



2017 POLICE SPAT-ENPQ Presentation

Admission Requirements for the Basic Training Program
in Police Patrolling (BTPPP)

July
2018

Québec

The Standardized Physical Abilities Test (2017 POLICE SPAT-ENPQ)

The SPAT-ENPQ is a timed circuit consisting of three laps made up of stations using the most essential physical qualities required to perform the BTPPP training activities that are deemed demanding. The circuit mainly exploits the capacity to deploy muscular power while engaging the aerobic system and includes a task requiring that a decision be made within an adequate response time. The various stations of the SPAT-ENPQ are set up in order to recreate a complete police intervention that repeats itself at each lap. Moreover, the sequence of the stations in the circuit allows reproducing, in terms of time and intensity of efforts, the intervals observed during the accomplishment of the BTPPP physically demanding tasks. To reproduce the context of the ENPQ training activities as closely as possible, the candidates must do the SPAT-ENPQ wearing a bulletproof vest and a weighted belt, which represents the weight of the equipment police cadets must put on their duty belt. This excess weight totals 6.8 kg (15 lb).

General explanations of the timed circuit

- The timed circuit consists of a course made up of three different laps: the candidate must complete the three laps while respecting the completion standard associated with each station.
- In order to pass the test, the candidate must complete the circuit in 322 seconds (5 min 22 s) or less.
- Evaluators direct the candidate all along the timed circuit during the evaluation.
- If the candidate fails to perform a task at any given station, the evaluator will issue the command “Start over” and the candidate will have to stop running, go back to the beginning of the station and start over again until he succeeds.
- If the candidate fails the timed circuit, that is, if he exceeds the maximum allotted time, he will be asked to leave the gymnasium. The terms to retake the test will be explained to him before he leaves.
- For statistical purposes, we will allow a candidate who has failed to continue his test up to a maximum of 455 seconds (7 min 30 s).
- The candidates are forbidden to wear a watch or any other instrument indicating the time or the duration (timer) as soon as they enter the gymnasium;
- The timer is not visible during the test so the candidate has no idea how much time he has left; and the evaluators are not allowed to give him that information.
- A candidate can ask to stop the test at any given time.

Tasks of the timed circuit

Table 1 describes, in order, the stations of the timed circuit making up each of the three laps and Table 2 specifies the tasks related to each station. The stations and their position in the circuit are illustrated in Figure 1 annexed to this document. All along the course, evaluators will guide the candidate and help remind him of each of the steps. The candidate does not have to memorize the course by heart.

Table 1: Listing of the stations of the circuit according to each lap

Lap 1	Lap 2	Lap 3
Illuminated targets	Illuminated targets	Jump
Jump	Jump	Movement in the crowd
Movement in the crowd	Movement in the crowd	Lateral movement
Lateral movement	Lateral movement	Stairs
Stairs	Stairs	Chain-link wall
Chain-link wall	Chain-link wall	Stairs
Stairs	Stairs	Low walls
Push	Pull	Victim body drag
Low walls	Low walls	Illuminated targets
Modified T-test		

Table 2: Summary of the stations integrated in the SPAT-ENPQ

Station Name	Tasks
Start (timer)	<ul style="list-style-type: none"> ▪ Pick up the flashlight and stand in the circular central zone of the illuminated target station. ▪ Start the test and the timer by stepping on the pedal of the circular central zone.
Illuminated targets	<ul style="list-style-type: none"> ▪ When in the circular central zone, stand straight and watch the targets light up in red randomly. ▪ When one of the white targets lights up in green, you have 3 seconds to step back on the corresponding mat with both feet and aim at the target with the flashlight for at least 1 second. ▪ Or when one of the black targets turns green, you have 3 seconds to step back on the corresponding mat with both feet and aim at the target with the flashlight for at least 1 second. ▪ When all the targets light up in green (success), move to the next station to continue the course. ▪ If all the targets light up in red (fail), start the station over again by stepping on the pedal. ▪ Do the task until you succeed.

Jump	<ul style="list-style-type: none"> ▪ Run up using the 9 m corridor to gather speed. ▪ Jump over the black section of the mat (1.8 m), without touching it. ▪ You can touch the 20-cm zone before the mat during your take-off. ▪ Do the task until you succeed.
Movement in the crowd	<ul style="list-style-type: none"> ▪ Go through the heavy bags by moving them to the side and always facing the station. ▪ Do not try to squeeze between the bags.
Lateral movement	<ul style="list-style-type: none"> ▪ Go around the silhouettes following a determined path using side shuffle. ▪ If a silhouette falls down, you must pick it up before going any further.
Stairs	<ul style="list-style-type: none"> ▪ Go up and down the stairs without jumping over the railing.
Chain-link wall	<ul style="list-style-type: none"> ▪ Climb over the chain-link wall without any assistance (without using the stairs, the wall bars or the anchor points).
Push	<ul style="list-style-type: none"> ▪ In lap 1, push a 38.5 kg weight three times without dropping it. ▪ Put down the weight while controlling the descent.
Pull	<ul style="list-style-type: none"> ▪ In lap 2, pull a 38.5 kg weight three times without dropping it. ▪ Put down the weight while controlling the descent.
Low walls	<ul style="list-style-type: none"> ▪ Go over the three low walls.
Modified T-test	<ul style="list-style-type: none"> ▪ Go down the 9 m corridor. ▪ Go to the left or to the right to interchange the balls on the last cone on each end of the "T". ▪ If a ball falls, you must pick it up and put it back on the cone. ▪ Exit the "T"-test backwards until the end of the corridor (line on the ground).
Victim body drag	<ul style="list-style-type: none"> ▪ Drag a 67.5 kg mannequin for a distance of 10 m (5 m to get to the cone, around the cone, and 5 m to come back), on a carpeted surface, without holding it by the head while making sure the head does not touch the ground. The mannequin's feet must have crossed the line on the ground in order to proceed to the last station.
Finish (timer)	<ul style="list-style-type: none"> ▪ Pick up the flashlight and stand in the circular central zone of the illuminated target station. ▪ Start the station by stepping on the pedal. ▪ Stop the timer by successfully completing the station (all targets light up in green). ▪ Do the task until you succeed.

The timer is not visible during the test so the candidate has no idea how much time he has left; and the evaluators are not allowed to give him that information. A candidate can ask to stop the test at any given time.

Recommendations to prepare for the SPAT

Please take note of the following conditions before the evaluation:

- 1) For the SPAT, think about bringing with you:
 - a towel
 - a bottle of water.
- 2) During the test, you must wear exercise clothes:
 - shorts or sweat pants
 - T-shirt
 - running shoes.
- 3) Before the SPAT:
 - Avoid eating a heavy meal; a regular meal must be taken at least two hours before testing. However, a light snack is suggested during that period.
 - If your evaluation is scheduled early in the morning, you must eat before the test (fruits, juice, light breakfast).
 - If you take medication, you should take it as prescribed.
- 4) Before your evaluation session, avoid:
 - consuming caffeine (coffee, tea, cola, chocolate, energizing drinks, etc.) two hours before testing;
 - smoking two hours before testing;
 - drinking alcohol six hours before testing;
 - exercising six hours before testing;
 - any vigorous physical exercise or workout 24 hours before testing.

Figure 1 : Diagram of the SPAT-ENPQ

