



## ALBERTA POLICE RECRUIT SELECTION STANDARDS

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

## MEDICAL CLEARANCE

<b>NAME OF APPLICANT</b>	SURNAME	GIVEN NAMES	INITIAL
ADDRESS OF APPLICANT			
CITY	PROVINCE	POSTAL CODE	DATE OF BIRTH YYYY   M M   D D

Dear Doctor

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

A-PREP 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. A-PREP is a circuit type test where the Applicant must perform an aerobic shuttle run and a simulated foot pursuit. During this run, 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 Applicant must first pull and then push a 34 kg (75 lb) weight, engaging in a "resister control" simulation with a weight machine, performing an "arm restraint" simulation with a weight machine. Finally, the applicant is asked to drag a 68 kg (150 lb) "victim" 15 m (50 ft). This ends the timed portion of the test. The applicant is allowed a maximum of 2 minutes and 10 seconds to complete this phase of the A-PREP. A person failing any one of the items fails the overall test.

During the pull and push activities, the Applicant grasps the handle of the Body Control Simulator, which a 34 kg (75 lb) weight is attached. The Applicant then pulls or pushes the weight off the floor and shuffles through an arc with a radius of 1 to 2 meters, four times, always keeping the weight off the floor. Between the pull and push activity, the Applicant must engage the Arm Restrain Simulator. This task simulates the forces required to grip and retract the arms of an offender. During the Arm Restrain activities, the Applicant places their fingers and thumbs around, depress the handles and bring the arms together until the collars touch, return the handles to the starting position. These activities require upper body strength and muscular endurance. The Applicant will do the body Control Simulator and Arm Restrain activities twice, the the Applicant must engage the Dummy Relocation. This task simulates dragging a passive resister or an accident victim to a triage area. The dummy weighs the same as the average Canadian adult. The Applicant will move the 68 kg (150 lb) dummy around the pylon, a distance of 7.5 m and back.

Following the A-PREP evaluation, the Applicant is required to engage in 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 of the test and the validity of the Leger Shuttle Run results compared with directly measured VO2max values (16, 17). A warm-up is included as part of the test and only the last portion of the test may require maximal effort. The objective is to follow the progressively faster pace over a 20 metre course. If the Applicant completes stage 7.0, the Applicant will receive a "Meets Standard" rating.

To minimize the health risk, we are requesting this medical examination to determine whether the Applicant is healthy enough to undertake the A-PREP

I certify that the above named individual  **Is** healthy enough to take the A-PREP.  
 **Is Not**

<b>EXAMINING PHYSICIAN</b>	<i>NAME OF PHYSICIAN:</i>		<b>DATE OF EXAMINATION</b>		
			YYYY	MM	DD
<i>ADDRESS OF PHYSICIAN:</i>			<i>TELEPHONE NUMBER</i>		
			[       ]		
<i>SIGNATURE OF PHYSICIAN:</i>			<i>SIGNATURE OF APPLICANT:</i>		

**Examining Physician's  
Office Stamp:**