Comprehensive Study Guide for Police Recruit Process

Introduction

Preparing for a police recruit process can be a daunting experience. This guide aims to provide you with a structured approach to study and practice, ensuring you are confident and well-prepared. The guide will cover key areas of focus, offer strategies for answering questions, and provide a list of questions to ask during a ride-along to enhance your understanding of the role of a UAPD Officer.

Key Areas of Focus

1. Personal Motivation and Career Aspirations

- **Understanding Your Motivation**: Reflect on your reasons for wanting to join the police force. Consider how your personal experiences, values, and career aspirations align with the mission and values of the University of Arizona Police Department.
- **Long-term Goals**: Think about your long-term career goals and how becoming a police officer fit into these goals. Consider how you plan to grow and develop within UAPD.

2. Preparation and Commitment

- **Steps Taken**: Identify the steps you have taken to prepare for a career in law enforcement. This may include relevant education, training programs, volunteer work, or internships.
- **Ongoing Efforts**: Reflect on any continuous learning or professional development activities you are engaged in to improve your readiness for the role.

3. Ethical Decision-Making and Integrity

- **Moral Compass**: Familiarize yourself with the values of ==Integrity==, ==Honesty==, and ==Ethical Behavior== expected of police officers.
- **Demonstrating Integrity**: Consider situations in your personal or professional life where you made ethical decisions, especially when faced with difficult choices. Reflect on the importance of doing the right thing, even when no one is watching.

- **Understanding Integrity**: Integrity is the quality of being honest and having strong moral principles. It involves doing the right thing at all times and in all circumstances, whether or not anyone is watching.
- **Personal Examples**: Think of specific instances in your personal life where you demonstrated integrity. These could include times when you were honest in a difficult situation, stood up for what was right, or acted ethically even when it was challenging.
- **Professional Examples**: Similarly, reflect on professional situations where you upheld integrity. This might involve adhering to ethical standards at work, being truthful in your communications, or making decisions that reflect your moral values.

4. Teamwork and Collaboration

- **Qualities of a Team Player**: Think about the qualities that make a good team player, such as effective communication, cooperation, and the ability to work well with diverse groups of people.
- **Conflict Resolution**: Reflect on your approach to resolving conflicts within a team setting. Consider the importance of listening, **Empathy**, and finding mutually beneficial solutions.

5. Adaptability and Resilience

- **Handling Change**: Think about times in your life when you had to adapt quickly to changing circumstances. Consider how you handle stress and uncertainty, and what strategies you use to stay focused and effective.
- **Learning from Experience**: Reflect on what you have learned from past experiences of change and how these lessons can be applied to a career in law enforcement.

6. Empathy and Interpersonal Skills

- **Understanding Empathy**: Understand the importance of empathy in policing. Empathy involves putting yourself in someone else's shoes to better understand and respond to their feelings and needs.
- **Practical Examples**: Consider instances where you have used empathy and listening skills to support others. Reflect on how these experiences have prepared you to connect with and help community members as a police officer.

7. Self-Awareness and Personal Development

- **Knowing Yourself**: Be honest with yourself about your strengths and areas for improvement. Self-awareness is crucial for personal and professional growth.
- **Setting Goals**: Set clear, realistic goals for your personal and professional development. Think about how you can continuously improve and what steps you will take to achieve your goals.

Strategies for Answering Questions

1. **Structure Your Answers**: Use the STAR method (Situation, Task, Action, Result) to structure your responses. This helps you provide clear, concise, and organized answers.
2. **Be Honest and Authentic**: Authenticity is key. Be truthful about your experiences and avoid exaggerations.
3. **Stay Calm and Composed**: Practice deep breathing techniques to stay calm during the interview.
4. **Practice Aloud**: Practice answering questions aloud to build confidence and improve your delivery.
5. **Seek Feedback**: Conduct mock interviews with friends, family, or mentors and ask for constructive feedback.

