

## **PHYSICIAN'S RELEASE FORM**

### **RCMP Physical Ability Requirement Evaluation (PARE)**

### **Medical Clearance For Testing**

**The RCMP Physical Ability Requirement Evaluation (PARE) is designed so that an applicant can demonstrate that he/she has the minimum ability to perform the physical duties associated with the job of a CBSA RCMP Conservation Officer. Standards for males and females are the same because the work is the same regardless of gender. In order to pass the test, an applicant must perform all the activities within the defined protocol and complete the timed portion within 4:15 minutes and then demonstrate the ability to lift and carry the 80 lb. weight 50 feet.**

#### **1. Obstacle course – foot chase**

The first section of PARE consists of an obstacle run, which the participant negotiates six times. The course is laid out in the following manner:

##### **5-foot mat jump**

From the start marker, follow the arrow to the second marker, turn right and jump over the 5-foot mat. You will receive a five-second penalty for each time you touch any part of the mat.

##### **Stairs**

On landing, you turn left around the next marker and proceed towards the stairs. You must run up and down the stairs, touching at least one step on the way up, the top platform, and one step on the way down. You then proceed towards the next marker and run back to the stairs going up and down again.

##### **18-inch hurdles**

Upon landing, you then moves to the next marker, turn left, jump over the 18-inch hurdles en route to the next marker. If you knocks over a hurdle, you are assigned a two-second penalty.

##### **Vault jump**

You then run around the left side of the marker and turn right heading towards the start marker. Before reaching the start marker, you must vault over a 3-foot high railing. You must land in control on both feet on the opposite side of the vault, then fall on either your stomach (stomach, chest, hips on the ground) or back (both shoulder blades down on the ground), alternating front or back on each lap. After each controlled fall you must get up without assistance and proceed around the start marker to complete the lap.

You must complete six laps before starting the next section.

#### **2. Push/pull section (physical control)**

Upon finishing the obstacle run, you move immediately to the push/pull station, which consists of a specific push/pull unit. You may perform this activity in the order you choose, push first and then pull, or vice versa. Since the push is more difficult to perform, it is recommended that you do this activity first.

##### **Push activity**

Upon reaching the push/pull unit, you grasp the handles and push the weight (70 lbs. for applicants or 80 lbs. for members) off the base of the machine, then move right or left, completing a 180° arc. You must complete six arcs. If you allow the weight to touch the base, you must repeat that particular arc.

##### **Controlled falls**

Once the push activity is completed, you will lower the weight. You then move away from the unit about two feet and perform a controlled fall on the front executing a push-up like movement. You then come to a standing ready position and execute a second fall, this time on your back, shoulder blades on the ground. A sit-up like manoeuvre is required to come back up to the standing ready position. This sequence, front and back falls, is repeated until you complete two front falls and two back falls.

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**Pull activity**

Once you have completed the sequence of falls, you grasp the rope and pull so the weight plates lift off the base of the machine and then move right or left. You must complete six arcs without allowing the weight to touch the base. If the weight touches the base, you must repeat that particular arc.

**3. Torso bag carry (carry to safety)**

The weight carry section of PARE is a pass/fail activity; it is not timed. You must be able to pick up a weight (80 lbs. for applicants or 100 lbs. for members), and carry it over a distance of 50 feet. This activity should begin one to two minutes after you complete the timed part of the test. Participants failing the weight-carry section fail PARE.

**PARE  
(PHYSICAL ABILITIES REQUIREMENT EVALUATION)**

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PARE (PHYSICAL ABILITIES REQUIREMENT EVALUATION)  
Medical Clearance For Testing**

Applicant Name (please print clearly): \_\_\_\_\_

The above named has applied for employment as an CBSA RCMP Conservation Officer.

He/she is required to successfully complete the PARE as part of the application process. Recreation Services, University of Manitoba has been contracted to provide these testing services. The University of Manitoba requires that each applicant undergo a medical examination, at his/her own expense, to determine whether or not he/she is fit to undergo the physical testing, as outlined below:

**RCMP Physical Ability Requirement Evaluation (PARE)**

The test is designed to simulate and measure an officer's physical ability to respond to a critical incident and apprehend or potentially control a suspect. The test was developed by exercise physiologists and is based on their research findings. Their research has identified that the usual physical components of a response to a critical incident may involve quick action in getting to the problem, intensive heavy work resolving the problem and then removing the problem. The test is conducted in a gymnasium and consists of running 400 meters (1/4 mile) which includes climbing up and down stairs, jumping over low obstacles and pushing and pulling on heavy weights (80 lbs) and then lifting and carrying 80 lbs 50 feet. See reverse for more details. It was found that most participants of the test experience maximal heart rate during the test. This indicates a brief (up to 4 minutes) but maximal stress being placed on the cardiovascular system. To minimize the chance of precipitating a major cardiovascular event, we are requesting that this person be examined to determine his/her test risk potential.

In addition to your typical examination, we request your assessment of this person with respect to factors which may place him/her at risk during this maximal test:

1. Hypertension with possible causative factors
2. Diabetes Mellitus
3. Persons with known heart disease or symptomatic cardiovascular disease including angina, breathlessness, palpitations, edema, syncope, dizziness
4. Individuals with low fitness levels
5. Acute systemic infections including viral respiratory infections
6. Muscular and/or skeletal problems which may affect physical performance
7. Any other areas of concern: \_\_\_\_\_

In my opinion, this applicant is  FIT  NOT FIT to undergo the PARE.

The applicant has an inhaler and should have it with them during the physical fitness test.  NO  YES

Comments

Date \_\_\_\_\_

Physician Name \_\_\_\_\_

Physician Signature \_\_\_\_\_

Address \_\_\_\_\_

Physician's Stamp