



**Cabarrus County Sheriff's Office**  
"Keeping Cabarrus County a safe and decent place to live, work, and raise a family!"

*Sheriff, Brad Riley*

**Pre-Employment Police Officer Physical Ability Testing  
(POPAT)**

Effective 07/13/2007. All applicants applying for the position of deputy sheriff at the Cabarrus County Sheriff's Office must demonstrate the ability to pass the Cabarrus County Sheriff's Pre-Employment POPAT. This test has been designed by the North Carolina Justice Academy and is a requirement for Basic Law Enforcement Certification (BLET) before officers can be fully employed as a law enforcement officer in the State of North Carolina. This test is based on the essential physical job tasks that are required of law enforcement officers of the state.

The POPAT is a timed course that involves basic physical activities for a law enforcement officer. This is a timed course with a time not to exceed 10 minutes. The following is the course that each applicant must run.

1. The applicant is given two street names and instructed to exit the patrol vehicle.
2. The applicant will remove his/her seat belt, exit the patrol vehicle and advance 100 yards on foot. Then, the applicant will turn around and return the 100 yards to the patrol vehicle.
3. Then, the applicant will open the passenger door and remove the seat belt fastened around a victim (150lbs), body drag the subject 50 feet.
4. The applicant will then scale a staircase set of 5-up and 5-down steps three times touching all steps.
5. The applicant will then advance 25 feet on foot and use body force to open a 50-lb. door.
6. The applicant will then perform 20 military style push-ups followed by 20 sit-ups.
7. The applicant will then return 25 ft and will then scale a staircase set of 5-up and 5-down steps three times touching all steps.
8. The applicant will then advance on foot 25 feet from the staircase to a 40-foot enclosed culvert. The applicant will enter the culvert and crawl through on hands and knees with the aid of a flashlight.
9. Upon exiting the culvert, the applicant will again perform 20 push-ups and 20 sit-ups.
10. The applicant will then advance on foot 100 yards and return 100 yards to the patrol vehicle.
11. The applicant will then grab the victim (standing by the vehicle) and drag the victim 50 feet. The applicant will then give the two street names in the same order they were given at the start of the test. Once this is completed, the clock will stop. (If the cadet does not remember the street names, he/she will have to advance 100yds and return 100 yards to the corner of the steps; then, the clock will stop.)

**COMPLETED TIME CANNOT EXCEED 10 MINUTES.**

Only one POPAT is allowed in any 24-hour period. If the applicant fails the first POPAT attempt, he/she may, be scheduled upon request for re-test on a subsequent date. If the applicant fails the second POPAT attempt, no further testing will occur

of at least 6 months at which time re-application must occur. For applicants with qualifying disabilities under the ADA, a determination as to whether the applicant can meet established physical ability standards with "reasonable accommodations" will be made on a case-by-case basis by the Cabarrus County Sheriff's Office, based on sound medical knowledge, consultation with legal counsel, and other objective factors.