

UNIVERSITY OF SASKATCHEWAN
POPAT/PARE CLEARANCE FORM

Dear Doctor:

The client who has made an appointment with you has applied for employment with the _____.

As a pre-requisite, applicants must demonstrate a minimum level of physical ability/fitness. This is to be accomplished by successfully completing either the POPAT (Police Officers' Physical Abilities Test) or the PARE (Physical Ability Requirement Evaluation).

POPAT and PARE are designed to simulate a critical incident where a police officer chases, controls and apprehends a suspect. The test was developed by exercise scientists and is based on extensive research, including a thorough job analysis.

POPAT and/or PARE is a circuit-type test where the applicant must first run six laps of an obstacle course – a distance of about 350 metres. During this run, the applicant must climb stairs, turn sharply left and right, jump over low obstacles and vault over a three-foot rail, and fall alternately on the back or stomach. After negotiating the six-lap course, the applicant must first pull, and then push, and 80-pound weight for six repetitions. Four controlled falls must be executed between the push and pull activity. This ends the timed portion of the test. The applicant is allowed a maximum of four minutes to complete this phase of the POPAT/PARE. Finally, the applicant is asked to lift and carry a 100-pound weight for 50 feet. A person failing any one of the items fails the overall test.

Research findings indicate that PARE elicits a maximum or near maximum heart rate in all participants. These values are attained as early as two minutes into the test. POPAT/PARE also has an aerobic component and blood lactates are elevated at completion.

During the pull and push activities, the applicant grasps a large rope simulation the size of a wrist, to which an 80-pound weight is attached. The applicant then pulls the weight off the floor and shuffles through an arc with a radius of 3 to 6 feet, 6 times, always keeping the weight off the floor. This activity requires upper body strength and muscular endurance.

Between the pull-and-push activity, the applicant must fall to the floor and stand up four times. This activity demands power, coordination and flexibility in the trunk and leg areas. Immediately after completing the fourth fall, the applicant starts the push activity. The applicant must push an 80-pound weight off the floor, again shuffling six times in a radius of three to six feet. The weight must be kept off the floor at all times.

To minimize the health risk, we are requesting this medical examination to determine whether the applicant is healthy enough to undertake the POPAT/PARE.

**UNIVERSITY OF SASKATCHEWAN
POPAT/PARE
MEDICAL OPINION - CLEARANCE**

In your professional opinion, do you consider _____

(Applicant's Name)

to be healthy enough to take the POPAT/PARE?

_____ Yes

_____ No

APPLICANT'S RESTING HEART RATE _____

APPLICANT'S RESTING BLOOD PRESSURE _____

COMMENTS _____

DATE _____

PHYSICIAN'S SIGNATURE _____

PRINTED NAME _____

Please stamp this form in the box provided and return completed form to the applicant.

Doctor or Clinic Stamp

Note to Applicant

Be sure to bring this completed form with you when you present yourself for POPAT/PARE testing. You will not be cleared without it.

UNIVERSITY OF SASKATCHEWAN
CONSENT TO UNDERTAKE POPAT/PARE
APPLICANT

I, _____ understand that POPAT/PARE is a job-related physical activity test that evaluates my physical capacity, as it applies to police work. The successful completion of this test show I possess the minimal physical abilities deemed essential for the performance of police work.

I understand POPAT/PARE is a physically demanding test. During the test, my heart rate will reach maximum levels and may remain there for several minutes, placing me under heavy stress. The test will also challenge my muscular strength and coordination skills. If I have any know health problems that would be aggravated by intense exercise, I should refrain from taking the POPAT/PARE.

APPLICANT'S DECLARATION

I, _____ understand my instructions and information provided in relation to POPAT/PARE. I am not aware of any medical conditions or physical problems that would place me at risk by doing the POPAT/PARE. I understand that successfully completing the POPAT/PARE is a condition of my employment with the _____.

Signature of Applicant _____

Signature of Witness/Tester _____

Date _____