
A-PREP INSTRUCTIONS FOR APPLICANTS

Alberta Physical Readiness Evaluation for Police (A-PREP) is physically demanding and incorporates the physical tasks often carried out by police officers. A-PREP includes running, climbing, vaulting, pushing, pulling and dragging. A-PREP is very strenuous and may require maximal effort. Applicants should be training regularly for 4-6 weeks prior to A-PREP.

A-PREP Instructions

Applicants must:

- Bring valid Government issued photo ID
- Bring completed Medical Clearance Form Part 2 (signed, stamped, and dated)
- Come dressed in suitable physical activity attire and bring clean exercise footwear that allow for grip.

Prior to A-PREP, applicants should abstain from:

- Using short-acting bronchodilators for at least 2 hours*
- Using any stimulants for at least 24 hours prior to A-PREP, (i.e. products containing ephedrine, pseudoephedrine, ephedra, or other similar stimulants).*
- Vigorous exercise in the preceding 24 hours.
- Eating a large meal before participating in A-PREP. A light meal or snack approximately 2 hours before the A-PREP begins is recommended. As the A-PREP Session might be lengthy, applicants may bring a snack with them, in case they get hungry during the Session.
- Alcohol for at least 6 hours.
- Smoking for at least 2 hours.
- Caffeine products for at least 2 hours.

*Applicants who answer **YES** to these questions may have their blood pressure taken to determine suitability for A-PREP.

Applicants should be prepared to answer the following questions at time of A-PREP:

Since your most recent Medical Clearance:

- Have you had any significant changes in your health?
- Have you had any new illnesses or injuries?
- Are you regularly taking any new medications?

If the applicant answers **YES** to any of these questions, they may be asked to obtain a new A-PREP Medical Clearance to determine their suitability for A-PREP.

LETTER TO PHYSICIAN

Dear Physician,

This patient is seeking your Medical Clearance to undertake the Alberta Physical Readiness Evaluation for Police (A-PREP).

A-PREP is an occupational physical abilities assessment directly linked to police work and training. **It is a maximal exertion assessment equivalent to an exercise stress test at the 11.9 MET level.** A-PREP simulates a scenario where a police officer engages in a foot chase, takes physical control of the suspect, and then drags a person or an object away from the scene while wearing a 7.5kg weighted belt around their waist. It is divided into the following sections:

1. **Obstacle Circuit:** Completing a 100m run including four sets of stairs and scaling 1.52m fences.
2. **Push/Pull:** 34kg weight on a Body Control Simulator as well as 14.5kg and 16kg on an Arm Restraint Simulator.
3. **Body Drag:** dragging a 68kg Mannequin 7.5m and back for a total of a 15m drag.
4. **Aerobic Fitness Component:** complete Stage 7 of the Leger 20m Multi Stage Shuttle Run

The first three sections are timed; A-PREP Applicants must complete these sections in 2:10 minutes or less. During the 4th section, A-PREP Applicants must reach Stage 7 of the Leger 20m Multi Stage Shuttle Run, which is equivalent to an exercise stress test of 11.9 METS.

Please complete, sign and date the attached form. Place a copy of **Part 1** on the patient's medical file and give **Part 2** to the patient (Signed, dated, and with your office stamp).

A-PREP MEDICAL CLEARANCE FORM: PART 1 - **For Doctors Use Only**

Patient Information

Surname:		Given Names:		Gender			Age (YRS)
				M	F	Other	
Height (cm)	Weight (kg)	Resting Heart Rate (BPM)		Resting Blood Pressure (mmHg)			

Risk Factors

Note to Physician :

The A-PREP is a physically demanding assessment and is equivalent to an Exercise Stress Test at an **11.9 Metabolic Equivalents (MET) level**. The following risk factors must be considered when assessing patient suitability for A-PREP.

Section A: Pulmonary and Musculoskeletal Restrictions for all individuals

If **YES** to **any** risk factor in Section A, patient should **not** undertake A-PREP.

Pulmonary obstruction, restriction that would prevent maximal testing	YES	NO
Needs to use a short acting inhaler immediately prior to participation 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: High or Very High Cardiovascular Risk Factors for all individuals

If **YES** to **one or more** risk factors in Section B, it is recommended to send the patient to an Exercise Stress Test before clearing for A-PREP.

