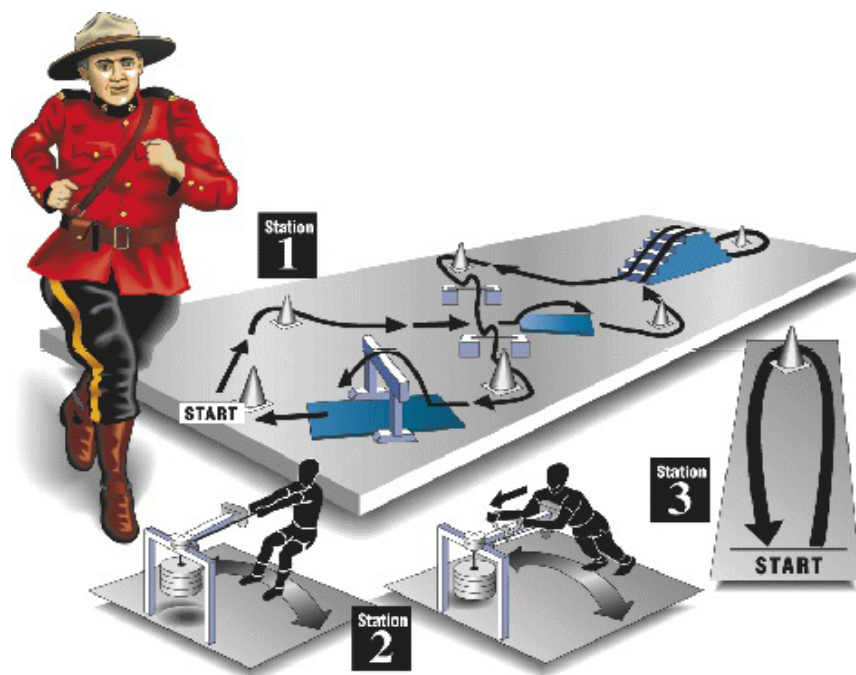


PHYSICAL ABILITIES REQUIREMENT EVALUATION (PARE)



Guidelines

For more information, and to PrePARE for PARE, visit the RCMP website at:
<http://www.rcmp-grc.gc.ca/recruiting-recrutement/rec/pare-tape-eng.htm>

2009-11-05

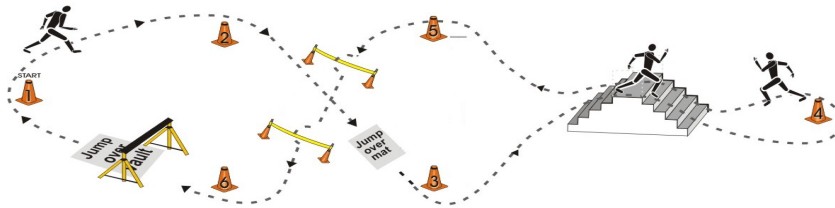
WHAT IS THE PARE?

The RCMP Physical Abilities Requirement Evaluation (PARE) is an occupational test used to assess a person's ability to perform the physical demands of police work, namely: running, jumping, climbing stairs, vaulting, lifting, carrying, pushing and pulling.

The types of duties police officers experience routinely involve gaining and maintaining physical control over suspects; intervening in family disputes; and participating in search and rescue operations. All of these duties involve the activities listed above. It is also likely that police officers will encounter some form of resistance on a regular basis and that they will deal with males seven times out of ten.

PARE was developed by exercise scientists and is based on extensive research, including a thorough job analysis. It is directly linked to Police Work and Police Training. The PARE is divided into *three sections* simulating a critical incident:

- **OBSTACLE COURSE SECTION:** This simulates proceeding to the scene of a problem or occurrence. The total length of the course is near 350 m long (1150 feet) and involves running six laps which include: direction changes; jumping across a 1.5 m. (5 ft.) distance; ascending and descending stairs; jumping over 0.45 m. (18 in.) hurdles; vaulting a 0.9 m. (3 ft.) barrier, followed by performing a controlled fall and getting back up before starting the next lap. Each lap takes approximately 25 sec. At the end of the sixth laps the participant proceeds to the second section.