Conversational Questions to Ask During a Ride-Along

1. **So, what's a typical day like for you out here?**
2. **What made you decide to become a police officer?**
3. **What's the most challenging part of your job?**
4. **How do you stay calm during really stressful situations?**
5. **What skills do you think are the most important for a police officer?**
6. **How do you connect with the community and build trust?**
7. **Any tips for someone like me who's preparing for the oral board?**
8. **Can you share a story about one of your most rewarding days on the job?**
9. **How do you keep up with all the changes in laws and procedures?**
10. **What do you do to balance work and your personal life?**

Peace Officer Physical Aptitude Test (POPAT) Study Guide

Overview

The Peace Officer Physical Aptitude Test (POPAT) is a critical component of the Arizona Peace Officer Standards and Training. It consists of five physical events designed to simulate the tasks a peace officer might encounter on duty. This guide will cover the different events included in the test, describe each one, provide preparation tips, and include the scoring table to help you understand the performance standards necessary to be competitive and improve your chances of getting hired.

POPAT Events

1. **99-Yard Obstacle Course**

2. **Body Drag**

3. **Chain-Link Fence Climb**

4. **Solid Fence Climb**

5. **500-Yard Run**

Event Descriptions and Preparation Tips

1. 99-Yard Obstacle Course

- **Description:** This event involves running a 99-yard course that includes sharp turns, several curb-height obstacles, and a 34-inch high obstacle that must be vaulted.

- **Preparation:** Focus on agility and quick directional changes. Practice running short sprints with sharp turns, and work on jumping over small obstacles. Incorporate plyometric exercises to improve explosive power for vaulting the 34-inch obstacle.

2. Body Drag

- **Description:** This test simulates dragging an incapacitated person. It requires you to lift and drag a 165-pound dummy over a distance of 32 feet.

- **Preparation:** Improve your grip strength, back, and leg muscles. Practice by dragging a similar weight object (like a sandbag) over the specified distance. Focus on exercises like deadlifts, rows, and sled drags to build the necessary strength.

3. Chain-Link Fence Climb

- **Description:** You must run 5 yards to a 6-foot chain-link fence, climb over it, and then continue running for another 25 yards.

- **Preparation:** Work on upper body strength, particularly pulling movements like pull-ups and lat pull-downs. Practice climbing chain-link fences to become comfortable with the motion. Sprints combined with fence climbs will help simulate the event.

4. Solid Fence Climb

- **Description:** Similar to the chain-link fence climb, this event involves running 5 yards to a 6-foot solid fence, climbing over it, and running another 25 yards.

- **Preparation:**

  - **Technique is Key:**

    - **Approach:** Maintain momentum as you approach the fence. A key technique is the "3-point landing," where both hands and your forward foot hit the wall at the same time, helping you use your upper body and leg muscles efficiently.

    - **Foot Placement:** When climbing, keep your toes pointed upward to engage your hamstring muscles, which are stronger than the smaller muscles in your legs, reducing the risk of injury.

    - **Upper Body Strength:** Focus on pulling exercises like pull-ups, chin-ups, and rope climbs to build the strength necessary for getting over the fence. Practice vaulting over obstacles similar to the solid fence to get comfortable with the motion.

  - **Strength and Conditioning:**

    - **Plyometrics:** Incorporate exercises like box jumps and burpees to build explosive power in your legs, which will help in the initial push-off when climbing the fence.

    - **Core Stability:** A strong core is essential for maintaining balance and control while climbing. Include exercises like planks, leg raises, and Russian twists in your routine.

    - **Grip Strength:** Exercises like farmer's carries, dead hangs, and using hand grippers will help improve your grip, which is crucial when climbing the solid fence.

  - **Practice Regularly:** Find a solid fence or a similar structure to practice on. Regular practice will not only improve your physical capability but also build your confidence in overcoming this obstacle.

5. 500-Yard Run

- **Description:** A 500-yard run simulates a long-distance foot pursuit. It requires running one lap plus an additional 60 yards on a standard track.

