Protected A (when completed)

The personal information collected through Physical Abilities Requirement Evaluation (PARE) Medical Examination Report and Opinion Medical Consent Form is for the purpose to evaluate and assess the applicant's suitability for conducting physical abilities requirement evaluations aimed at measuring the capacity to respond physically to critical incidents. The collection is authorized by section 4 (a) and (c) of the *Protection of Privacy Act (POPA)* and section 5(1) of the Peace Officer (Ministerial) Regulation. For questions about the collection of personal information, contact Inspector, Recruitment and Staffing at 780-422-3500, by email at alberta.sheriffs@gov.ab.ca , or mail to Operational Support Services, Unit 154, 1 Millbourne Market Mall, Edmonton, AB T5K 2E8.

Physical Abilities Requirement Evaluation (PARE)
Medical Examination Report and Opinion

Name of applicant/patient: _____

Physician: Please place stamp or label here

This person is an applicant to, or member of, Public Safety and Emergency Services and is required to perform a Physical Abilities Requirement Evaluation (PARE). The test is designed to simulate and measure an individual's physical ability to respond to a critical incident and apprehend or potentially control another person. The test was developed by exercise physiologists and is based on their findings. Their research identified the usual physical component of a response to a critical incident may involve quick action in getting to the problem, intense heavy work resolving the problem, and removing the problem.

The test is conducted in a gymnasium and consists of running 350 meters (382.76 yards), pulling on heavy weights 31.75 kilograms (70 lbs), and then lifting and carrying 36.28 kilograms (80 lbs) 15.24 meters (50 feet). Physical endurance is tested during this course by the inclusion of a stepping stage (five steps each side), and a vaulting stage 0.91 meters (3 feet). These stages are repeated six times within the drill. A push/pull and standing/prone stage is completed at the end of six rotations of the course.

It was found that most participants of the tests experienced maximal heart rate during the test. This indicates a brief (4 minutes and 45 seconds) but maximal stress being placed on the cardiovascular system. To minimize the chance of precipitating a major cardiovascular event, we are requesting that this person be examined to determine their employment and test risk potential.

In addition to your usual examination, we request your assessment of this person with respect to factors which may place them at risk during this maximal test or peace officer-related duties. These may include but are not limited to the following:

1. Hypertension with possible causative factors;
2. Diabetes Mellitus;
3. Persons with known heart disease or symptomatic cardiovascular disease including angina, breathlessness, palpitations, edema syncope, dizziness;
4. Individuals with low fitness levels;
5. Acute systematic infections including viral respiratory infections;
6. Muscular and/or skeletal problems which may affect physical performance or present long-term limitations on the person;
7. Any other areas of concern.

Resting Heart Rate: _____ Resting Blood Pressure: _____ / _____

In your opinion is this person in sound health and able to complete a PARE? ☐ Yes ☐ No

Print Name of Physician	Signature of Physician	Date yyyy-mm-dd

Note: Please return this form to applicant.