



## *Preparation Strategies for Police Officer Application Process*



Thank you for seeking employment with the Town of Garner. The Town is an equal opportunity employer.

The Police Department is determined to select the most qualified applicants to fill personnel vacancies. The following strategies are only a guide and may improve performance during certain testing events.

- I. Preparation Strategies for P.O.P.A.T & other Physical Skills Tests
  - A. Applicants who do not exercise regularly, consume a well balanced diet or otherwise lead healthy lifestyles are encouraged to begin doing so months in advance. Sedentary individuals, smokers and persons with existing injuries or conditions are strongly encouraged to be evaluated by a physician before starting any exercise program.
  - B. Train and practice specifically on events for which you will be tested and/or know are in need of improvement (i.e., push-ups; sit-ups; sit and reach; POPAT).
  - C. Applicants with ample or excess body fat should begin losing weight through a healthy diet and exercise. Losing 1-2 pounds of fat per week is considered acceptable and safe.
  - D. Begin hydrating 2-3 days prior to test date. Sixty-four (64) ounces of water per day is the suggested minimum, depending on weather conditions or individual activities. Dehydration (which can occur in less than 10 minutes) may cause muscle cramps, unnecessary fatigue and diminished performance.
  - E. Consume a moderate carbohydrate (pasta, rice, etc.) meal 14-18 hours before test.
  - F. Eliminate caffeine, alcohol or tobacco consumption 3-5 hours prior to testing. These products can promote dehydration and hinder performance.
  - G. Make a concerted effort to sleep undisturbed - a minimum of 6-8 hours prior to test.
  - H. Eat a piece of fruit AND drink 8-16 ounces of water 2 hours before test.
  - I. Attempt to use restroom shortly before test begins.
  - J. FOR POPAT ONLY: Warm up for a minimum of 3-5 minutes immediately before test begins. Warm -ups include, but are not limited to brisk walks, jumping jacks, and other dynamic activities deigned to get blood flowing to extremities used.



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### II. Preparation Strategies for Oral Panel Interview

- A. Make a concerted effort to sleep undisturbed - a minimum of 6-8 hours the night before test date.
- B. Reflect on all life events (academic, work, social, & personal) which illustrate YOUR:
  - Integrity
  - Decision making abilities
  - Conflict resolution abilities
  - Ability to prioritize / time management
  - Commitment / Desire
  - Dependability
  - Distinct ability to handle physical and emotional stress effectively
  - Ability to deal effectively with criticism
  - Ability to overcome adversity
  - Willingness to serve the public
- C. Dress appropriately. Business attire is highly recommended.
- D. Be mindful of non-verbal and verbal communication behaviors.
- E. Use the restroom before interview.
- F. Draw answers from real life experiences when answering questions.
- G. Listen carefully to each question. Formulate a clear, organized answer before speaking.
- H. Ask panel members to repeat questions if unclear.
- I. Follow all instructions provided.

### III. Preparation Strategies for Writing Test

- A. Make a concerted effort to sleep undisturbed - a minimum of 6-8 hours the night before test date.
- B. Dress comfortably (shorts, jeans and T-shirt are not acceptable).
- C. Be certain to consume a small meal or eat properly beforehand.

If you have any questions, please call 919.772.8810. Thank you again for seeking employment with the Town of Garner.