

# CORRECTIONAL OFFICER PHYSICAL ABILITIES TEST (COPAT)

MEDICAL EXAMINATION REPORT AND OPINION FORM
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To the Examining Physician:

The Nova Scotia Department of Justice requires that all applicants to the Correctional Officer Recruitment Training program present this form to a qualified physician to provide third-party medical clearance. Please review the description of the COPAT prior to your examination, then complete the required sections provided below.

Once completed, we ask that the Medical Examination Report and Opinion Form be sealed in the attached envelope and returned to the applicant. The applicant will be responsible to deliver the sealed envelope to the Department of Justice COPAT assessor.

## **Description of the COPAT:**

As part of the qualification process, every applicant must successfully complete the COPAT. The COPAT is designed to measure the applicant's ability to carry out the physical demands that are part of a Correctional Officer's duties. Each phase represents a different activity. There will be no rest between phases. The participant will be required to work maximally for up to 3:20 minutes.

- **The run phase.** This phase measures an applicant's ability to effectively respond to a situation. The Run Phase entails a timed 120 foot run during which the applicant will be required to run up/ down 2 flights of stairs (6 times) in opposing directions, and jump over 3 low obstacles to the finish of the running component
- **The Push/Pull phase.** This phase measures the applicant's ability to exercise control over a person. This phase entails pulling and pushing a 70 lb weight off the floor using a pull and push apparatus designed for that purpose.
- **The Vault phase.** This phase measures whether the applicant has the functional range of motion required to physically restrain a person. This phase consists of 5 modified burpees and 5 sit-to-stand movements, completed with 9 clear jumps over the bar in-between.
- **The Strength phase.** This phase measures the applicant's grip strength. The Strength phase entails lifting a weighted bag from the ground to the waist using their hands. The Applicant must walk in a straight line carrying the bag for a total of 50 feet in a controlled manner (at all times). The bag weighs 70 lbs. While this phase is not timed, it must be started within 30 seconds after completing the vault phase.

We also request that your assessment consider any evidence of the following medical conditions or symptoms:

1. Hypertension with possible causative factors;
2. Diabetes Mellitus;
3. Known or suspected heart disease or symptomatic cardiovascular disease, including: angina, breathlessness, palpitations, edema, syncope, and/or dizziness;
4. Individuals with low fitness levels;
5. Acute systemic infections including viral respiratory infections;
6. Muscular and/or skeletal problems which affect physical performance; and
7. Any other reasons of concern.

A resting blood pressure reading will be obtained from the candidate prior to attempting the COPAT. All persons conducting the COPAT are trained to conduct this analysis and to measure blood pressure. Should they determine that the COPAT would place the candidate at risk, the candidate will not be allowed to participate in the test. For example, an applicant with a resting blood pressure over 144/94 will not be permitted to attempt the COPAT.

Candidate: \_\_\_\_\_  
Address: \_\_\_\_\_

In your opinion, is this person at risk in completing the COPAT?	
Yes	No

Do you know of any other reason why your patient should not perform physical activity?

\_\_\_\_\_  
\_\_\_\_\_

Signature of Medical Doctor \_\_\_\_\_ Date \_\_\_\_\_

Full Name and Address of Medical Doctor: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have read, understood and reviewed the physical requirements of the COPAT test with my doctor.

COPAT Candidate's Name \_\_\_\_\_ Date \_\_\_\_\_

COPAT Candidate's Signature \_\_\_\_\_