- **Preparation:** Improve your cardiovascular endurance with interval training. Combine long-distance running with sprints to build both speed and endurance. Practice running at a pace slightly faster than a jog but slower than a sprint.

Scoring and Competitiveness

Each event is timed, and the times are converted to points using a conversion table. The total score from all five events determines your overall performance.

- **Minimum Passing Score:** To pass the POPAT, you need a minimum total score of 384 points.

- **Scoring Conversion:** The scores for each event are converted using a detailed table provided in the document. Here's a brief example:

  - **99-Yard Obstacle Course:** A time of 21.4 seconds equals 154 points.

  - **Body Drag:** A time of 8.0 seconds equals 48 points.

  - **Chain-Link Fence Climb:** A time of 8.5 seconds equals 72 points.

  - **Solid Fence Climb:** A time of 14.0 seconds equals 81 points.

  - **500-Yard Run:** A time between 114.7 and 117.6 seconds or about 1 minute 55 seconds equals 29 points.

Strategic Focus

It's important to understand that the **500-Yard Run** gives the least number of points on the POPAT. While it is crucial to perform well, your focus should be on maximizing your performance in other events that offer more points. For example, the Solid Fence Climb offers up to 224 points, while the 500-Yard Run might give you as much as 50 points. Therefore, while you should still train for the run to ensure you perform well, prioritize your effort on events like the fence climbs, obstacle course, and body drag, as these will significantly impact your overall score.

Preparation Tips Recap

1. **Consistency:** Regular and consistent practice of each event is crucial. Focus on both technique and conditioning.

2. **Strength Training:** Incorporate strength training into your routine, emphasizing compound movements like squats, deadlifts, and presses.

3. **Cardio and Agility:** Mix long-distance runs with sprint intervals and agility drills.

4. **Rest and Recovery:** Ensure you get adequate rest and recovery, especially before the test day.

This study guide provides an overview of the POPAT events, preparation strategies, and the scoring system. By concentrating your preparation on the higher-scoring events while maintaining good

endurance for the 500-yard run, you will position yourself better to achieve a competitive total score. Good luck!

Timeline

This is a check list for you to follow along and track each step you have completed.

- ☐ POPAT
- ☐ Written Test
- ☐ Oral Board
- ☐ Background Investigations (the longest part)
    - o Polygraph
    - o Psychological exam
    - o Medical exam

Please note that our hiring process is thorough and consists of several important steps, which may take several months to complete. We understand that waiting can be difficult, but it allows us to ensure that every candidate is carefully reviewed and that we maintain the highest standards for our department. We appreciate your patience, and we will keep you informed of your status and any updates as they become available.

Conclusion

Preparing for the police recruit process requires reflection, practice, and a thorough understanding of the key qualities needed for the role. Use this guide to structure your study sessions, practice your answers, and build confidence. Remember, the goal is to present yourself as a well-prepared, honest, and empathetic candidate who is ready to serve the community.

Thank you for applying with UAPD and good luck with your preparation!

