École nationale
de police
du Québec

TAP-ENPQ

Admission Requirement for the
Basic Training Program in Police Patrolling

August 28, 2007

Québec

THE *TAP-ENPQ*

The *TAP-ENPQ* was designed to measure candidates' physical aptitudes, and passing this test constitutes one of the admission requirements for the Basic Training Program in Police Patrolling of the École nationale de police du Québec (ENPQ). In accordance with the admission requirements stipulated in the *Training Plan Regulation of the École nationale de police du Québec*, only the candidates who meet the medical will be accepted for a *TAP-ENPQ* session.

The *TAP-ENPQ* is divided into 3 distinct parts, enabling candidates' specific physical aptitudes to be evaluated. It consists of a shuttle run, a timed obstacle course and individual stations. The candidate must receive a passing score for each of these parts in order to pass the *TAP-ENPQ*.

The shuttle run is the first part of the *TAP-ENPQ*. It consists of a speed run between two lines twenty meters apart. The candidate must pass this part of the test in order to proceed with the next two. The second part is a timed obstacle course that the candidate must complete within a set period of time. Finally, having successfully passed the timed obstacle course, the candidate reports to the individual stations, following a short rest period, to perform, in order, a series of pushing and pulling exercises, a simulation of transporting an unconscious victim and a CPR simulation.

Certified evaluators observe candidates as they perform the different parts of the test, give instructions and watch to see that each task is performed correctly. If a candidate fails to perform the tasks at any given station correctly, he must start this station over or be penalized by having time added to his score, if necessary.

1.1 The Shuttle Run

The shuttle run is a test of maximum, progressive effort that serves to evaluate an individual's maximum aerobic power. The shuttle run was designed by Dr. Luc Léger of the Kinesiology Department of the Université de Montréal, and the passing level was determined based on the minimum amount of aerobic power needed to meet the specific requirements of the ENPQ Basic Training Program in Police Patrolling.

For the candidate, the shuttle test consists of running between two lines that are spaced 20 meters apart, in time to recorded beeps, for as long as

possible, with a speed increase of 0.5 km/h every minute. To succeed this first part, the candidate must reach a passing level of 6.5 shuttles which corresponds to a VO_2 max of 40 mL/kg/min.

A recorded beep sounds at regular intervals to let the candidate know that, at this precise moment, he should be at one end or the other of the 20-meter course. The test is over when the candidate can no longer keep up with the tape recording, when he receives a third consecutive warning or when he stops. A warning is issued at each end of the course when one or many of the following situations occur: the candidate reach one end after the beep (he is late), the candidate leaves from one end before the beep (he is early) or the candidate does not stop completely before running back to the other end.

Table 1 – Summary of Shuttle Run Tasks

Test Name	Tasks
Shuttle Run	Run between two lines 20 meters apart, in time to recorded beeps, for as long as possible, with a progressive speed increase every minute.

1.2 The Timed Obstacle Course

The timed obstacle course is a 70-meter circuit made up of five laps along which thirteen stations are set up (total distance of 350 meters). At each of these stations, the candidate must perform specific motor tasks. The candidate must complete the five laps in a time of 392 seconds or less. Furthermore, if a candidate fails to perform the tasks at any given station correctly, he must start the station over again or be penalized by having time added to his score, if necessary (Station 7). These time penalties are added to the regular time obtained by the candidate, which keeps adding up when the candidate has to do a station over again.

This part of the test evaluates the candidate's aerobic and muscular endurance and agility. The reader can follow the instructions pertaining to the circuit by referring to Figure 1, which presents the details of the timed obstacle course, including the name and number of each of the different stations. The steps of the circuit are described below to help you understand the nature of each task. In addition, all along the obstacle course, an evaluator will help remind you of each of the steps. You do not have to memorize the obstacle course by heart.

The timed obstacle course begins when the candidate reports to the start of the course (Cone 1), wearing a 2-kg bulletproof vest and a 4.5-kg weight belt. At the signal of the chief evaluator, he picks up the laser beam flashlight located on top of Cone 1, remains behind the starting line and points, in isosceles position, at the photoelectric receiver on the

middle silhouette. After keeping the beam on the receiver for 2 seconds, a green light will illuminate, indicating that the stopwatch has begun timing. The candidate quickly replaces the laser beam flashlight on Cone 1 and then begins the three outer laps of the circuit.

