

Frequently Asked Questions

Use these recommendations to prepare for each stage of the selection process.

01 Are tattoos allowed?

Tattoos shall not be visible on the head, face, neck, or hands past the wrist line.

02 How should I prepare for the written examination?

The written examination includes approximately 100 questions covering reading, writing, and logical reasoning.

Strong spelling, English comprehension, grammar, and vocabulary skills are important. Read articles, magazines, publications, and books, then quiz yourself later on what you read. Practice writing without spell-check software or electronic devices. Online study resources may also help strengthen these skills.

Study guide/material may be found at the CA POST website: [CA POST Applicant Preparation Guide](#)

03 How should I prepare for the Physical Agility Test (PAT)?

The Physical Agility Test is designed to evaluate how your body reacts and performs during high-intensity, short-duration movements.

Weight training can build strength, but preparation should also include movement and cardiovascular conditioning. Functional fitness workouts - such as bootcamp, HIIT, or CrossFit-style routines - can be useful. You should also be able to run a few miles in a reasonable amount of time.

Click the link to view a video demonstration of the Physical Agility Test: [PAT Video](#)

04 What should I wear, and how should I present myself for testing?

Applicants are continuously evaluated throughout the hiring process, including when submitting paperwork and attending testing appointments.

Practice good hygiene and keep your hair neat and professional. Wear clean, professional business attire whenever appropriate. For the PAT, wear suitable training clothing. For the oral interview, wear a properly tailored suit with shined shoes, and avoid distracting ties, colors, lapel pins, or jewelry.

ADDITIONAL INFORMATION

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