



Royal Newfoundland Constabulary

Building Safe and Healthy Communities Together

Physical Employment Standard (PES) Medical Clearance

Patient Information					
Surname			Given Names		Date of Birth (yyyy-mm-dd)
Age	Sex	Height	Weight	Resting Heart Rate (bpm)	Resting Blood Pressure (mm Hg)
Risk Factors					
Note to Physician					
The Physical Employment Standard (PES) is used to assess the physical abilities associated with law enforcement training and duties. It is a physically demanding test during which the participants heart rate may reach maximum levels and remain there for several minutes, placing the participant under heavy physical stress. It also challenges the participants muscular strength and coordination skills.					
Section A – For All Individuals – Pulmonary and Musculoskeletal Restrictions					
If yes is selected for any one risk factors in Section A, patient should not undertake PES.					
Pulmonary obstruction/restriction that would prevent maximal testing.					☐ Yes ☐ No
Needs to use a short acting inhaler immediately prior to participate in maximal testing. (Short acting inhalers can only be used after the test if needed. Long acting or combined inhalers are allowed).					☐ Yes ☐ No
Musculoskeletal restrictions that could interfere with strenuous activities or maximal testing					☐ Yes ☐ No
Section B – For All Individuals – High or Very High Cardiovascular Risk Factors (ATP III and CMAJ)					
If yes is selected for any one or more risk factors in Section B, it is recommended to send patient to an Exercise Stress Test before clearing for PES.					
Previous CVA, MI, vascular surgery or any clinical evidence of atherosclerosis					☐ Yes ☐ No
Diabetes					☐ Yes ☐ No
Metabolic Syndrome					☐ Yes ☐ No
Section C – For Men > Age 40 and Women > Age 50 – Coronary Artery Disease Risk Factors (ACSM and CSEP)					
If yes is selected for two or more risk factors in Section C, it is recommended to send patient for an Exercise Stress Test before clearing for PES.					
Family History of Premature Cardiovascular Disease					☐ Yes ☐ No
Cigarette Smoking					☐ Yes ☐ No
Hypertension					☐ Yes ☐ No
Dyslipidemia					☐ Yes ☐ No
Abnormal Fasting Glucose Level					☐ Yes ☐ No
Obesity					☐ Yes ☐ No
Physical Inactivity					☐ Yes ☐ No
Section D – Exercise Stress Test (when required)					
Clinically Positive for Ischemia					☐ Yes ☐ No
Electrically Positive for Ischemia					☐ Yes ☐ No
Number of Metabolic Equivalent for Task (MET) reached (12 MET are required prior to undertaking PES)					
Additional Tests (if needed, specify)					



Physician's Recommendations

After reviewing Page 1 of the Physical Employment Standard and evaluating the following risk factors:

- Pulmonary Obstruction/Restriction
- Musculoskeletal Restrictions
- High or Very High Cardiovascular Risk Factors
- Coronary Artery Disease Risk Factors
- Exercise Stress Tests to 12 MET, if applicable

It is my professional opinion that the above-named patient is:

- ☐ Medically fit to undertake the Police Fitness Assessment
- ☐ Not medically fit to undertake the Police Fitness Assessment

Comments:

Physician's Signature

Date (yyyy-mm-dd)

Physician's Stamp