99-YARD OBSTACLE COURSE CONVERSION TABLE

TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS
14.0	248	18.0	197	22.0	146	26.0	96	30.0	45
14.1	246	18.1	195	22.1	145	26.1	95	30.1	44
14.2	245	18.2	194	22.2	144	26.2	93	30.2	43
14.3	244	18.3	193	22.3	142	26.3	92	30.3	42
14.4	242	18.4	192	22.4	141	26.4	91	30.4	40
14.5	241	18.5	190	22.5	140	26.5	90	30.5	39
14.6	239	18.6	189	22.6	139	26.6	88	30.6	38
14.7	238	18.7	188	22.7	137	26.7	87	30.7	37
14.8	237	18.8	187	22.8	136	26.8	86	30.8	35
14.9	236	18.9	185	22.9	135	26.9	85	30.9	34
15.0	235	19.0	184	23.0	134	27.0	83	31.0	33
15.1	233	19.1	183	23.1	132	27.1	82	31.1	32
15.2	232	19.2	182	23.2	131	27.2	81	31.2	30
15.3	231	19.3	180	23.3	130	27.3	79	31.3	29
15.4	229	19.4	179	23.4	129	27.4	78	31.4	28
15.5	228	19.5	178	23.5	127	27.5	77	31.5	27
15.6	227	19.6	176	23.6	126	27.6	76	31.6	25
15.7	226	19.7	175	23.7	125	27.7	74	31.7	24
15.8	224	19.8	174	23.8	124	27.8	73	31.8	23
15.9	223	19.9	173	23.9	122	27.9	72	31.9	22
16.0	222	20.0	172	24.0	121	28.0	71	32.0	20
16.1	221	20.1	170	24.1	120	28.1	69	32.1	19
16.2	219	20.2	169	24.2	119	28.2	68	32.2	18
16.3	218	20.3	168	24.3	117	28.3	67	32.3	16
16.4	217	20.4	166	24.4	116	28.4	66	32.4	15
16.5	216	20.5	165	24.5	115	28.5	64	32.5	14
16.6	214	20.6	164	24.6	113	28.6	63	32.6	13
16.7	213	20.7	163	24.7	112	28.7	62	32.7	11
16.8	212	20.8	161	24.8	111	28.8	61	32.8	10
16.9	211	20.9	160	24.9	110	28.9	59	32.9	9
17.0	210	21.0	159	25.0	109	29.0	58	33.0	7
17.1	208	21.1	158	25.1	107	29.1	57	33.1	6
17.2	207	21.2	156	25.2	106	29.2	56	33.2	5
17.3	205	21.3	155	25.3	105	29.3	54	33.3	4
17.4	204	21.4	154	25.4	103	29.4	53	33.4	3
17.5	203	21.5	153	25.5	102	29.5	52	33.5	1
17.6	202	21.6	151	25.6	101	29.6	50		
17.7	200	21.7	150	25.7	100	29.7	49		
17.8	199	21.8	149	25.8	98	29.8	48		
17.9	198	21.9	148	25.9	97	29.9	47		

