



CITY OF GREENSBORO



***POLICE***



# **Police Officer Applicant Information**

## **102<sup>nd</sup> Police Academy**



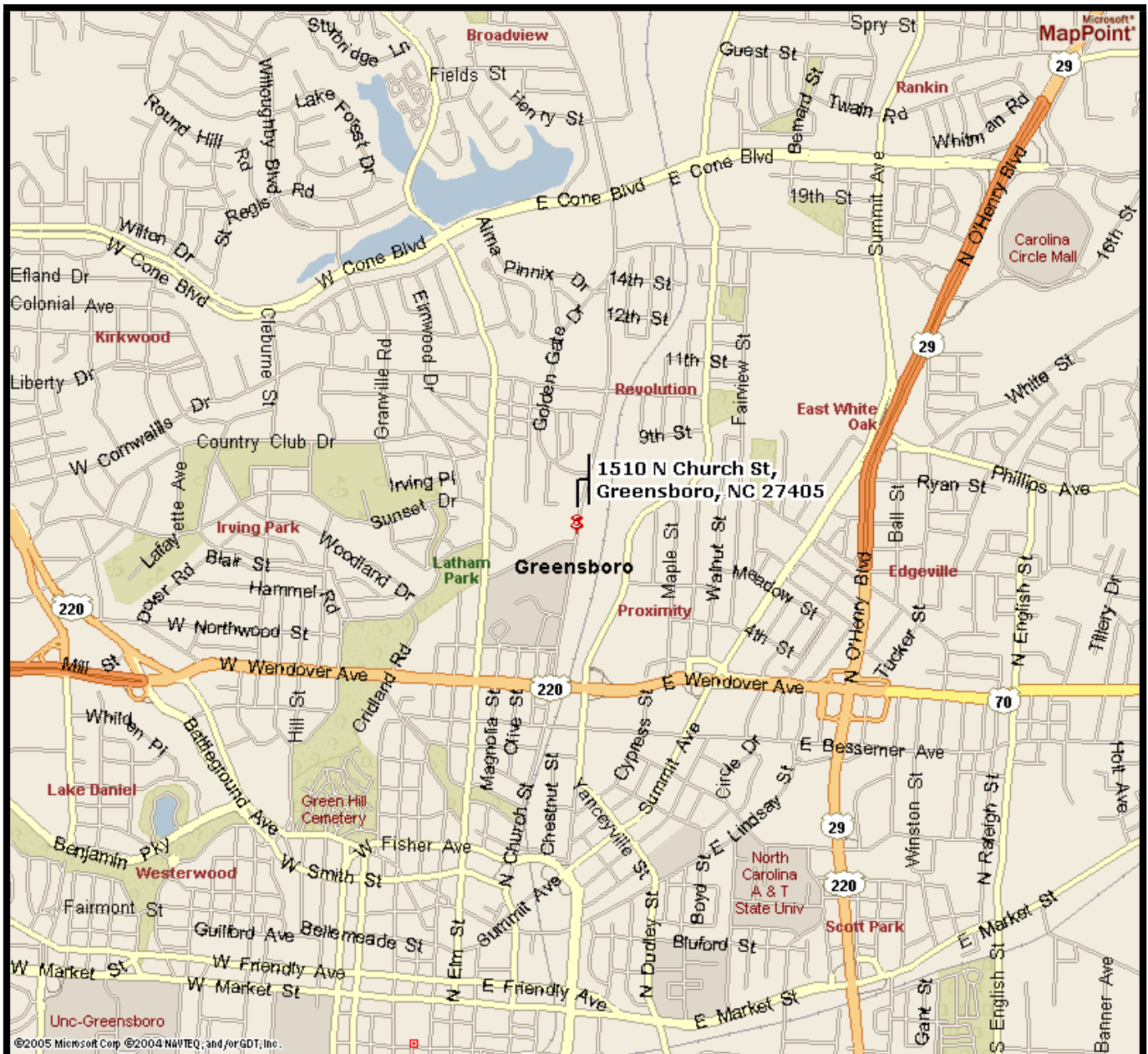
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The Police Officer Physical Abilities Test, or POPAT for short, is conducted at the Public Safety Training Facility located at 1510 North Church Street, Greensboro, NC 27405; Telephone: 336-373-2449. Testing begins promptly at 8:00 am. **Anyone arriving after the start time is not allowed to participate.**





