



## WINNIPEG POLICE SERVICE POLICE OFFICERS PHYSICAL ABILITIES TEST CERTIFICATION OF RESULTS

To pass, the participant must perform all activities within the defined protocol and complete the timed portion of the Police Officers Physical Abilities Test (POPAT) within 4 minutes and 15 seconds and then demonstrate the ability to lift and carry the 45 kg (100 lbs) weight a distance of 15.24 metres (50 feet).

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
(Print) (Date of Test)

TEST TIME \_\_\_\_\_

### STATEMENT OF TESTER

I verify that the above named person successfully completed all activities within the defined protocol of the Police Officers Physical Abilities Test (POPAT).

SIGNATURE OF TESTER \_\_\_\_\_ DATE \_\_\_\_\_

Printed Name of Tester \_\_\_\_\_