



ALBERTA POLICE RECRUIT SELECTION STANDARDS

A-PREP (Alberta – Physical Readiness Evaluation for Police)

MEDICAL PHYSICIAN CLEARANCE FORM

| | | | | | |
|--------------------------|----------|-------------|-------------|-----------------------|----------|
| NAME OF APPLICANT | | SURNAME | GIVEN NAMES | | INITIAL |
| ADDRESS OF APPLICANT | | | | | |
| CITY | PROVINCE | POSTAL CODE | | DATE OF BIRTH YYYY | MM DD |

Dear Doctor

The client who has made this appointment with you has applied for employment with the _____ Police Service. As a prerequisite, the Applicant must demonstrate a minimum level of physical ability/fitness. This is to be accomplished by successfully completing a test called the Alberta – Physical Readiness Evaluation for Police (A-PREP).

The A-PREP is designed to simulate a critical incident in which a police officer chases, controls, and restrains a suspect. The test was developed by exercise scientists and is based on extensive research, including a thorough job analysis. The first component of the A-PREP is a circuit type test in which the Applicant performs a simulated foot pursuit. During this circuit, the Applicant must run 100 m. (328 ft.) while climbing 4 sets of stairs, and climb a 1.52 m. (5 ft.) fence twice. The client must then engage in a “resister control” simulation with a weight machine by pulling and then pushing a 34 kg. (75 lb.) weight. The Applicant then performs an “arm restraint” simulation with a weight machine. The arm restraint requires gripping two handles and depressing the grips then bringing two arms together. It requires 14.5 kg. (32 lb.) of force to depress each grip and 16 kg. (35 lb.) of force to retract each arm. Finally, the applicant must drag a 68 kg. (150 lb.) “victim” 15 m. (50 ft.). The Applicant is allowed a maximum of 2 minutes and 10 seconds to complete this phase of the A-PREP. An Applicant who fails any one of the circuit components fails the overall test.

Following the A-PREP evaluation, the client is required to complete the Leger 20 Metre Aerobic Shuttle Run, which provides an evaluation of aerobic fitness. The Leger 20 Metre Aerobic Shuttle Run was selected to assess aerobic fitness because of the documented reliability and validity of the test compared with directly measured VO₂ max values. A warm-up is included within the test and only the last portion of the test may require maximal effort. The objective is to follow the progressively faster pace back and forth over a 20 metre course. If the Applicant completes stage 7.0, the Applicant will receive a “Meets Standard” rating. The CD instructions will be stopped at stage 7.0. To minimize the health risk, we are requesting this medical examination to determine whether the client is healthy enough to undertake both components of the A-PREP.



Blood Pressure recorded by physician:

mmHg .

I certify that the above named individual

Is

medically suitable to take the A-PREP.

Is Not

| | | | | |
|----------------------------|--------------------|-------------------------|----|----|
| EXAMINING PHYSICIAN | NAME OF PHYSICIAN: | DATE OF EXAMINATION | | |
| | | YYYY | MM | DD |
| ADDRESS OF PHYSICIAN: | | TELEPHONE NUMBER | | |
| | | [] | | |
| SIGNATURE OF PHYSICIAN: | | SIGNATURE OF APPLICANT: | | |
| | | | | |

Examining
Physician's Office
Stamp:

