



PREP RESULTS RECORDING FORM

Surname:	Name(s):	La Cité - 911 Institute 801 Aviation Parkway Building A – Room A0340 Ottawa, ON K1K 4R3	
PHOTO IDENTIFICATION ☐ D/L ☐ Passport #		Testing Site:	
Completed documents: Informed Consent & Release ☐ Yes ☐ No Medical Clearance Required ☐ Yes ☐ No			
		PAR-Q+ Cleared ☐ Yes ☐ No Performance Declaration ☐ Yes ☐ No	
Resting Blood Pressure	Trial 1: _____ mmHg Trial 2: _____ mmHg	☐ Meets BP Standard ☐ Requires Further Screening	
PURSUIT / RESTRAINT CIRCUIT (P/RC)		PREP Standard 2:37 / 157sec or less	
Time to complete the Pursuit/Restraint Circuit	_____ : _____ min : sec	_____ seconds	☐ DID NOT complete protocols of P/RC
☐ Low Fence ☐ High Fence ☐ BCS (Body Control Sim.) ☐ ARS (Arm Resistance Sim.) ☐ Victim Drag	☐ Completed ☐ Completed Warnings: _____ Warnings: _____ ☐ Completed	☐ Not Completed ☐ Not Completed ☐ _____ ☐ _____ ☐ Not Completed	Comments: _____ _____ _____ _____
Minimum 15 min Rest Period P/RC completed:	Shuttle Run Start Time:	Last Stage Completed:	

OVERALL RESULTS:	
Pursuit/Restraint Circuit:	Shuttle Run:

Name of PREP Administrator: MARC-ANDRÉ CLÉMENT Valid with stamp: 	Signature of PREP Appraiser: _____ Date: ____ / ____ / ____ yyyy mm dd	Testing Agency Name: Fit To Serve Performance Group Inc. www.fittoserve.ca email: info@fittoserve.ca
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Candidate's Signature to acknowledge being informed of the above PREP results: _____		Date: ____ / ____ / ____ yyyy mm dd
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