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## Pre-Employment Testing

The physical and written tests are held on the same day. There are several components to the Pre-Employment Testing phase which applicants must successfully complete:

1. Applicants will turn in the following 6 forms upon arrival at the testing site:
  - Physician Statement signed by a Medical Professional
  - Greensboro Police Department Notice for Truthfulness (**MUST BE NOTARIZED**)
  - Authorization for Release of Personal Information to Law Enforcement Agencies for Certification/Employment Purposes (**MUST BE NOTARIZED**)
  - Release of personal information to law enforcement (**MUST BE NOTARIZED**)
  - Selective Service and Acknowledgement of Overtime Compensation Policy
  - Fair Credit Reporting Acknowledgement of Notification
2. A State mandated Reading Comprehension Test { 12 NCAC 09B .0203 (e) } will be administered upon initial check-in.
  - Applicants must score at or above the 10<sup>th</sup> grade level to proceed with the next testing phase.
  - **Unsuccessful applicants must wait until the next academy process to reapply for consideration.**
3. The physical abilities test (POPAT) will then be administered to applicants successfully completing the Reading Comprehension Test.
  - Successful completion of both the Reading Comprehension Test and POPAT is required before advancing to the next phase of the testing process.
  - **One POPAT retest MAY be administered if the first failed attempt is not on the last test date.**
4. Applicants successfully completing the Reading Comprehension Test and POPAT will then complete an applicant interview questionnaire.



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5. Applicants successfully completing the Reading Comprehension Test and POPAT will also receive instructions and deadlines for completing online psychological testing.
  - The online testing is a suitability test that takes an average of three to four hours. This is not a test you are able to study for ahead of time.
  - **Failure to complete the online testing within the deadline provided may result in evaluation delays by the testing facility. Such delays can also affect further consideration of your application; and, may even cause your application to be discontinued.**

## POPAT

The North Carolina Criminal Justice Education and Training Standards Commission has taken the stance that physical fitness is a very important aspect of a police officer's job and has devised a test that all police trainees must complete before graduating their respective academy. This test is aptly named the Police Officer Physical Abilities Test (POPAT). Below is a step-by-step description of the new state mandated POPAT (in order of completion):

## **Phase I - Chase and Apprehension Scenario**

Begin sitting in a chair

On the command of “Go” the participant will get up from the chair, advance forty (40) feet around the cone and back around the chair two (2) times.

The participant will then do a four (4) foot broad jump, which will be indicated by two (2) lines on the ground four (4) feet apart. The participant must clear the line for the event to count.

The participant will then clear a four (4) foot fence. This event must be accomplished safely, which will be performed by placing both hands on the fence and going over top of the fence in the safest manner possible.

The participant will then crawl under a two (2) foot obstacle. If the participant moves the obstacle, it will be placed back into position, and the participant must attempt the obstacle again until successfully completed.

The participant will then go around the back cone, and run back to the roll bag and the mat.

Once at the bag roll, the participant will mount the bag in a straddle position. The participant will begin with their outside knee down on the ground. As they roll over top of the bag, the participant will be careful to make sure that their outside knee touches the ground. As they roll back over, their original outside knee must touch the ground. This will count as one (1) repetition. The participant needs to do three (3) of these rolls.

The participant will then complete 20 push-ups. The push-up form will be defined as the participant having their hands about shoulders-width apart, body straight and off the ground in a fully extended position. The participant will then lower themselves to where their chin will touch a four (4) inch foam block and return to a fully extended position for the repetition to count.

The participant will then complete three (3) more bag rolls, using the same technique previously described.

The participant will then get up from the bag roll station and complete the obstacles for a second time

- Four (4) foot broad jump
- Four (4) foot fence
- Two (2) foot low crawl
- Run around the back cone and advance to the step box station

The participant will then complete thirty (30) steps on the step box. The participant has to place both feet on the box and both feet back down to complete one (1) repetition.

The participant will then complete three (3) bag rolls

The participant will then complete twenty (20) push-ups using the four (4) inch foam block

The participant will then complete three (3) bag rolls

Once the knee touches on the final bag roll, the time will stop and the participant’s time will be recorded

The participant will be given a minimum of ten (10) minutes rest before moving on to the next part of the test.

## **Phase II - Rescue Scenario**

The participant will start at a cone, advance fifty (50) feet around another cone and back two (2) times.

The participant will then complete thirty (30) steps on the step box. The participant has to place both feet on the box and both feet back down to complete one (1) repetition.

The participant will advance fifty (50) feet around the original cone and back two (2) times.

The participant will return to the station where the dummy will be laying on the ground, with the head behind the line.

The participant will drag the dummy backwards across the twenty-five (25) foot mark, indicated by a cone, and back across the original line. There is no wrong way to drag the dummy but the participant has to move backwards while dragging.

Once the dummy is across the original line, time will stop and the participant's time will be recorded.

## **Psychological Testing**

Psychological testing is administered upon successful completion of the POPAT.

## **Further Information**

Please visit the Greensboro Police Department web site for additional information concerning the employment process for the Police Trainee position.

The web site is located at: <http://www.joingsopd.org>

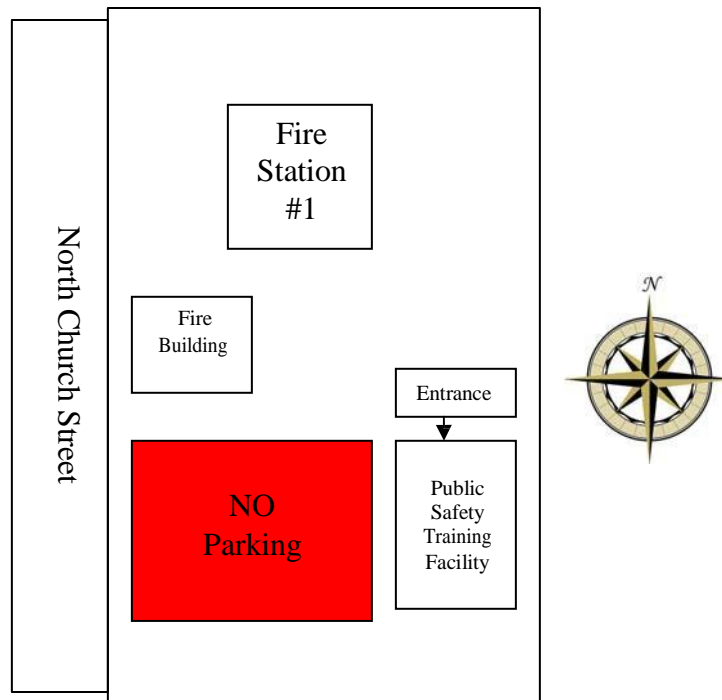
***Should you have additional questions, please contact one of our  
Police Recruiters at 336-373-4594 or 336-373-2107.***

# Greensboro Police Pre-Employment Testing



On the day of your testing you may arrive at anytime between **7:30 AM and 8:00 AM**, however after **8:00 AM** the doors will be locked and no one else will be admitted into the testing process for that day.

Parking is available on the North side of the Public Safety Training Facility. Please do not park in any of the spaces or anywhere else on the Church Street side of the facility. This area is reserved for facility staff members and for Greensboro Fire Department Training.



Also, please remember there will be no scheduled lunch break so you will need to bring food and/or drinks with you. The time frame of the entire process is dependent on the number of applicants being tested on each particular day. A break room canteen is available inside the PSTF. Testing will proceed regardless of the forecasted weather conditions so please bring appropriate items with you such as water for the heat and rain / foul weather gear, if needed.



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## **PBIC MEDICAL STANDARDS**

The City of Greensboro Medical Services Division is responsible for assessing potential candidates to the criminal justice system for their fitness to perform the duties essential to those positions. The City of Greensboro has adopted the minimum medical standards as set forth by The North Carolina Criminal Justice Education and Training Standards\* Commission effective February 15, 2008.

Candidates are evaluated on a case-by-case basis. The minimum medical screening guidelines include, but are **not** limited to:

### **VISION**

Corrected vision should be at least 20/30 (Snellen) and should be for both eyes together. Due to the likelihood of dislodgement or breakage, candidates who are able to wear only glasses should meet an uncorrected standard not worse than 20/100 (Snellen) for both eyes together.

Those candidates who use soft contact lenses (SCLs) and who have had successful use for at least one year, and provided the employing agency uses replacement agreements and will monitor compliance, should have uncorrected vision not worse than 20/200 (Snellen) for both eyes together.

