



CPOST Beyond Training: Physical Fitness Test Observation



"Where the Standard is Excellence"

The Commission on Correctional Peace Officer Standards and Training (CPOST) staff attended Correctional Peace Officer Physical Fitness Test (PFT) at the Safetyville facility in Sacramento, California. This was CPOST staff's first

opportunity to observe the PFT. Captain L. Mapes, who oversees the hiring process at Office of Peace Officer Selection (OPOS), provided CPOST staff an overview of the hiring process, as well as the PFT and how the test is administered. Captain Mapes ex-

plained that the PFT is one of the minimum qualifications and is early in the hiring process. Next steps in the process include a background check and the Computerized Voice Stress analysis (CVSA).

Prior to the testing date, candidates are given

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group appointments for the PFT. OPOS staff checked in each of the candidates who then received a control number to attach to their shirt. The candidates lined up in numerical order and

waited for directions. While waiting for the test to begin, some of the candidates seemed anxious.

To assist CPOST staff in understanding the pro-

cess, Captain Mapes engaged the waiting candidates in conversation. Captain Mapes asked individual candidates if they watched the video demonstration of the PFT candidate who then re-

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video online and everyone said they trained prior to the test.

An OPOS staff member led the candidate group to the start-line and gave detailed and specific directions on the route for the course and about the test. The test began at the stairs where the

candidates ascended and descended one flight of stairs and then proceeded to the running phase of the test, with rope roadways to guide the candidates, cone to maneuver around and 3 small obstacle jumps. The run led the candidates to the weight stations

where an academy sergeant directed them to carry three sets of kettlebells, one set at a time. The sets consist of two 45lbs kettlebells for 150 feet, one 45lbs kettlebell for 225 feet, and one 30lbs kettlebell for 330 feet. There were two time-keepers

The green mark above the candidate's number meant she passed the PFT.



CPOST cheered the candidates and congratulated them. One candidate said breathlessly, "Thank you. My wrist watch kept me on track."

and another staff that marked pass or fail on the candidate's number tag at the end of the course. The maximum time allowed for the course is 5 minutes and 5 seconds.

CPOST staff observed three groups of candidates participate in the PFT. Based on the first group of candidates'

statement they trained prior to the test and the condition of those candidates at the end of the test, clearly some of them were not as prepared as they thought they were.

CPOST staff asked the OPOS staff many questions and are so grateful, especially to Captain Mapes and Mr. Stone for their patience

and their knowledge about the process and all the nuances of the PFT operation. CPOST enjoyed the experience and admire how smoothly and well organized the OPOS staff operated the event. CPOST staff looks forward in attending another scheduled PFT in Fresno in May.

You may visit http://www.cdcr.ca.gov/Career_Opportunities/POR/Index.html to view the physical training online demonstration.

If you have questions, comments or feedback for CPOST, feel free to contact us at (209)744-5000 ext. 4025 or via email at M_CPOSTMailbox@cdcr.ca.gov. Thank you.