



Physical Abilities Requirement Evaluation Applicant's Informed Consent

I, _____, understand that PARE is a job-related physical abilities test that evaluates my physical capacity as it applies to police work. The stressful completion of this test shows that I possess the minimal physical abilities (see PARE protocol) deemed essential for the performance of police work.

Physical Demands

I understand that PARE is a physically demanding test. During the test my heart may reach its maximal level, and may remain there for several minutes, thus placing me under heavy physical stress. The test will also challenge my muscular strength, agility and coordination skills. I will be required to lift 80 lbs at the bag carry and push/pull 70 lbs. I state that I have no known medical or physical problems, which may place me at risk during or following my performance of the test.

I understand the test as it has been explained and demonstrated to me and I have had the opportunity to ask questions and practice on the equipment. I will follow all safety procedures as outlined. Heart rate and blood pressure screening will be required before and after the test and I will remain at the testing session until successfully screened after the test. It is my obligation to immediately inform the appraiser of any pain, discomfort, fatigue or other symptoms that I may suffer during or immediately following the test. My understanding is that there are potential risks associated with the PARE, such as light headedness, fainting, chest discomfort and nausea. I willfully assume those risks.

No Compulsion

The Royal Newfoundland Constabulary (RNC) has provided me with a copy of the PARE Guidelines for Applicants, which I have read and understood. I, therefore, consider myself ready to safely undertake the PARE. As an applicant, I understand that I have **4 minutes, 45 seconds (4:45)** to complete the timed portion of the test and that failing any items constitutes a failure of the entire test. I understand that **UNDER NO CIRCUMSTANCES** am I compelled to continue to complete the test should I decide to stop. I will follow the instructions about safety including slowing down or stopping immediately, **IF INSTRUCTED TO DO SO**, by the test administrator.

Applicants Signature

I, _____, understand the instructions and information provided in relation to the PARE. I understand that successfully completing the PARE is a condition of being considered for selection by the Royal Newfoundland Constabulary to attend the RNC Recruit Training Program.

Signature of Applicant: _____ Date: _____

Signature of Witness: _____ Date: _____

For RNC Personnel Only:

One (1) Photo ID, or two (2) pieces of ID provided: yes no