Previous CVA, MI, vascular surgery or any clinical evidence of atherosclerosis	YES	NO
Diabetes	YES	NO
Metabolic Syndrome	YES	NO

Section C: Coronary Artery Disease Risk Factors for Men > Age 40 and Women > 50

If **YES** to **two or more** risk factors in Section C, it is recommended to send patient to an Exercise Stress Test before clearing for A- PREP.

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 MET reached (11.9 MET are required prior to undertaking A-PREP)		
Additional tests (if needed, specify):		

A-PREP MEDICAL CLEARANCE FORM: PART 2 - **Must Bring To A-PREP**

PATIENT INFORMATION						
SURNAME		GIVEN NAMES		GENDER		AGE (YEARS)
				M	F	Other
HEIGHT (CM)	WEIGHT (KG)	RESTING HEART RATE (BPM)		RESTING BLOOD PRESSURE (MMHG)		
PHYSICIAN'S RECOMMENDATIONS						
After reviewing A-PREP Medical Clearance PART 1 and evaluating the following risk factors: <ul style="list-style-type: none"> Pulmonary Obstruction/ Restriction Coronary Artery Disease Risk Factors Musculoskeletal Restrictions Exercise Stress Test to 11.9 MET, if applicable High or Very High Cardiovascular Risk Factors It is in my professional opinion that the above named patient is (select opinion below):						
SELECT		OPINION				
<input type="checkbox"/>		MEDICALLY FIT to participate in the Alberta Physical Readiness Evaluation for Police				
<input type="checkbox"/>		NOT MEDICALLY FIT to participate in the Alberta Physical Readiness Evaluation for Police				
Comments:						
PHYSICIAN SIGNATURE: MANDATORY				Physician stamp: (If unavailable, clinic information must be provided)		
DATE: DD / MM / YYYY MANDATORY				MANDATORY		

A-PREP ORIENTATION READINESS QUESTIONNAIRE

APPLICANT'S STATEMENT

Since your last medical check-up and/or Medical Clearance (if applicable) for A-PREP:

1. Have you had any significant changes in your health?	YES	NO
2. Have you had any new illness or injury?	YES	NO
3. Are you taking any new medications on a regular basis?	YES	NO
4. Are there any other factors which you feel may affect your ability to participate in A-PREP today?	YES	NO

If you answer yes to any of these four questions, you may be asked to obtain a new A-PREP Medical Clearance.

Prior to A-PREP Orientation, I have:

Used an inhaled short-acting bronchodilator within the past 2 hours	YES	NO
Used any stimulants within the past 24 hours (i.e. products containing ephedrine, pseudoephedrine, ephedra, etc.)	YES	NO
Been inactive for the past 4-6 weeks (less than 3-5 cardio training sessions per week of moderate to vigorous intensity)	YES	NO
Smoked cigarettes or used other tobacco products within the past 2 hours	YES	NO
Consumed caffeine products within the past 2 hours	YES	NO
Consumed alcohol within the past 6 hours	YES	NO
Participated in any vigorous exercise within the past 24 hours	YES	NO

One of the below must be initialed

After discussing my circumstances, outlined above, with the A-PREP Appraiser, I have decided to continue with the A-PREP Orientation today. I have made this decision freely and voluntarily, after being informed that I may participate in the A-PREP Orientation on another date, at my option, without penalty or adverse consequence. I understand my attendance at the A-PREP Orientation may be shared with AACCP, the AACCP – licensed assessment agency and/or all police agencies to which I apply.	Initial
After discussing my circumstances with the A-PREP Appraiser, I will not participate in A-PREP Orientation.	Initial

Appraisers Comments/Clarification:

I have read and understood the above information

Applicant Name (Print)	Applicant Signature	Date DD/MM/YYYY
Appraiser Name (Print)	Appraiser Signature	Date DD/MM/YYYY
Witness Name (Print)	Witness Signature (at time of A-PREP)	Date DD/MM/ YYYY