- **PUSH/PULL SECTION:** This simulates having to physically solve a problem or occurrence. It requires a 32 kg (70 lb) weight be pushed and pulled through six, 180 degree arcs. Four controlled falls must be performed between the push and pull tasks; two to the front and two to the back. The push/pull section lasts approximately 70 sec.



- **WEIGHT CARRY:** This activity begins within 2 min of completing the Push/Pull Section. It simulates having to remove an object or a person from the scene. It requires a 36 kg (80 lb) bag be carried over a 15 metre (50 feet) distance. Participant will be given a maximum of three attempts to complete the Weight Carry Section.



PARE REQUIREMENT

- Applicants:** Applicants must complete the obstacle course and push/pull sections in $\leq 4:45$ min. The weight carry section is not timed. Lateral applicants and re-hired regular members must complete the PARE in $\leq 4:00$.
- Fitness level:** It is important to maintain or improve your fitness level after having completed the PARE since the test is only valid for 6 months. You will likely be retested prior to your departure for the training academy.
- Arriving at Depot:** Should a cadet fail to complete the PARE in $\leq 4:45$ in the first week of training, it will result in the termination of the cadet-training agreement.
- Graduating:** To graduate from Depot, cadets must complete the obstacle course and push/pull sections in $\leq 4:00$. The weight on the push/pull unit will be increased to 36 kg (80 lbs) and the weight carry will be increased to 45 kg (100 lbs).

- Preparation:** Prior to attempting PARE you should:
- Be physically active for at least 4-6 weeks
 - Include 3-5 cardiovascular training sessions per week
 - Include 2-3 resistance training sessions per week
- Visit our website for guidelines on how to prepare for PARE.

- Medical:** Book an appointment with your personal physician and take with you:
- The letter addressed to the physician
 - The PARE Medical Clearance
- Ask your physician to:
- Read the letter
 - Complete, sign and date the PARE Medical Clearance
- Manage the PARE Medical Clearance information:
- Part 1: To be kept on your medical file
 - Part 2: Keep the original. Take a photocopy to the PARE session
- PARE date:** Recruiting will send you a selection package which contains the medical clearance documents and the date of or how to book your PARE session. A list of PARE sites can be found on the RCMP Recruiting website.

PARE SESSION

Prior to PARE:

You must:

- Abstain from smoking for at least **2 hours**
- Abstain from caffeine products for at least **2 hours**
- Abstain from using short-acting bronchodilators for at least **2 hours**
- Abstain from alcohol for at least **6 hours**
- Abstain from using any stimulants for at least **24 hours**
(E.g. products containing ephedrine, pseudoephedrine, ephedra, etc.)
- Abstain from any vigorous physical activity within **24 hours**

PARE session:

Take with you:

- Your applicant HRMIS number (see applicant letter)
- Your driver's licence or similar photo ID
- A photocopy of Part 2 of the PARE Medical Clearance
- \$40-\$60 for PARE fees

Wear:

- Appropriate clothing for exercise
- Running shoes with soles that grip well

For your safety:

- Inform tester of any medical conditions you might have
- If you have been prescribed long or short-acting bronchodilators, bring it to the test site in case you need to use it after the test

Session outline:

The PARE administrator:

- Explains and demonstrates each section of the test
- Collects and verifies all pre-test information, including:
 - Participant ID
 - Part 2 of PARE Medical Clearance
 - Informed Consent for PARE - to be provided at the site
- Allows time for warm-up, familiarization and practice of each section
- Administers PARE.
- Collects post-test information and completes PARE Results
- Provides certificate to participants completing PARE in $\leq 4:45$ min.

After the test:

The PARE Administrator will send to the Recruiting office:

- Form 3245: PARE Results
- Form 3986e: Photocopy of Part 2 of the PARE Medical Clearance
- Form 3986e: Informed Consent

Record keeping:

The PARE Administrator is only allowed to keep a record of:

- Participants' name
- Date of participation
- PARE Time

All personal information must be sent to the Recruiting office.