The candidate passes through the tunnel without displacing it (Station 1) and then vaults over the barricade, swinging both feet over it (Station 2). He goes through the window without displacing it, runs around the outside of Cone 2 (Station 3), and heads towards the crowd (Station 4), where he runs to the right around the first silhouette. The candidate continues in slalom fashion around the six silhouettes and then circles around the outside of Cone 3.

The candidate then reaches the stairs (Station 5), where he must go around the railing and run up and down six steps. Once he has descended the stairs, the candidate makes a U-turn to the left and scales the smooth 2-meter fence (Station 6). He may use, to assist him, a tub or trashcan (he can use only one of these two objects at a time since no other assistance is allowed). As soon as he has reached the ground on the other side, the candidate goes around the stairway railing and runs up and down the six stairs again (Station 5).

He runs around the outside of Cone 4 and increases his speed so that he can jump over the ditch (Station 7). He must avoid touching this obstacle on the take-off[1] as well as on the landing[1] or he will be penalized 3 seconds. Should he touch the center of the ditch or the center and the take-off or the center and the landing, a 10-second penalty will be applied. These penalties are cumulative and are given as mentioned above each time the candidate passes through this station. The candidate finishes his first lap by running around the outside of Cone 1 and must then complete two more laps on this same course. Once the three outer laps have been completed, the candidate finishes the timed obstacle course with two "figure 8" laps.

The candidate begins his fourth lap by passing through the tunnel without displacing it (Station 1). He next vaults over the barricade, swinging both feet over it (Station 2), goes through the window without displacing it (Station 3) and then runs around the outside of Cone 2. The candidate then heads towards the zigzag (Station 8), where he runs to the right around the first hedge, and to the left around the second, taking care not to displace either of them. He vaults over the low wall, swinging both feet over it (Station 9) and crawls on his stomach under the bridge for a distance slightly over 3.5 meters (Station 10).

[1] Both take-off and landing are 20-cm long and are clearly delimited.

Once out from under the bridge, the candidate continues the course by skirting the outside of Cone 4 and by running up and down the stairs again (Station 5).[2] He makes a U-turn to the right and climbs unassisted over the chain-link fence (Station 11). When back on the ground, the candidate goes around the stairway railing, runs up and down the stairs and around the outside of Cone 3. He then jumps over the trashcan without displacing it (Station 12), and heads towards the low wall located at the centre of the course. He must climb up onto the wall, place both feet behind the starting line and then cross the wall while maintaining his balance (Station 13) until he passes the finish line at the other end.

Once back on the ground, the candidate completes his fourth lap by jumping over the second trashcan without displacing it (Station 14) and running around Cone 1. He then has one "figure 8" lap left to complete.

At the end of his fifth lap, and after having jumped over the second trashcan (Station 14), the candidate recovers the laser beam flashlight on top of Cone 1 and runs as far as the barricade (Station 2) to stop the stopwatch. He remains behind the barricade, turns on the laser beam flashlight and aims at the photoelectric receiver on the middle silhouette for a minimum of 10 consecutive seconds. At this time, the red light will light up on this silhouette and a green light will randomly illuminate on one of the other two silhouettes. The candidate then directs the laser beam towards this silhouette and aims at the receiver there for three consecutive seconds. He changes targets two more times in the same manner and aims at the receiver for three seconds each time. The stopwatch located on the middle silhouette will then stop to give the total time of the timed obstacle course (results). It is important to note that when the laser beam fails to hit the receiver, the stopwatch continues to run.

We must remember that to pass the second part of the *TAP-ENPQ*, the candidate must finish all five laps of the timed obstacle course in a time of 392 seconds or less, including any time added for penalties at the ditch station (station 7).

