

Correctional Services Recruitment Unit FITCO Performance Result Form



Name: _____ Test Site: _____ Date: _____

Screening

Photo Identification present: ☐ Yes ☐ No	PAR-Q+ cleared:	Yes	No
Informed Consent & Release form completed:		Yes	No
E-PARmed-X and Medical Clearance completed (if required):		Yes	No
FITCO Performance Declaration form completed:		Yes	No

A Resting Blood Pressure (mmHg)

Trial 1 _____ Time _____ Trial 2 _____ Time _____

Meets Standard ☐ Yes $\leq 160/90$ (mmHg) ☐ No $> 160/90$ (mmHg)

1. SEARCH STATION: Time: _____

- ☐ PASS: Completes all components and $\leq 2:00$ minutes
- ☐ FAIL: Does not meet standard due to failure to complete all components of the Cell Search

2. EMERGENCY RESPONSE CIRCUIT (ERC): W=Warning

Body Control Simulator: Arc Movement Control	☐ Warning	☐ Warning	☐ Warning
Arm Restraint Simulator: Feet Position	☐ Warning	☐ Warning	☐ Warning
Mannequin Escort: Running	☐ Warning	☐ Warning	☐ Warning

ERC Time (min. sec) _____ Meets Time Standard ☐ YES $\leq 2\text{min } 8.00\text{sec}$ ☐ No $> 2\text{min } 8.00\text{ sec}$.

Meets standard of all components of the Emergency Response Circuit ☐ YES ☐ NO ERC ended at _____

3. AEROBIC FITNESS RECRUITMENT – Leger 20 metre Shuttle Run (Stage 4.5)

Leger Test Start Time _____ Last Stage Completed _____ Meets Standard ☐ Yes ☐ No

Comments: _____

B Post Exercise Blood Pressure (mmHg) Trial 1: _____ Trial 2: _____ Time: _____

Overall Acceptability: Meets Standard

- ☐ Yes: Cell Search < 2 minutes, ERC ≤ 2 minutes and 8.00 seconds and Leger Shuttle Run = Stage 4.5
- ☐ No: Cell Search > 2 minute &/or ERC > 2 minutes and 8.00 seconds/or Leger Shuttle Run $< \text{Stage } 4.5$

FITCO Administrator Name _____ FITCO Administrator Signature _____

2nd FITCO Appraiser Name _____ 2nd FITCO Appraiser Signature _____

The personal information collected is being used to determine your qualifications for employment with the Ministry of the Solicitor General and for Correctional Services Recruitment Unit initiatives. This information is collected under the authority of the Public Service of Ontario Act and the Ministry of Correctional Services Act. If you have any questions about our privacy statement, please contact: Manager, Correctional Services Recruitment Unit, Ministry of the Solicitor General, 467 Beach Boulevard, Hamilton, Ontario L8H 6W8, Toll Free number 1-855-927-2778, fax: 905-548-5925