APPLICANT CONSENT FOR A-PREP ORIENTATION, RELEASE OF INDEMNITY AND RELEASE OF INFORMATION PAGE 1 OF 2

Applicant information

Surname (Print)	Given Names (Print)	Read and initial
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Applicant's state of preparedness

I understand A-PREP Orientation is a familiarization with occupational physical abilities assessment directly linked to police work and training. It has the potential to require maximal exertion equivalent to an exercise stress test at the 11.9 MET level. A-PREP simulates a scenario where a Police Officer engages in a foot chase, takes physical control of a suspect, and then drags a person or an object away from the scene.	Initial
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Physical Demands

I understand A-PREP (and elements of it) can be a physically demanding. It will challenge my muscular strength and coordination skills. During the A-PREP I am about to undertake, my heart rate may reach its maximal level and may remain there for several minutes, placing me under heavy physical stress.	Initial
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Knowledge of A-PREP

I understand that the components of A-PREP that I am about to practice will be explained and demonstrated to me. Specific instructions will be given as to what constitutes a fault. I will be given time to practice, ask questions, and gain confidence in my abilities to undertake A-PREP. During the A-PREP Orientation, I will follow all safety procedures as outlined. I will have the opportunity to ask questions at any time prior to undertaking the A-PREP.	Initial
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Screening and Safety

It is my obligation to immediately inform the A-PREP Appraiser of any pain, discomfort, fatigue or other symptoms that I may suffer during or immediately following the test. I understand that there are potential risks associated with practicing this test. These risks include but are not limited to light headedness, fainting, chest discomfort, musculoskeletal injury and nausea. I am fully aware of these risks. I understand that I am not compelled to continue the A-PREP should I decide to stop. I will also follow the safety instructions, including slowing down or stopping immediately, when instructed to do so by the A-PREP Appraiser. Heart rate and blood pressure screening may be required before and after the A-PREP. I will remain at the A-PREP site until officially released by the A-PREP Appraiser.	Initial
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Orientation Requirements

I will be given the opportunity to practice the individual physical tasks of the A-PREP which are: simulated foot pursuit while wearing a 7.5kg belt around the waist and running 100m while climbing stairs, climbing 1.52m fences, engaging in a "resistor control" simulation with a Body Control Simulator weighted with 34kg and an Arm Restraint simulator which requires 14.5kg of force to depress the handles and 16kg of force to retract the handles and dragging a 68kg mannequin 15m. I will be allowed to practice the Leger Shuttle Run. I will only be allowed to run Stage 7 of the Leger 20 m Shuttle Run if I have completed an A-PREP Medical Clearance form.	Initial
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Applicant Signature	Date
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Name of Witness (Please Print)	Witness Signature	Date
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Release of Information

I, the undersigned, have been informed about A-PREP Orientation, and direct that the information regarding my attendance may be provided to the _____ Police Service, the Alberta Association of Chiefs of Police (AACP), the Alberta Ministry of Justice and Solicitor General, Her Majesty the Queen in Right of Alberta and all or any of their respective servants, agents and employees, for tracking and gathering statistical information regarding the A-PREP orientation.

Release of Indemnity

I, the undersigned, in consideration of my being given the opportunity to participate in A-PREP Orientation do hereby release, indemnify and forever discharge _____ Police Service, the Alberta Association of Chiefs of Police (AACP), the Alberta Ministry of Justice and Solicitor General, Her Majesty the Queen in Right of Alberta and all of their respective servants, agents and employees, from any and all actions, cause of action, claims, demands, prosecutions and remedies for any and all damages, losses, injuries, and expenses of any nature or kind howsoever arising out of the A-PREP Orientation engaged in by myself.

And for the aforesaid consideration, I further agree not to make any claim or to take any proceedings against any other person or corporation who might claim contribution or indemnity from Her Majesty, the AACP, the _____ Police Service and all of their respective servants, agents and employees, of from any one or more of them. And for the aforesaid consideration, I further agree that this Release and Indemnity shall apply to and be binding on my heirs, administrators, executors and assigns each of them.

Name of Applicant (Please Print)	Applicant Signature	Date
Name of Witness (Please Print)	Witness Signature	Date

A-PREP READINESS QUESTIONNAIRE

APPLICANT'S STATEMENT

Since your last medical check-up and/or Medical Clearance (if applicable) for A-PREP:

1. Have you had any significant changes in your health?	YES	NO
2. Have you had any new illness or injury?	YES	NO
3. Are you taking any new medications on a regular basis?	YES	NO
4. Are there any other factors which you feel may affect your ability to perform the A-PREP today?	YES	NO

If you answer yes to any of these three questions, you may be asked obtain a new A-PREP Medical Clearance.

Prior to A-PREP, I have:

Used an inhaled short-acting bronchodilator within the past 2 hours	YES	NO
Used any stimulants within the past 24 hours (i.e. products containing ephedrine, pseudoephedrine, ephedra, etc.)	YES	NO
Been inactive for the past 4-6 weeks (less than 3-5 cardio training sessions per week of moderate to vigorous intensity)	YES	NO
Smoked cigarettes or used other tobacco products within the past 2 hours	YES	NO
Consumed caffeine products within the past 2 hours	YES	NO
Consumed alcohol within the past 6 hours	YES	NO
Participated in any vigorous exercise within the past 24 hours	YES	NO

One of the below must be initialed

After discussing my circumstances, outlined above, with the A-PREP Appraiser, I have decided to participate in A-PREP today. I have made this decision freely and voluntarily, after being informed that I may participate in A-PREP on another date, at my option, without penalty or adverse consequence. I understand that the results of the testing which will be performed today will become part of my application file and will be available to the AACP, the AACP – licensed assessment agency and/or all Alberta-based Police Services to which I apply.

Initial

After discussing my circumstances with the A-PREP Appraiser, I will not participate in the A-PREP today.

Initial

Appraisers Comments/Clarification:

I have read and understood the above information

Applicant Name (Print)	Applicant Signature	Date DD/MM/YYYY
Appraiser Name (Print)	Appraiser Signature	Date DD/MM/YYYY
Witness Name (Print)	Witness Signature (at time of A-PREP)	Date DD/MM/YYYY

APPLICANT CONSENT FOR A-PREP, RELEASE OF INDEMNITY AND RELEASE OF INFORMATION PAGE 1 OF 2

APPLICANT INFORMATION		
Surname (Print)	Given Names (Print)	Read and initial
Applicant's State of Preparedness		
I understand that A-PREP is an occupational physical abilities assessment directly linked to police work and training. It is a maximal exertion assessment equivalent to an exercise stress test at the 11.9 MET level. A-PREP is a job specific assessment, which simulates a scenario where a Police Officer engages in a foot chase, takes physical control of a suspect, and then drags a body or an object away from the scene.		Initial
Physical Demands		
I understand A-PREP can be physically demanding. It will challenge my muscular strength and coordination skills. During the assessment I am about to undertake, my heart rate may reach its maximal level and may remain there for several minutes, placing me under heavy physical stress.		Initial
Knowledge of A-PREP		
I understand that the A-PREP I am about to participate will be explained and demonstrated to me. Specific instructions will be given as to what constitutes a fault. I will be given time to practice the various test items so I can develop a basic mastery of the skills to be demonstrated, and gain confidence in my abilities to participate in A-PREP. During the A-PREP, I will follow all safety procedures as outlined. I will have the opportunity to ask questions at any time prior to A-PREP.		Initial
Screening and Safety		
It is my obligation to immediately inform the A-PREP Appraiser of any pain, discomfort, fatigue or other symptoms that I may suffer during or immediately following A-PREP. I understand that there are potential risks associated with taking this assessment. These risks include but are not limited to: light headedness, fainting, chest discomfort, musculoskeletal injury and nausea. I am fully aware of these risks. I understand that I am not compelled to continue the A-PREP should I decide to stop. I will also follow the safety instructions, including slowing down or stopping immediately, when instructed to do so by the A-PREP Appraiser. Heart rate and blood pressure screening may be required before and after A-PREP. I will remain at the A-PREP site until officially released by the A-PREP Appraiser.		Initial
A-PREP Requirements		
I must complete the A-PREP which is a simulated foot pursuit while wearing a 7.5kg weighted belt around the waist and running 100m while climbing stairs, climbing 1.52m fences, engaging in a "resistor control" simulation with a Body Control Simulator weighted with 34kg and an Arm Restraint Simulator which requires 14.5kg of force to depress the handles and 16kg of force to retract the handles and dragging a 68kg Mannequin 15m along with completing Stage 7 of the Leger 20m Shuttle Run.		Initial
Applicant Signature		Date
Name of Witness (Please Print)	Witness Signature	Date

