

General Information about the Correctional Officer Physical Abilities Test (COPAT)

1. On the day of the COPAT test, be sure to bring a picture ID and wear comfortable pants that are ankle length such as sweatpants or khakis. Employees should wear athletic shoes and a shirt that is able to be tucked inside the pants. Employees will not be permitted to wear any type of shorts, spandex clothing or tank top style shirts. All shirts must have sleeves. No jewelry of any type will be worn during the administration of the COPAT.
2. All employees are expected to be on time on the date they are scheduled for COPAT.
3. Employees should refrain from use of caffeine, nicotine, and exercise on the day of testing as these may increase the readings.

(3) Stages of COPAT Testing

For a brief video of the COPAT assessment as well as a preparation guide, please visit <https://www.ncdps.gov/> and go to the "Careers" section and select "Careers in Correction." Select the "Correctional Officer Physical Abilities Test (COPAT)." The COPAT test is conducted in (3) stages as follows:

Stage (I): (3) Minute Step Test

The employee will step for (3) minutes to a four step cadence on a bench of (12) inches in height. The employee must keep up with the cadence provided by the instructor, or the test is terminated. If the employee fails to successfully complete the Step Test, the test is terminated and the employee does NOT advance to Stage (II).

Stage (II): Timed Events

The employee has 6 minutes 30 seconds or less to complete Stage (II).

1. 150 lb. Dummy Drag

The employee will lift a 150 lb. dummy and drag the dummy in a face-up position 25 feet across the floor using the underarm/clothing drag which includes the employee walking backwards. The employee must cross the finish line with the 150 lb. dummy in order for the event to be acceptable.

2. Sit-ups & Push-ups

The employee will perform a total of (40) sit-ups/ push-ups. The employee must complete a minimum of 10 of each, and no less than 40 combined. (For example, 10 sit-ups followed by 30 push-ups; 10 push-ups followed by 30 sit-ups, 20 sit-ups followed by 20 push-ups, etc.).

The employee will verbally state to the instructor prior to beginning the COPAT which event they will execute first and how many repetitions. The employee must complete all of one event (sit-ups or push-ups before switching to the other.

Push-ups are NOT modified. Employee will begin in the up planked position, face down, feet together, hands slightly wider than shoulder width apart and fingers pointed forward. The instructor will place a 4 inch sponge under the chest of the employee. A correct push-up will be counted each time the employee's planked body is lowered from the up position to the down position where the chest touches the sponge and then returns to the up position.

Sit-ups will begin with the employee lying on the ground with knees bent, feet flat on the floor and hands interlaced and held behind the head or arms folded across the chest. An instructor and/or a sit-up bar device will hold the employee's feet down firmly. The up position is obtained when the elbows touch the knees. The down position is obtained when the shoulder blades touch the floor. A correct sit-up will be counted each time the up position is met while maintaining proper form.

3. Lunge Test

The employee will perform five (5) lunges with each leg (10 total) while holding a 5 lb. weight. The employee will lunge forward with the foot opposite that of the side holding a 5 lb. weight. The knee on the same side of the body as the hand holding the weight will also touch the ground. The employee will then switch the weight to the other hand, and lunge with the opposite foot.

The clock will be stopped upon completion of the 10th lunge and the total time for successfully completing Stage (II) will be recorded. If an employee fails to complete the timed events in 6 minutes 30 seconds or less, this will be recorded as a failed COPAT and the employee will not move to Stage (III).

Stage (III): Hand Grip Test

The employee will stand facing forward with arms relaxed at their sides. From this position, the employee will quickly squeeze a hand grip dynamometer (10) times with the left/right hand, followed by (10) times with the opposite hand. The employee must exceed a minimum force of 20 kg-force on each of the grips. If the employee fails to reach the 20 kg-force, they can continue to try but must complete the 10 repetitions per hand in no more than 40 seconds per hand.

All employees will be notified at the time of testing whether or not they have passed or failed the COPAT. Employees will only be given one opportunity to take the COPAT on their scheduled test date. Failure to successfully pass the COPAT will impact your overall eligibility for continued employment as a correctional officer at any prison location.

COPAT Re-Tests

All employees will be given (3) attempts within their first ten (10) months from date of employment to successfully complete the COPAT. If the employee is unsuccessful in completing the COPAT on their 1st attempt, the test instructor will provide the employee the COPAT Preparation Guide. The employee must contact his/her facility Training Coordinator to be rescheduled for the COPAT.