



MEDICAL CLEARANCE

Physical Ability Requirement Evaluation (PARE)

Dear Doctor:

The person who has made this appointment with you is currently enrolled in the Law Enforcement Preparation program (LEPP) at the Nicola Valley Institute of Technology. They require medical clearance prior to completing an RCMP physical test called the *Physical Ability Requirement Evaluation (PARE)*. The PARE test will be administered several times during the eight month LEPP training.

PARE is designed to simulate a critical incident where a police officer chases, controls, and apprehends a suspect. The test was developed by exercise scientists and is based on extensive research, including a thorough job analysis. PARE is divided into three sections;

- an obstacle course,
- a weigh station,
- and a bag carry.

The participant will first run six laps of an obstacle course (a distance of about three hundred and fifty (350) metres), and then complete a weight station. During the obstacle course, the participant will climb stairs, turn sharply left and right, jump over low obstacles, vault over a three foot rail, and fall alternately on his/her back or stomach. After negotiating the obstacle course, the participant must push and then pull a seventy to eighty (70-80) pound weight. Four (4) controlled falls must be executed between the push and pull activity. Regular members are asked to complete these two (2) stations in less than four (4) minutes, however, LEPP applicants **must** complete the test in less than four (4) minutes and forty-five (45) seconds by the end of an eight (8) month training period. Once the timed portion of the test is complete, the participant is asked to lift and carry an eighty to one hundred (80-100) pound weights for fifteen (15) metres.

Research findings indicate that PARE elicits a maximum or near maximum heart rate in all participants. During this test, it is possible to reach thirteen (13) MET's, but the average is around ten (10). These values are similar to those attained during a stress test, and are achieved as early as two (2) minutes into the test. Because of the anaerobic component, blood lactates are elevated at completion.

To minimize the health risk, we are requesting this medical examination to determine whether the participant has any medical contra-indications to taking the PARE. Please fill out the attached form and return it to the participant.

If you have any questions, please do not hesitate to contact the Nicola Valley Institute of Technology.

Thank you,
John Chenoweth, Dean of Instruction
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