**APPLICANT CONSENT FOR A-PREP, RELEASE OF INDEMNITY AND RELEASE OF INFORMATION PAGE 2
OF 2**

Release of Information

I, the undersigned, have been informed about the A-PREP and standards employed in the assessment of physical abilities, and direct that the information determined during my assessment on these standards is to be provided to the _____ Police Service, the Alberta Association of Chiefs of Police (AACP), the Alberta Ministry of Justice and Solicitor General, Her Majesty the Queen in Right of Alberta and all or any of their respective servants, agents and employees, for consideration in the evaluation of my application for employment as a Police Officer.

Release of Indemnity

I, the undersigned, in consideration of my being given the opportunity to participate in the Alberta Police Recruit Selection Process, do hereby release, indemnify and forever discharge _____ Police Service, the Alberta Association of Chiefs of Police (AACP), the Alberta Ministry of Justice and Solicitor General, Her Majesty the Queen in Right of Alberta and all of their respective servants, agents and employees, from any and all actions, cause of action, claims, demands, prosecutions and remedies for any and all damages, losses, injuries, and expenses of any nature or kind howsoever arising out of the physical abilities assessment engaged in by myself as part of the aforesaid Police Officer Recruit Selection Process.

And for the aforesaid consideration I further agree not to make any claim or to take any proceedings against any other person or corporation who might claim contribution or indemnity from Her Majesty, the AACP, the _____ Police Service and all of their respective servants, agents and employees, of from any one or more of them. And for the aforesaid consideration I further agree that this Release and Indemnity shall apply to and be binding on my heirs, administrators, executors and assigns each of them.

Name of Applicant (Please Print)

Applicant Signature

Date

Name of Witness (Please Print)

Witness Signature

Date

A-PREP APPLICANT RESULT RECORD											
TO BE COMPLETED BY APPLICANT											
APPLICANT NAME (LAST, FIRST)											
GENDER			BIRTH DATE			TEST DATE			ORIENTATION		
M	F	OTHER	MM	DD	YYYY	MM	DD	YYYY	Y	N	
A-PREP LOCATION:											
PRE- SCREEN TO BE COMPLETED BY APPRAISER											
PHOTO ID	Y	N	MED CLEARANCE		MED CLEARANCE DATE		READINESS Q		INFORMED CONSENT		
TYPE	NUMBER		Y	N	MM	DD	YYYY	Y	N	Y	N
CONCERNS/ISSUES:											
RESTING BLOOD PRESSURE	1 ST READING				TIME (24 HR CLOCK)		:		MEETS STANDARD		STANDARD ≤160/90 MMHG
	2 ND READING				TIME (24 HR CLOCK)		:		Y	N	
APPLICANT ASSESSMENT RESULTS											
PURSUIT RESTRAINT CIRCUIT			MEETS STANDARD		STANDARD			PRC END (24 HR CLOCK)			
PRC TIME	MIN	SEC	Y	N	≤ 2MIN 10SEC			:			
PRC OBSERVATIONS:											
LEGER			MEETS STANDARD		STANDARD			LEGER START (24 HR CLOCK)			
STAGE COMPLETED			Y	N	= STAGE 7			:			
LEGER OBSERVATIONS:											
RESULTS				APPLICANT RELEASE							
MEETS STANDARD			STANDARD		TIME (24HR CLOCK)			:			
PRC	Y	N	≤ 2MIN 10 SEC		REASON FOR RELEASE DELAY:						
LEGER	Y	N	=STAGE 7								
A-PREP	Y	N									
APPRAISER											
NAME						SIGNATURE					
SUPERVISOR											
NAME						SIGNATURE					