Examining physicians should take note of relevant OSHA and NFPA 1500 rules and prohibitions concerning use of contact lenses other than "soft" lenses and use of hard frames.

### **Color Vision**

Color vision should be perfect. Nevertheless, red or green deficiencies are not necessarily excludable but should be noted for further examination. However, total color blindness may be grounds for withdrawal of a conditional offer of employment.

If available, the Ishihara Test (24 Plate Edition) may be used. Correct reading of at least nine (9) of the first thirteen (13) plates is required. Recourse testing is available by means of the Farnsworth-Munsell 100-Hue Test.

### **Depth Perception**

Depth Perception should be sufficient to demonstrate normal stereo depth perception with or without correction to the standard: 80 ARC seconds.





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### **HEARING ACUTY**

The candidate must have hearing in both ears sufficient to perform essential tasks without posing a direct threat to themselves or others. An acceptable test is a whispered conversation at 15 feet or, preferably, using an audiometer, the candidate should have no average loss of 25 or more decibels at the 500, 1000, 2000, and 3000 Hertz (Hz) levels in either ear with no single frequency loss in excess of 40 decibels.

### **BODY MASS INDEX (BMI)**

- Candidates will have their BMI recorded upon checking in on their POPAT date.
- However, the Greensboro Police Department will use the BMI along with the POPAT test time to predict whether or not a candidate will be successful in our Academy.
- To calculate your BMI

$$\frac{\text{Weight (pounds)} \times 703}{\text{Height (in)} \times \text{Height (in)}}$$

### **Sources:**

North Carolina Department of Justice [www.ncdoj.com](http://www.ncdoj.com)

American Heart Association [www.americanheart.org](http://www.americanheart.org)

American Diabetes Association [www.diabetes.org](http://www.diabetes.org)

Body Trends [www.bodytrends.com](http://www.bodytrends.com)

\*Medical Standard can be viewed in pdf at:

<http://www.ncdoj.com/DocumentStreamerClient?directory=Publications/&file=Medical%20Manual.pdf>

