

WINNIPEG POLICE SERVICE PHYSICAL ABILITIES TEST (WPS-PAT)

**PHYSICIAN'S RELEASE FORM**  
**WINNIPEG POLICE SERVICE PHYSICAL ABILITIES TEST (WPS-PAT)**  
**Medical Clearance For Testing**

Winnipeg Police Service Physical Abilities Test 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 police officer or auxillary cadet. Standards for males and females are the same because the work of a police officer 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 of the WPS-PAT within 4:15 minutes and then demonstrate the ability to lift and carry the 80 lb. weight 50 feet.

**STATION # 1: 400 METER MOBILITY/AGILITY RUN**

Run 6 laps of a circuit incorporating changes of direction, climbing over a 3 foot fence, negotiating 6 stairs up and down, and jumping over two 18-inch obstacles.

**STATION #2: PUSH AND PULL STATION**

Pull an 80 lb weight off its rest and move through a controlled 180 degree arc 3 times then lower the weight and move to the adjacent mat to complete two sprawls. This involves lowering yourself down to the mat to lie on your chest/stomach. This is followed by a roll over to your back and standing up. Push the 80 lb. weight off its rest and move through a 180 degree arc 3 times. This whole sequence is repeated twice.

*Note: Station #1 to #2 inclusive must be completed within 4 minutes and 15 seconds.*

**STATION #3: WEIGHT CARRY**

Carry an 80 lb. torso sack a distance of 50 feet. The applicant must begin the weight carry within 30 seconds of the completion of Station #2.

*Note: Qualified Fitness Consultants will explain the correct procedure for each station. Only those activities done correctly will be considered. The Consultants' scoring is final.*

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

The above named has applied for employment as an AUXILIARY FORCE CADET / POLICE OFFICER (circle one or both) with the City of Winnipeg Police Service.

He/she is required to successfully complete the WPS-PAT 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:

**WINNIPEG POLICE SERVICE PHYSICAL ABILITIES TEST:**

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 Winnipeg Police Service Physical Abilities Test.

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