
- (6) Should the bar drop into the red, the recruits required to return to the start of that arc and begin the arc again.
- (7) Elbows must remain flexed.

b. Push Activity

This station involves demonstrating the ability to control 70 pounds of resistance while moving through 180-degree arcs.

- (1) Push the handle away until the weight has reached its maximum height.
- (2) Six (6) complete arcs must be executed by bringing the bar parallel with the base of the machine.
- (3) The officer must remain in control of the machine throughout the activity. The Bar must be maintained in the green indicator area.
- (4) The recruit will be given a verbal warning when the indicator drops into the yellow and given the opportunity to push it into the green.
- (5) Should the bar drop into the red, the recruits are required to return to the start of that arc and begin the arc again.
- (6) The officer's chest may not touch the lever arm.
- (7) Shuffle 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.

Station 3: Modified Squat-Thrust-And-Stand and Vault Bail

This station involves modified Squat-Thrust-and-Stand (STAS) activity followed by jumping over a 30-inch vault rail.

- a. Start from an erect standing position. Upon reaching the mat the recruit will make a controlled fall onto the mat so that the chest and chin touch the mat. In performing this activity, the chest and chin must be in contact with the mat when in the prone position prior to the standing position being regained.
- b. The participant then stands and vaults over the 30-inch rail touching the rail with only the hands.
- c. Landing on the feet, the participant then does a reverse STAS (to end up on your back) so that the shoulder blades touch the mat. Ensure that the shoulder blades touch the mat before regaining the seated position and standing up.
- d. The participant then stands and vaults over the rail and repeats the activity until a total of 10 Squat-Thrust-and-Stands (5 to the front, 5 to the back) and 9 Vaults are completed.

- e. During any vault, only the supporting hands may touch the rail. If the leg or foot touch the rail they must stop, walk around and vault again
- f. Once the participant finishes the last STAS and stands up in a balanced position, the time is stopped.
- g. This ends the timed portion of the test

Station 4: Weight carry

This station is not part of the timed portion of the test but it's necessary to successfully complete the test. A rest period of 60 seconds is given between the end of Station 5 and the start of this station.

The participant must pick up a "dummy" weighing 100 pounds and carry the bag in a controlled manner a distance of 50 feet. The bag must be carried so that it is always in front of the participant and must be grasped by the hands only. The head of the dummy must remain above the participants' knees. This station is the "removing the problem part" of the test and is the last activity that must be completed.

To pass the COPAT, the participant must perform all activities as per the defined protocol and complete the timed portion of the test within 4 minutes and then demonstrate the ability to lift and carry the dummy a distance of 50 feet after a 30-second rest.

D. PFA Requirements

The Physical Fitness Assessment is a test consisting of five components that measure your upper and lower body muscle strength, muscular endurance, anaerobic power, and aerobic conditioning.

Minimum Requirements

COPAT	<3:45 minutes
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