BODY DRAG CONVERSION TABLE

TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS
2.7	61	6.6	52	10.5	42	14.4	33	18.3	24	22.2	14	26.1	5
2.8	61	6.7	51	10.6	42	14.5	33	18.4	23	22.3	14	26.2	5
2.9	60	6.8	51	10.7	42	14.6	32	18.5	23	22.4	14	26.3	4
3.0	60	6.9	51	10.8	42	14.7	32	18.6	23	22.5	14	26.4	4
3.1	60	7.0	51	10.9	41	14.8	32	18.7	23	22.6	13	26.5	4
3.2	60	7.1	50	11.0	41	14.9	32	18.8	22	22.7	13	26.6	4
3.3	59	7.2	50	11.1	41	15.0	31	18.9	22	22.8	13	26.7	4
3.4	59	7.3	50	11.2	41	15.1	31	19.0	22	22.9	13	26.8	3
3.5	59	7.4	50	11.3	40	15.2	31	19.1	22	23.0	12	26.9	3
3.6	59	7.5	49	11.4	40	15.3	31	19.2	21	23.1	12	27.0	3
3.7	58	7.6	49	11.5	40	15.4	31	19.3	21	23.2	12	27.1	3
3.8	58	7.7	49	11.6	40	15.5	30	19.4	21	23.3	12	27.2	2
3.9	58	7.8	49	11.7	39	15.6	30	19.5	21	23.4	11	27.3	2
4.0	58	7.9	48	11.8	39	15.7	30	19.6	20	23.5	11	27.4	2
4.1	58	8.0	48	11.9	39	15.8	30	19.7	20	23.6	11	27.5	2
4.2	57	8.1	48	12.0	39	15.9	29	19.8	20	23.7	11	27.6	1
4.3	57	8.2	48	12.1	38	16.0	29	19.9	20	23.8	10	27.7	1
4.4	57	8.3	47	12.2	38	16.1	29	20.0	20	23.9	10	27.8	1
4.5	57	8.4	47	12.3	38	16.2	29	20.1	19	24.0	10	27.9	1
4.6	56	8.5	47	12.4	38	16.3	28	20.2	19	24.1	10		
4.7	56	8.6	47	12.5	37	16.4	28	20.3	19	24.2	9		
4.8	56	8.7	47	12.6	37	16.5	28	20.4	19	24.3	9		
4.9	56	8.8	46	12.7	37	16.6	28	20.5	18	24.4	9		
5.0	55	8.9	46	12.8	37	16.7	27	20.6	18	24.5	9		
5.1	55	9.0	46	12.9	36	16.8	27	20.7	18	24.6	9		
5.2	55	9.1	46	13.0	36	16.9	27	20.8	18	24.7	8		
5.3	55	9.2	45	13.1	36	17.0	27	20.9	17	24.8	8		
5.4	54	9.3	45	13.2	36	17.1	26	21.0	17	24.9	8		
5.5	54	9.4	45	13.3	36	17.2	26	21.1	17	25.0	8		
5.6	54	9.5	45	13.4	35	17.3	26	21.2	17	25.1	7		
5.7	54	9.6	44	13.5	35	17.4	26	21.3	16	25.2	7		
5.8	53	9.7	44	13.6	35	17.5	25	21.4	16	25.3	7		
5.9	53	9.8	44	13.7	35	17.6	25	21.5	16	25.4	7		
6.0	53	9.9	44	13.8	34	17.7	25	21.6	16	25.5	6		
6.1	53	10.0	43	13.9	34	17.8	25	21.7	15	25.6	6		
6.2	53	10.1	43	14.0	34	17.9	25	21.8	15	25.7	6		
6.3	52	10.2	43	14.1	34	18.0	24	21.9	15	25.8	6		
6.4	52	10.3	43	14.2	33	18.1	24	22.0	15	25.9	5		
6.5	52	10.4	42	14.3	33	18.2	24	22.1	15	26.0	5		

CHAIN LINK FENCE CLIMB CONVERSION TABLE

TIME	POINTS	TIME	POINTS	TIME	POINTS
4.0	120	7.8	79	11.6	39
4.1	119	7.9	78	11.7	37
4.2	118	8.0	77	11.8	36
4.3	117	8.1	76	11.9	35
4.4	116	8.2	75	12.0	34
4.5	115	8.3	74	12.1	33
4.6	114	8.4	73	12.2	32
4.7	113	8.5	72	12.3	31
4.8	112	8.6	71	12.4	30
4.9	111	8.7	70	12.5	29
5.0	109	8.8	69	12.6	28
5.1	108	8.9	68	12.7	27
5.2	107	9.0	66	12.8	26
5.3	106	9.1	65	12.9	25
5.4	105	9.2	64	13.0	23
5.5	104	9.3	63	13.1	22
5.6	103	9.4	62	13.2	21
5.7	102	9.5	61	13.3	20
5.8	101	9.6	60	13.4	19
5.9	100	9.7	59	13.5	18
6.0	99	9.8	58	13.6	17
6.1	98	9.9	57	13.7	16
6.2	97	10.0	56	13.8	15
6.3	96	10.1	55	13.9	14
6.4	94	10.2	54	14.0	13
6.5	93	10.3	52	14.1	12
6.6	92	10.4	51	14.2	11
6.7	91	10.5	50	14.3	10
6.8	90	10.6	49	14.4	8
6.9	89	10.7	48	14.5	7
7.0	88	10.8	47	14.6	6
7.1	87	10.9	46	14.7	5
7.2	86	11.0	45	14.8	4
7.3	85	11.1	44	14.9	3
7.4	84	11.2	43	15.0	2
7.5	83	11.3	42	15.1	1
7.6	82	11.4	41		
7.7	80	11.5	40		