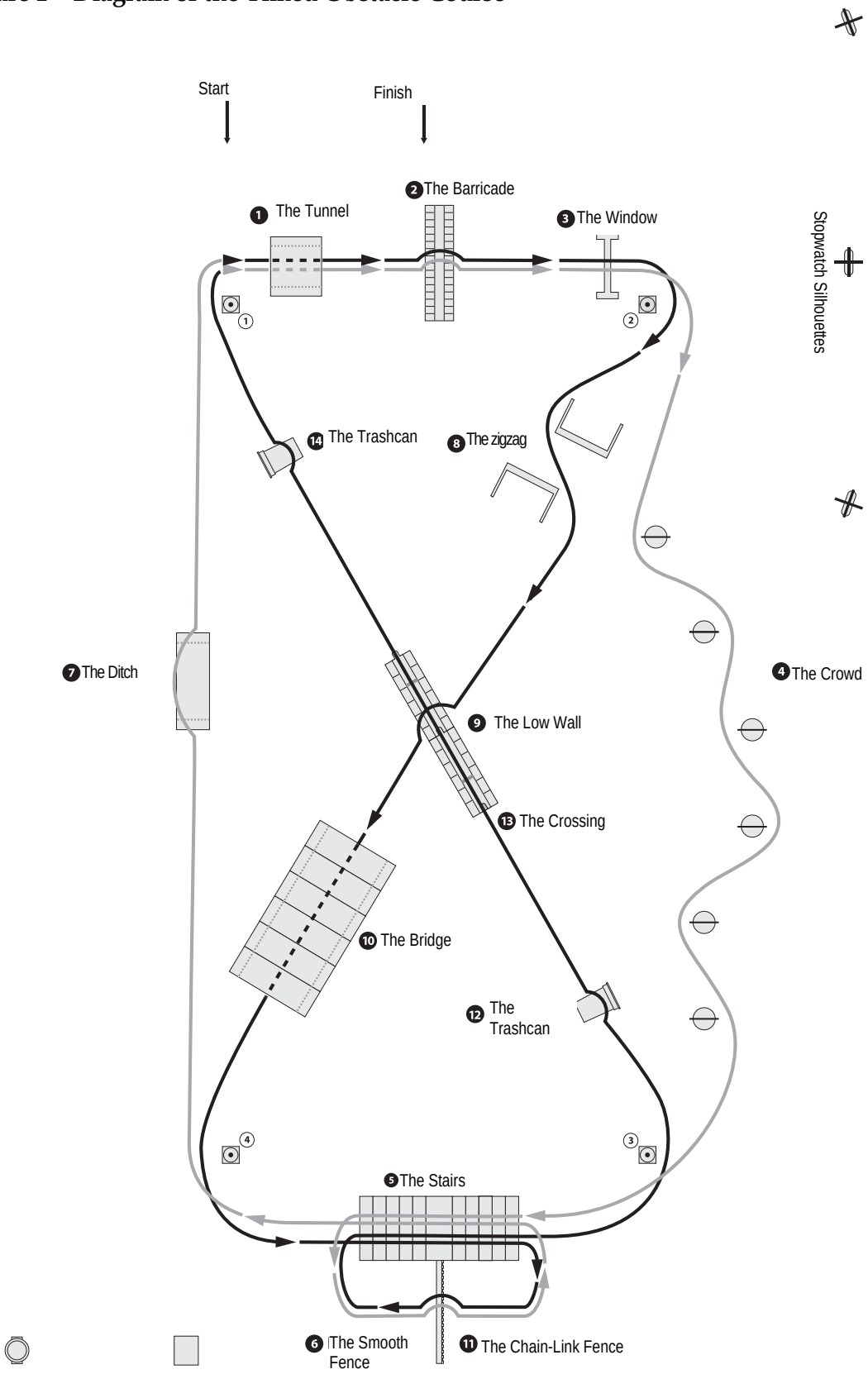
Table 2 presents a summary of the different tasks to be performed at each of the stations in the timed obstacle course, whereas Figure 1 presents the course itself, with the name and number of each of the different stations.

[2] Even though this station has kept the same number, it is important to note that candidates take the stairs here in the opposite direction of that taken during the previous outer laps. They must go around the railing here as well.

Table 2 – Summary of the Tasks of the Timed Obstacle Course

No.	Station Name	Tasks
	Start	▪ Remain behind the starting line; ▪ Start the stopwatch using the flashlight laser beam; ▪ Put the flashlight back on top of Cone 1.
1	The Tunnel	▪ Pass through the tunnel without displacing it.
2	The Barricade	▪ Vault over the barricade, swinging both feet over it.
3	The Window	▪ Go through the window without displacing it; ▪ Run around the outside of Cone 2.
4	The Crowd	▪ Follow the course around the silhouettes; ▪ Circle around the outside of Cone 3.
5	The Stairs	▪ Run up and down the stairs without jumping over the railing.
6	The Smooth Fence	▪ Scale the smooth fence without any assistance other than the tub or the trashcan (without using the stairs, the wall, etc.).
7	The Ditch	▪ Run around the outside of Cone 4; ▪ Jump over the ditch; ▪ Run around the outside of Cone 1.
8	The Zigzag	▪ Follow the course through the zigzag, without displacing the hedges.
9	The Low Wall	▪ Vault over the wall, swinging both feet over it.
10	The Bridge	▪ Crawl under the bridge on your stomach; ▪ Skirt the outside of Cone 4.
11	The Chain-Link Fence	▪ Climb over the chain-link fence (without using the stairs, wall, etc.).
12	The Trashcan	▪ Run around the outside of Cone 3; ▪ Jump over the trashcan without displacing it.
13	The Crossing	▪ Climb up onto the wall, place both feet behind the starting line; ▪ Cross the wall, maintaining your balance, until you reach the finish line
14	The Trashcan	▪ Jump over the trashcan without displacing it; ▪ Run around the outside of Cone 1.
	Finish	▪ Recover the flashlight and go to the barricade; ▪ Stop the stopwatch by aiming at the silhouettes using the flashlight laser beam.