## Body Mass Index Table

|                 | Normal               |     |     |     |     |     |     |     | Overweight |     |     |     |     | Obese |     |     |     |     |     |     | Extreme Obesity |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |  |  |
|-----------------|----------------------|-----|-----|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|--|
| BMI             | 19                   | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27         | 28  | 29  | 30  | 31  | 32    | 33  | 34  | 35  | 36  | 37  | 38  | 39              | 40  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |  |  |
| Height (inches) | Body Weight (pounds) |     |     |     |     |     |     |     |            |     |     |     |     |       |     |     |     |     |     |     |                 |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |  |  |
| 58              | 91                   | 96  | 100 | 105 | 110 | 115 | 119 | 124 | 129        | 134 | 138 | 143 | 148 | 153   | 158 | 162 | 167 | 172 | 177 | 181 | 186             | 191 | 196 | 201 | 205 | 210 | 215 | 220 | 224 | 229 | 234 | 239 | 244 | 248 | 253 | 258 |  |  |
| 59              | 94                   | 99  | 104 | 109 | 114 | 119 | 124 | 128 | 133        | 138 | 143 | 148 | 153 | 158   | 163 | 168 | 173 | 178 | 183 | 188 | 193             | 198 | 203 | 208 | 212 | 217 | 222 | 227 | 232 | 237 | 242 | 247 | 252 | 257 | 262 | 267 |  |  |
| 60              | 97                   | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138        | 143 | 148 | 153 | 158 | 163   | 168 | 174 | 179 | 184 | 189 | 194 | 199             | 204 | 209 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 250 | 255 | 261 | 266 | 271 | 276 |  |  |
| 61              | 100                  | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143        | 148 | 153 | 158 | 164 | 169   | 174 | 180 | 185 | 190 | 195 | 201 | 206             | 211 | 217 | 222 | 227 | 232 | 238 | 243 | 248 | 254 | 259 | 264 | 269 | 275 | 280 | 285 |  |  |
| 62              | 104                  | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147        | 153 | 158 | 164 | 169 | 175   | 180 | 186 | 191 | 196 | 202 | 207 | 213             | 218 | 224 | 229 | 235 | 240 | 246 | 251 | 256 | 262 | 267 | 273 | 278 | 284 | 289 | 295 |  |  |
| 63              | 107                  | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152        | 158 | 163 | 169 | 175 | 180   | 186 | 191 | 197 | 203 | 208 | 214 | 220             | 225 | 231 | 237 | 242 | 248 | 254 | 259 | 265 | 270 | 278 | 282 | 287 | 293 | 299 | 304 |  |  |
| 64              | 110                  | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157        | 163 | 169 | 174 | 180 | 186   | 192 | 197 | 204 | 209 | 215 | 221 | 227             | 232 | 238 | 244 | 250 | 256 | 262 | 267 | 273 | 279 | 285 | 291 | 296 | 302 | 308 | 314 |  |  |
| 65              | 114                  | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162        | 168 | 174 | 180 | 186 | 192   | 198 | 204 | 210 | 216 | 222 | 228 | 234             | 240 | 246 | 252 | 258 | 264 | 270 | 276 | 282 | 288 | 294 | 300 | 306 | 312 | 318 | 324 |  |  |
| 66              | 118                  | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167        | 173 | 179 | 186 | 192 | 198   | 204 | 210 | 216 | 223 | 229 | 235 | 241             | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 | 303 | 309 | 315 | 322 | 328 | 334 |  |  |
| 67              | 121                  | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172        | 178 | 185 | 191 | 198 | 204   | 211 | 217 | 223 | 230 | 236 | 242 | 249             | 255 | 261 | 268 | 274 | 280 | 287 | 293 | 299 | 306 | 312 | 319 | 325 | 331 | 338 | 344 |  |  |
| 68              | 125                  | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177        | 184 | 190 | 197 | 203 | 210   | 216 | 223 | 230 | 236 | 243 | 249 | 256             | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 | 322 | 328 | 335 | 341 | 348 | 354 |  |  |
| 69              | 128                  | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182        | 189 | 196 | 203 | 209 | 216   | 223 | 230 | 236 | 243 | 250 | 257 | 263             | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 | 331 | 338 | 345 | 351 | 358 | 365 |  |  |
| 70              | 132                  | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188        | 195 | 202 | 209 | 216 | 222   | 229 | 236 | 243 | 250 | 257 | 264 | 271             | 278 | 285 | 292 | 299 | 306 | 313 | 320 | 327 | 334 | 341 | 348 | 355 | 362 | 369 | 376 |  |  |
| 71              | 136                  | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193        | 200 | 208 | 215 | 222 | 229   | 236 | 243 | 250 | 257 | 265 | 272 | 279             | 286 | 293 | 301 | 308 | 315 | 322 | 329 | 338 | 343 | 351 | 358 | 365 | 372 | 379 | 386 |  |  |
| 72              | 140                  | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199        | 206 | 213 | 221 | 228 | 235   | 242 | 250 | 258 | 265 | 272 | 279 | 287             | 294 | 302 | 309 | 316 | 324 | 331 | 338 | 346 | 353 | 361 | 368 | 375 | 383 | 390 | 397 |  |  |
| 73              | 144                  | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204        | 212 | 219 | 227 | 235 | 242   | 250 | 257 | 265 | 272 | 280 | 288 | 295             | 302 | 310 | 318 | 325 | 333 | 340 | 348 | 355 | 363 | 371 | 378 | 386 | 393 | 401 | 408 |  |  |
| 74              | 148                  | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210        | 218 | 225 | 233 | 241 | 249   | 256 | 264 | 272 | 280 | 287 | 295 | 303             | 311 | 319 | 326 | 334 | 342 | 350 | 358 | 365 | 373 | 381 | 389 | 396 | 404 | 412 | 420 |  |  |
| 75              | 152                  | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216        | 224 | 232 | 240 | 248 | 256   | 264 | 272 | 279 | 287 | 295 | 303 | 311             | 319 | 327 | 335 | 343 | 351 | 359 | 367 | 375 | 383 | 391 | 399 | 407 | 415 | 423 | 431 |  |  |
| 76              | 156                  | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221        | 230 | 238 | 246 | 254 | 263   | 271 | 279 | 287 | 295 | 304 | 312 | 320             | 328 | 336 | 344 | 353 | 361 | 369 | 377 | 385 | 394 | 402 | 410 | 418 | 426 | 435 |     |  |  |

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*