

## A-PREP INSTRUCTIONS FOR APPLICANTS

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

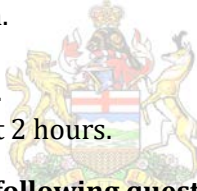
### Pre-Test Instructions

#### Applicants must:

- Government issued photo ID such as a driver's license
- Bring completed Medical Clearance form Part 2 (signed, stamped, and dated)
- Come dressed in suitable physical activity attire
- Bring clean shoes that are suitable for physical activity and allow for grip.

#### Prior to the test, Applicants should:

- **Abstain from using short-acting bronchodilators for at least 2 hours**
- **Abstain from using any stimulants for at least 24 hours prior to the test, (e.g. products containing ephedrine, pseudoephedrine, ephedra, or other similar stimulants).**
- Abstain from vigorous exercise in the preceding 24 hours.
- Avoid eating a large meal before completing the test. A light meal or snack approximately **2 hours** before the test begins is recommended. As the session might be lengthy, Applicants may bring a snack with them, in case they get hungry during the session.
- Abstain from alcohol for at least **6 hours**.
- Abstain from smoking for at least 2 hours.
- Abstain from caffeine products for at least 2 hours.



#### Applicants should be prepared to answer the following questions at time of test:

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 answered **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,

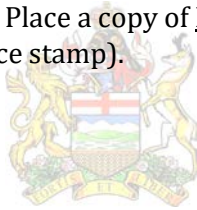
This patient is seeking your Medical Clearance to undertake the Alberta Physical Readiness Evaluation for Police (A-PREP).

A-PREP is an occupational physical abilities test directly linked to police work and training. **It is a maximal exertion test equivalent to an exercise stress test at the 11.9 MET level.** A-PREP is a test which 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 14.5 kg and 16 kg on an Arm Restraint Simulator.
- 3. Victim Drag:** dragging a 68kg mannequin 7.5 meters and back for a total of a 15 meter drag.
- 4. Aerobic Fitness Component:** complete Stage 7 of the Leger 20m Aerobic Shuttle Run

The first three sections are timed; A-PREP Applicants must complete these sections in 2:10 minutes. During the 4<sup>th</sup> section, A-PREP Applicants must reach Stage 7 of the 20m Leger 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							
<p><b>Note to Physician :</b>                      The A-PREP is a physically demanding test and is equivalent to an Exercise Stress Test at an <b>11.9 Metabolic Equivalents (MET) level</b>.                      The following risk factors must be considered when assessing patient suitability for A-PREP.</p>							
Section A: Pulmonary and Musculoskeletal Restrictions for all individuals							
If <b>YES</b> to <b>any</b> risk factor in Section A, patient should <b>not</b> 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 <b>YES</b> to <b>one or more</b> 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 <sup>3</sup>						YES	NO
Metabolic Syndrome						YES	NO
Section C: Coronary Artery Disease Risk Factors for Men > Age 40 and Women > 50							
If <b>YES</b> to <b>two or more</b> 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 <sup>6</sup>						YES	NO
Dyslipidemia						YES	NO
Abnormal fasting glucose level						YES	NO
Obesity <sup>7</sup>						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 Testing**

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	
<p><b>After reviewing A-PREP Medical Clearance PART 1 and evaluating the following risk factors:</b></p> <ul style="list-style-type: none"> <li>Pulmonary Obstruction/ Restriction</li> <li>Coronary Artery Disease Risk Factors</li> <li>Musculoskeletal Restrictions</li> <li>Exercise Stress Test to 11.9 MET, if applicable</li> <li>High or Very High Cardiovascular Risk Factors</li> </ul> <p><b>It is in my professional opinion that the above named patient is (select opinion below):</b></p>	
SELECT	OPINION
<input type="checkbox"/>	<b>MEDICALLY FIT</b> to undertake the Alberta Physical Readiness Evaluation for Police
<input type="checkbox"/>	<b>NOT MEDICALLY FIT</b> to undertake the Alberta Physical Readiness Evaluation for Police

Comments:



PHYSICIAN SIGNATURE: MANDATORY	Physician stamp:          MANDATORY
DATE: DD / MM / YYYY MANDATORY	