SOLID FENCE CLIMB CONVERSION TABLE

TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS
4.0	224	7.0	181	10.0	138	13.0	96	16.0	53	19.0	10
4.1	223	7.1	180	10.1	137	13.1	94	16.1	51	19.1	8
4.2	221	7.2	178	10.2	136	13.2	93	16.2	50	19.2	7
4.3	220	7.3	177	10.3	134	13.3	91	16.3	48	19.3	6
4.4	218	7.4	176	10.4	133	13.4	90	16.4	47	19.4	4
4.5	217	7.5	174	10.5	131	13.5	88	16.5	46	19.5	3
4.6	216	7.6	173	10.6	130	13.6	87	16.6	44	19.6	1
4.7	214	7.7	171	10.7	128	13.7	86	16.7	43		
4.8	213	7.8	170	10.8	127	13.8	84	16.8	41		
4.9	211	7.9	168	10.9	126	13.9	83	16.9	40		
5.0	210	8.0	167	11.0	124	14.0	81	17.0	38		
5.1	208	8.1	166	11.1	123	14.1	80	17.1	37		
5.2	207	8.2	164	11.2	121	14.2	78	17.2	36		
5.3	206	8.3	163	11.3	120	14.3	77	17.3	34		
5.4	204	8.4	161	11.4	118	14.4	76	17.4	33		
5.5	203	8.5	160	11.5	117	14.5	74	17.5	31		
5.6	201	8.6	158	11.6	116	14.6	73	17.6	30		
5.7	200	8.7	157	11.7	114	14.7	71	17.7	28		
5.8	198	8.8	156	11.8	113	14.8	70	17.8	27		
5.9	197	8.9	154	11.9	111	14..9	68	17.9	26		
6.0	196	9.0	153	12.0	110	15.0	67	18.0	24		
6.1	194	9.1	151	12.1	108	15.1	66	18.1	23		
6.2	193	9.2	150	12.2	107	15.2	64	18.2	21		
6.3	191	9.3	148	12.3	106	15.3	63	18.3	20		
6.4	190	9.4	147	12.4	104	15.4	61	18.4	18		
6.5	188	9.5	146	12.5	103	15.5	60	18.5	17		
6.6	187	9.6	144	12.6	101	15.6	58	18.6	16		
6.7	186	9.7	143	12.7	100	15.7	57	18.7	14		
6.8	184	9.8	141	12.8	98	15.8	56	18.8	13		
6.9	183	9.9	140	12.9	97	15.9	54	18.9	11		

500-YARD RUN CONVERSION TABLE

TIME	POINTS	TIME	POINTS	TIME	POINTS	TIME	POINTS
53.0 to 55.9	50	91.1 to 94.0	37	129.4 to 132.2	24	167.6 to 170.5	11
56.0 to 58.7	49	94.1 to 97.0	36	132.3 to 135.2	23	170.6 to 173.4	10
58.8 to 61.7	48	97.1 to 99.9	35	135.3 to 138.1	22	173.5 to 176.4	9
61.8 to 64.6	47	100.0 to 102.8	34	138.2 to 141.1	21	176.5 to 179.3	8
64.7 to 67.6	46	102.9 to 105.8	33	141.2 to 144.0	20	179.4 to 182.2	7
67.7 to 70.5	45	105.9 to 108.7	32	144.1 to 147.0	19	182.3 to 185.2	6
70.6 to 73.5	44	108.8 to 111.7	31	147.1 to 149.9	18	185.3 to 188.1	5
73.6 to 76.4	43	111.8 to 114.6	30	150.0 to 152.8	17	188.2 to 191.1	4
76.5 to 79.3	42	114.7 to 117.6	29	152.9 to 155.8	16	191.2 to 194.0	3
79.4 to 82.3	41	117.7 to 120.5	28	155.9 to 158.7	15	194.1 to 196.9	2
82.4 to 85.2	40	120.6 to 123.4	27	158.8 to 161.7	14	197.0 to 199.9	1
85.3 to 88.2	39	123.5 to 126.3	26	161.8 to 164.6	13		
88.3 to 91.0	38	126.4 to 129.3	25	164.7 to 167.5	12		