Figure 1 – Diagram of the Timed Obstacle Course



1.3 The Individual Stations

Once the candidate has successfully completed the timed obstacle course (i.e. in a time of 392 seconds or less), he goes to the individual stations. There is no resting period scheduled between the end of the timed obstacle course and the beginning of the individual stations. A stopwatch is started as soon as the candidate finishes the timed obstacle course, and he must begin the third individual station, the ABC of CPR, before two hundred forty seconds have elapsed.

A specific apparatus is used to evaluate the candidate's muscular endurance at the first station (Station A), where the candidate must push against and then pull a load weighing 32 kg (70 pounds) while following an arced path around the axis of rotation of the arm of the apparatus. The candidate first pushes in order to lift the load and to complete 4 consecutive arcs of 180 degrees without dropping it. Once these first 4 arcs have been completed, the candidate controls the load as he gradually lowers it to the ground. He performs a second series of 4 arcs, but this time he pulls the load. Once these last 4 arcs have been completed, the candidate controls the load as he gradually lowers it to the ground. The apparatus is equipped with a system that emits a beep when the candidate reaches one end of the arc, indicating to him that he can then change directions. Once the two series of 4 arcs have been completed, and according to the evaluator's instructions, the candidate goes to the second individual station.

The candidate has a total of 4 attempts in which to perform the task. After 4 unsuccessful attempts, the candidate is considered incapable of performing this task and fails the station.

Candidates' muscular endurance is also evaluated at the second individual station (Station B), which consists of dragging a 65.7 kg dummy for a distance of 20 meters. The candidate can use the method of his choice to drag the dummy this distance, but he must take into consideration that it represents the body of an unconscious victim; the dummy's head must never touch the ground while being transported,[3] and it is forbidden to hold the dummy by the head. The candidate is considered to have completed the 20-meter distance when the dummy's feet have crossed the finish line. Once the body drag has been completed, and according to the evaluator's instructions, the candidate goes to the third and last individual station.

Finally, the candidate's capacity to concentrate and work when fatigued is evaluated at the third station (Station C). The candidate is evaluated in

[3] The most often used method of transport consists of dragging the victim by his collar while supporting his head with the forearms.

terms of his capacity to perform the five main steps of cardiopulmonary resuscitation (CPR):

- Verify the state of consciousness;
- Clear the airways;
- Check the breathing;
- Give 2 breaths;
- Perform thirty thrusts.

A sixth criterion of success consists of respecting the chronological order of these steps. If the candidate fails to perform one of these steps or if he fails to respect the order of these steps, he fails this station. It is up to the candidate to verbally inform the evaluator that he has completed this station and by this selfsame fact, the TAP-ENPQ.

Table 3 – Summary of the Tasks to be Performed at the Individual Stations

No.	Station Name	Tasks
A	Push and Pull	▪ Perform four 180° arcs by pushing a 32-kg load without dropping it; ▪ Perform four additional 180° arcs by pulling a 32-kg load without dropping it; ▪ Control the load while gradually lowering it to the ground.
B	Unconscious Victim Body Drag	▪ Drag a 65.7-kg dummy for a distance of 20 meters without holding it by its head, and make sure that its head doesn't touch the ground.
C	ABC of CPR (cardiopulmonary resuscitation)	▪ Verify the state of consciousness; ▪ Clear the airways; ▪ Check the breathing; ▪ Give 2 breaths; ▪ Perform thirty thrusts; ▪ Perform all the steps in order.

The following figure presents the three stations that make up the individual stations of the *TAP-ENPQ* and that must be situated near the timed obstacle course. The individual stations are usually located along the timed obstacle course, on the same side as the ditch (Station 7).

Figure 2 – The Individual Stations