



CITY OF RALEIGH POLICE DEPARTMENT

RALEIGH POLICE PRE-EMPLOYMENT PHYSICIAN STATEMENT

I, _____, as a medical provider for
(Physician / Physician Assistant / Nurse Practitioner)
_____, a police applicant wishing to
(Applicant)

participate in the Pre-Employment Physical Fitness Assessment and Polygraph Examination, sponsored by the City of Raleigh, do hereby state that the aforementioned individual can safely perform these procedures. I have reviewed the attached physical fitness requirements, and I understand that the polygraph examination may result in an increased level of physiological stress to the applicant.

Print/Type Name of Physician / Physician Assistant / Nurse Practitioner

Signature of Physician / Physician Assistant / Nurse Practitioner

Date

Raleigh Police Department
Pre-Employment Physical Fitness Assessment

All applicants that are approved to proceed in the application process beyond the initial interview will be required to participate in a modified Police Officer Physical Abilities Test (POPAT). This abilities test was designed by the North Carolina Justice Academy. POPAT is a timed, continuous sequence of actual and simulated job task events that measure basic individual abilities directly related to the law enforcement profession. Obstacles/events are correlated to specific job tasks. The assessment will be administered by Raleigh Police Department Specialized Physical Fitness Instructor(s). All events will be clearly described and/or demonstrated by a physical fitness instructor before the test is performed by the applicant.

The assessment consists of the following physical requirements:

Scenario #1:

- **Shuttle Run**: Applicant will run a maximum 406 feet in a back-and-forth manner.
- **Navigate obstacles**: Applicants will be required to broad jump four (4) feet and crawl under a two (2)-foot high culvert multiple times.
- **“Roll Drill”**: Applicants will start on top of a 100-pound roll bag, roll until the bag is over their body and back on mat, then roll in the same manner in the opposite direction until back on top of heavy bag and the knee touches the mat multiple times.
- **Push-ups**: Applicant will perform a total of 20 strict push-ups.
- **15 Step-ups**: The applicant will complete 15 step ups on an eight (8)-inch step bench.

A minimum 10-minute recovery period is required between the end of Scenario #1 and the start of Scenario #2. The entire test must be completed on the same day.

Scenario #2:

- **Shuttle Run**: Applicant will run max 200 feet in a back-and-forth manner.
- **15 Step-ups**: The applicant will complete 15 step ups on an eight (8)-inch step bench.
- **Dummy Drag**: Applicant will drag a 165 lb. dummy a total of 25 feet.

The applicant will be required to complete the assessment within the following time parameters: Six minutes or less for Scenario #1 and 3 minutes or less for Scenario #2.

All applicants should be prepared to complete all tasks in the modified POPAT to the best of their ability. Applicants must pass both scenario tests within the time allowed in order to proceed in the application process. For more information regarding this assessment, please visit www.joinraleighpd.org.