

## **Police Officer Physical Abilities Course**

Cadets must pass two POPAT courses: (1) Chase and Apprehension, and (2) Rescue.

### **Chase and Apprehension** (must be completed in 6 minutes or less)

Start position in a chair

1. Run from chair to cone (40 feet) and back 2 times
2. Run chair to cone (60 feet) while completing the following obstacles:
  - a. 4 foot broad jump
  - b. 4 foot fence climb
  - c. Crawl under 2 foot high obstacle
3. Run from cone 2 to a mat (40 feet)
4. Perform “roll drill”, 3 repetitions:
  - a. Start on top of 100 pound 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 and right knee touches mat
  - d. Perform complete roll back to the left until left knee touches mat (that completes one repetition)
5. Move to push up mat and perform 20 pushups
6. Return to “roll drill” mat and complete 3 more repetitions
7. Run to cone 2 while completing the following obstacles:
  - a. 4 foot broad jump
  - b. 4 foot fence climb
  - c. Crawl under 2 foot high obstacle
8. Run from cone 2 to step box (40 feet)
9. Perform 30 step up and downs
10. Return to “roll drill” mat and complete 3 more repetitions
11. Move to push up mat and perform 20 more pushups
12. Return to “roll drill” mat and complete 3 final repetitions

Upon completion, cadets will move to the second course:

### **Rescue** (must be completed in 3 minutes or less)

1. Run from cone 1 to cone 2 (50 feet apart) and back 2 times
2. Perform 30 step up and downs on a step box
3. Run from cone 1 to cone 2 (50 feet apart) and back 2 more times
4. Drag 175 pound dummy from Cone 3 to Cone 4 (25 feet) and back to the start line

That ends the POPAT