

# COPAT: Corrections Officers Physical Abilities Test

The COPAT is a mandatory physical fitness evaluation that has been designed to determine an individual's ability to perform the duties of a custody service employee—in this document, a "custody service employee" refers to a Correctional Officer, a Mental Health Correctional Officer, a Parental Care Worker, or a Facility Youth Worker, all of whom are required to take the COPAT. The test is comprised of fitness assessment stations which are based on actions and movements that custody service employees may encounter while fulfilling their routine duties.

The test is administered as a timed circuit of continuous activity. The test is over once all stations have been completed. The COPAT is rated on a pass/fail basis. It must be completed successfully, in sequence, and within the specified time limit of three minutes and twenty seconds in order to receive a pass.

## Physical Activity List

The test circuit is made up of the following seven activities:

1. run fifty feet from the start line to the stairs;
2. run up and down six flights of stairs;
3. run and negotiate around obstacles;
4. push test;
5. pull test;
6. modified squat thrust and stand; and
7. weight carry and finish.

Each of the test's activities must be completed successfully prior to moving onto the next station in the circuit. Failure to complete any of the stations will disqualify the applicant. All test stations—with the exception of the weight carry—must be completed within the strictly enforced time limit of three minutes and twenty seconds.

<b>STATION 1</b>	<b>Start and Run 50' (Two Turns)</b>
Justification	Custody Service Employees are required to move quickly from one place to another.
Activity	<ul style="list-style-type: none"> <li>• The applicant is asked if they have any questions.</li> <li>• On the command "go" the applicant begins the test.</li> <li>• Run the course outside the markers to the stairs.</li> </ul>
<b>STATION 2</b>	<b>Stair Run</b>
Justification	Custody Service Employees are required to run up and/or down flights of stairs.
Activity	<ul style="list-style-type: none"> <li>• Enter the stair run from the front.</li> <li>• Run up and down the stairs, stepping on each stair. Repeat six times.</li> <li>• 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 the next station.</li> </ul>
<b>STATION 3</b>	<b>Mobility, Agility and Speed Run</b>
Justification	Custody Service Employees are required to maneuver quickly around obstacles.
Activity	<ul style="list-style-type: none"> <li>• Run around each marker in succession, jumping over a raised stick that is resting on top of two chairs/stands as quickly as possible.</li> <li>• Upon reaching marker 10, run completely around the marker and then proceed to station four.</li> </ul>
<b>STATION 4</b>	<b>Push Station</b>
Justification	Custody Service Employees are required to push open doors, push on a person to gain physical control, etcetera, while also being able to move, change directions and maintain a level of control over themselves, objects, and other people.
Activity	<ul style="list-style-type: none"> <li>• Push the handle away until the 70-pound weight has reached its maximum height.</li> <li>• Move side to side as quickly as possible, keeping the weight up and ensuring that the line on each side is touched before moving back towards the opposite side.</li> </ul>
<b>STATION 5</b>	<b>Pull Station</b>
Justification	Custody Service Employees are required to pull open doors, pull on a person to gain physical control, etcetera, while also being able to move, change directions and maintain a level of control over themselves, objects, and other people.
Activity	<ul style="list-style-type: none"> <li>• Pick up the rope, and grip the rope only with both hands.</li> <li>• Pull the 70-pound weight off the floor with the arms.</li> <li>• Move from side to side ensuring the line on each side is touched before moving back towards the opposite direction.</li> <li>• Touch each line three times as quickly as possible.</li> </ul>

<b>STATION 6</b>	<b>Modified Squat Thrust and Stand</b>
Justification	Custody Service Employees are occasionally required to perform strenuous work at a high intensity for short periods of time. This strenuous work places high anaerobic demands on the body, and requires the officer to think while controlling their body. Needing to recover from a push, trip, or fall, and having to regain a standing position from lying on the floor on their back or front, for example.
Activity	<ul style="list-style-type: none"> <li>• Start activity with a forward chest touch/squat thrust and stand.</li> <li>• Sequentially the exercise is as follows: <ol style="list-style-type: none"> <li>1) start from an erect standing position;</li> <li>2) bend the knees and placed the hands on the mat just ahead of and outside the feet;</li> <li>3) thrust the feet out behind and lie on the mat face down placing the chest in contact with the mat; and</li> <li>4) regain standing position by bringing the feet back under the body, and stand.</li> </ol> </li> <li>• This activity should be completed as quickly as possible, it is therefore not necessary to demonstrate perfect form. However, the chest must touch the mat.</li> <li>• Next, vault over the 36-inch rail do not touch the rail with any part of the body besides the hands; land on the mat on the opposite side.</li> <li>• Complete a backwards 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>• 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>• Continue the chest and back touch activities until nine vaults over the rail have been completed and five forward and five backwards squat thrusts have been properly performed.</li> <li>• Time is stopped immediately once the applicant is a standing position after completing the final back touch.</li> </ul>
<b>STATION 7</b>	<b>Weight Carry and Finish</b>
Justification	Custody Service Employees 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	<ul style="list-style-type: none"> <li>• Pick up the 70-pound weight to waist height, using both hands, bending the legs and lifting in a manner so as to avoid injury.</li> <li>• Carry the weight 25-feet out to and around the marker and back to the start. Place the weight back on the floor, avoiding injury.</li> </ul>