



## **Physical Abilities Requirement Evaluation Physical Activity Readiness Medical Clearance**

Dear Doctor:

The client who has made this appointment with you has applied for employment with the Royal Newfoundland Constabulary. As a pre-requisite, Royal Newfoundland Constabulary applicants must demonstrate a minimum level of physical ability/fitness. This is to be accomplished by successfully completing a Physical Abilities Requirement Evaluation (PARE).

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 a circuit-type test where the applicant must first run six laps of an obstacle course, a distance of about 350 meters. During this run, the applicant must climb stairs, turn sharply left and right, jump over low obstacles and vault over a one meter rail.

After negotiating the six lap course, the applicant grasps handles of a machine to simulate grabbing a suspect by the upper arms, to which a 70 pound (lbs.) weight is attached. The applicant must push the 70 lbs. weight and shuffle through an arc with a radius of one to two meters, six times, always keeping the weight off the floor.

After the push activity, the applicant must fall to the floor in a controlled manner and stand up four times, alternating front and back. This activity demands power, coordination and flexibility in the trunk and leg areas. Immediately after completing the fourth fall, the applicant starts the pull activity. The applicant grasps a large rope simulating the size of a wrist, to which a 70 lbs. weight is attached. The applicant then pulls the weight off the floor, again shuffling six times with a radius of one to two meters, while always keeping the weight off the floor. This activity requires upper and lower body strength, and muscular endurance. This ends the timed portion of the test. The applicant is allowed a maximum of 4 minutes, 45 seconds (4:45) to complete this phase of the PARE. Finally, the applicant is asked to lift and carry a 80 lbs. weight for 15 meters in a controlled manner. A person failing any one of the items fails the overall test.

Our experience indicates the PARE elicits a maximum or near maximum heart rate in all participants. These values are attained as early as two minutes into the test. PARE also has an anaerobic component and blood lactates are elevated at completion. To minimize health risks, we require all applicants to have medical examinations prior to undertaking the PARE.

Royal Newfoundland Constabulary Recruiting Unit



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Name of RNC Applicant: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

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Name of Physician: \_\_\_\_\_  
(Please print or type)

Blood Pressure at rest: \_\_\_\_\_

Heart rate: \_\_\_\_\_

**In your professional opinion, do you consider this person to be healthy enough to take the PARE test?**

YES  NO

Comments & Explanations:

Signature of Physician: \_\_\_\_\_

Date: \_\_\_\_\_