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## A-PREP INSTRUCTIONS FOR APPLICANTS

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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.

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## LETTER TO PHYSICIAN

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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 4<sup>th</sup> 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	
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"> <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> 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: <span style="background-color: yellow;">(If unavailable, clinic information must be provided)</span>  MANDATORY		
DATE: DD / MM / YYYY    MANDATORY						