

COPAT Preparation

Before beginning a physical exercise program it is strongly recommended that employee's consult a physician to make sure they are deemed physically able to undertake such a program. It is especially recommended for individuals over the age of 40 to consult with and be cleared by a doctor before undertaking this program.

The following is a 6-week progressive exercise program that might be useful in helping to prepare employees for the requirements of the COPAT. Employees can conduct a self-evaluation of their physical abilities to estimate their fitness levels, and to identify components of the fitness regime needed to meet the standards of COPAT.

Delayed onset muscle soreness (24-48 hours after exercise) may occur as a result of exercise. This soreness should be mild and dissipate prior to the next scheduled exercise session.

Employees experiencing significant soreness lasting longer than 2-3 days have likely exercised too hard and should wait to perform the next session that stresses the affected area (other than stretching). Once soreness in the affected area dissipates, employees may consider resuming the exercise program.

Step Test

** To complete the step portion during this exercise, you can use a 12" step bench or similar item such as the similar sized stair (bottom stair) in your house. This will involve stepping on and off the bench or stair as described in the video.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 15-20 minutes	Walk 15-20 minutes	Step x 1 minute	Walk 15-20 minutes	Step x 1 minute	Walk 15-20 minutes	Walk 20 + minutes
2	Step x 1 minute (Do this 2 times)	Walk 15-20 minutes	Step x 1.5 minutes Step x 1 minute	Walk 15-20 minutes	Step x 1 minute (Do this 3 times)	Walk 15-20 minutes	Walk 20 + minutes
3	Step x 1 minute (Do this 3 times)	Walk 20 + minutes	Step x 1.5 minutes (Do this 2 times)	Walk 20 + minutes	Step x 1 minute (Do this 3 times)	Walk 20+ minutes	Walk 30 + minutes
4	Step x 1 minute (Do this 4 times)	Walk 20+ minutes	Step x 1.5 minutes (Do this 2 times)	Walk 20 + minutes	Step x 2 minutes (Do this 2 times)	Walk 20+ minutes	Walk 30 + minutes
5	Step x 1 minute (Do this 5 times)	Walk 30 + minutes	Step x 1.5 minutes (Do this 3 times)	Walk 30 + minutes	Step x 2 minute (Do this 3 times)	Walk 30 + minutes	Walk 40 + minutes
6	Step x 1 minute (Do this 6 times)	Walk 30 + minutes	Step x 1.5 minutes (Do this 4 times)	Walk 30 + minutes	Step x 2 minutes (Do this 2 times)	Walk 30 + minutes	Walk 40 + minutes

** *During the Step exercises that involve multiple times, you should rest for 45-60 seconds between sets.*

Push-up Test

You can determine your fitness level by measuring how many push-ups you can complete, as described in the COPAT instructions, without taking any rest. You should re-evaluate your fitness level every two (2) weeks and move up one level if you reach the goal of the previous level.

If the total number of push-ups completed is less than 10, begin at Level A

If the total number of push-ups completed is 10 or more, begin at Level B

If the total number of push-ups completed is 20 or more, begin at level C

- A) Perform the maximum number of correct push-ups until you reach failure due to muscle fatigue. Immediately begin "bent knee" push-ups to complete the set of 10. **Complete 1 set (3 times/week).**

- B) Perform the maximum number of correct push-ups until you reach failure due to muscle fatigue. Immediately begin “bent knee” push-ups to complete the set of 20. **Complete 2 sets (3 times/week).**
- C) Perform the maximum number of correct push-ups until you reach failure due to muscle fatigue. Immediately begin “bent knee” push-ups to complete the set of 30. **Complete 2 sets (3 times/week).**

Sit-up Test

You can determine your fitness level by measuring how many sit-ups you can complete, as described in the COPAT instructions, without taking any rest. You should re-evaluate your fitness level every two (2) weeks and move up one level if you reach the goal of the previous level.

If the total number of sit-ups completed is less than 10, begin at Level A

If the total number of sit-ups completed is 10 or more, begin at Level B

If the total number of sit-ups completed is 20 or more, begin at level C

- A) Perform the maximum number of correct sit-ups until you reach failure due to muscle fatigue. *Rest for 90 seconds* and continue sit-ups. Repeat until you complete the set of 10.
Complete 1 set (3 times/week).
- B) Perform the maximum number of correct sit-ups until you reach failure due to muscle fatigue. *Rest for 60 seconds* and continue sit-ups. Repeat until you complete the set of 20.
Complete 1 set (3 times/week).
- C) Perform the maximum number of correct sit-ups until you reach failure due to muscle fatigue. *Rest for 45 seconds* and continue sit-ups. Repeat until you complete the set of 30.
Complete 1 set (3 times/week).

Lunge Test

Successful completion of the following program should allow you to perform lunges with sufficient strength and skill to prepare you for COPAT.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		5x Squat		5x Squat		10x Squat	
2		10x Squat		10x Squat		15x Squat	
3		10x Squat 1x lunge (each leg)		10x Squat 1x lunge (each leg)		10x Squat 1x lunge (each leg)	
4		5x Squat 2x lunge (each leg)		10x Squat 2x lunge (each leg)		15x Squat 2x lunge (each leg)	
5		5x Squat 3x lunge (each leg)		10x Squat 3x lunge (each leg)		15x Squat 3x lunge (each leg)	
6		5x Squat 4x lunge (each leg)		10x Squat 4x lunge (each leg)		5x Squat 5x lunge (each leg)	

Grip Strengthening

Work on strengthening your grip by squeezing a tennis ball (or another small item that can provide sufficient resistance). Squeeze the ball and hold it for a 3-5 second count. Repeat these five times (with each hand). Increase the number of grips each week. Increase the number of sets every other week.

Week 1 – 1x 5 times

Week 3 – 2x 7 times

Week 5 – 3x 9 times

Week 2 – 1x 6 times

Week 4 – 2x 8 times

Week 6 – 3x 10 times

If you feel that you will require a reasonable accommodation in order to successfully complete the Correctional Officer Physical Abilities Test (COPAT), please contact your assigned facility for further assistance.