



Regular PARE Results - Part 1 Details

Participant Information					
Surname		Given Name(s)		Age	HRMIS
Participant Status ☐ Applicant ☐ Cadet ☐ Regular Member ☐ Other		Gender ☐ Female ☐ Male	Detachment / Unit		Cost Centre
Forms Received ☐ Medical Clearance ☐ Consent Form ☐ PAR-Q		Reason for taking PARE			
Avg. no. of minutes / week of moderate to intense physical activity in the past 3 months: _____		In preparation for the Regular PARE, have you increased your level of physical activity in the past month: ☐ Yes ☐ No			
Height ft in cm		Weight lb kg		Recommendation: ☐ Run ☐ Jog ☐ Walk	
Blood Pressure (Repeat if > 144 / 94) 1 / 2		Heart Rate (Repeat if > 99) 1 2		☐ Postpone (explain in comments)	
Regular PARE Results					
Lap Time		Test Times		Summary of Results	
Lap	Time	Lap Time (optional)		For Applicant and Regular PARE, the test is deemed incomplete when the weight carry section is incomplete. Applicant PARE standard: 4:45 Regular PARE standard: 4:00 ☐ Test completed - Meets standard ☐ Test completed - Does not meet standard ☐ Incomplete test (explain in comments) ☐ Injury (explain in comments)	
1					
2					
3					
4					
5					
6					
Weight Carry ☐ Complete ☐ Incomplete		Obstacle Run _____ min:sec Push - Pull _____ min:sec Test Time _____ min:sec Penalties - Mat (_____ x 5 sec) Penalties - Sticks (_____ x 2 sec) Total Test Time _____ min:sec			
Post PARE					
Blood Pressure (Repeat if > 144 / 94) 1 / 2		Heart Rate (Repeat if > 109) 1 2		PARE Ended at h m	Participant Released at h m
Comments					
Provide more information for postponed test, incompletest test or injury during test session					
PARE Session					
Administrator's Surname		Administrator's Given Name(s)		HRMIS	
PARE Location		Site Code		Test Date (yyyy-mm-dd)	

Signature of PARE Administrator

Date (yyyy-mm-dd)



Regular PARE Results - Part 2

PARE Participant

Name: _____ HRMIS: _____

Type of RCMP Physical Abilities Requirement Evaluation

☐ Applicant PARE (70lbs for push / pull; 80lbs for weight carry)

☐ Regular PARE (80lbs for push / pull; 100lbs for weight carry)

Regular PARE Results

Total test time: _____ min:sec Weight Carry: ☐ Complete ☐ Incomplete

Summary of Results

For Applicant and Regular, the test is deemed incomplete when the weight carry section is incomplete.

Applicant PARE standard: 4:45 (70 lbs for push / pull; 80 lbs for weight carry)

Regular PARE standard: 4:00 (80 lbs for push / pull; 100 lbs for weight carry)

☐ Test completed - Meets standard

☐ Test completed - Does not meet standard

☐ Incomplete (explain in comments)

☐ Injury (explain in comments)

Comments

Provide more information for postponed test, incompleted test, stopped test or injury during test

PARE Administrator

Surname: _____ Given Name(s): _____

PARE Location: _____ Telephone: 613-875-5636

Signature of PARE Administrator

Date of PARE (yyyy-mm-dd)