

Informed Consent for PARE

Participant's Consent

Surname	Given Name(s)
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The Use of PARE

I understand that the Physical Abilities Requirement Evaluation (PARE) is used by many agencies to assess the physical abilities associated with law enforcement training and duties.

Physical Demands

I understand that the PARE is a physically demanding test. During the test my heart rate may reach its maximum level and may remain there for several minutes; placing me under heavy physical stress. It will also challenge my muscular strength and coordination skills.

Knowledge of Test

I understand that the test I am about to undertake will be explained and demonstrated to me. Specific instructions will be given as to what constitutes a fault and how it is scored. I will also be given time to practice the various test items so I can develop a basic mastery of the skills to be demonstrated and gain confidence in my abilities to undertake the test. I will follow safety procedures as outlined and I will have the opportunity to ask questions at any time during the test session.

Screening and Safety

Heart rate and blood pressure screening will be required before, and after, the test. I will remain at the test site for a minimum of 30 minutes until officially released by the test administrator. It is my obligation to immediately inform the test administrator of any pain, discomfort, fatigue or other symptoms that I may suffer during or immediately following the test. I understand that there are potential risks associated with taking this test, including light-headedness, fainting, chest discomfort, musculoskeletal injury and nausea. I am fully aware of these risks. I understand that I am not compelled to continue the test should I decide to stop. I will also follow the safety instructions, including slowing down or stopping immediately, when instructed to do so by the test administrator.

Test Description and Standards

The PARE represents a scenario where an officer must get to the scene of a problem, physically control the situation, and carry a person or an object away from the scene. The test is divided into the following three stations:

1. **An obstacle course station** - 340 m (1116 ft.) long, including 36 obstacles and 120 stairs.
2. **A push/pull station** - which requires managing a weight; completing six 180 degree arcs while pushing; performing four controlled falls; and completing six 180 degree arcs while pulling.
3. **A weight carry station** - which requires lifting and carrying a bag over a distance of 15 m (50 ft.).

The Applicant PARE Standard (4:45)

This standard requires completing the first two stations in a time of 4:45 or less and completing the weight carry section. The weight on the push/pull station is set at 32 kg (70 lb.) and 36 kg (80 lb.) for the weight carry section.

The Regular PARE Standard (4:00)

This standard requires completing the first two stations in a time of 4:00 or less and completing the weight carry section. The weight on the push/pull station is set at 36 kg (80 lb.) and 45.5 kg (100 lb.) for the weight carry section.

Distribution of pages 1, 2 and 3:

1. Pages 1, 2 and 3 are for the use of the PARE Administration Center.
2. The personal information collected during the PARE test must not be disclosed to any third party.
3. Once completed, pages 1, 2 and 3 must be kept on file under lock and key for a period of 12 months, then shredded.



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Participant's Statements

A. Since receiving your PARE medical clearance:

- 1. Have you had any significant changes in your health? Yes No
- 2. Have you had any new illness or injury? Yes No
- 3. Are you taking any new medications on a regular basis? Yes No

* If you answered YES to any of these questions, you must obtain a PARE Medical Clearance form.

B. Prior to the test I have:

- 1) been physically active for at least 4-6 weeks (3-5 cardio training per week, moderate to vigorous level) Yes No
- 2) abstained from smoking for at least 2 hours Yes No
- 3) abstained from any caffeine products for at least 2 hours Yes No
- 4) abstained from using inhaled short-acting bronchodilators for at least 2 hours Yes No
- 5) abstained from alcohol for at least 6 hours Yes No
- 6) abstained from using any stimulants for at least 24 hours (e.g. products containing ephedrine, pseudoephedrine, ephedra, etc.) Yes No
- 7) abstained from any vigorous exercise within 24 hours of the test Yes No

Participant's Acknowledgement, Consent, and Authorisation

Surname	Given Name(s)
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• I have read and understood the information provided in relation to the test I am about to undertake.

• I give my consent to undertake the PARE

Participant's signature Date (yyyy-mm-dd)

Witness

Surname	Given Name(s)
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Witness' signature (to be signed at time of the test) Date (yyyy-mm-dd)

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PARE Result Confirmation

PARE Participant	
Surname	Given Name(s)
Summary of Result	
<p><input type="checkbox"/> PARE ≤ 4:45 (70 lb push/pull & 80 lb weight carry)</p> <p><input type="checkbox"/> PARE > 4:45 (70 lb push/pull & 80 lb weight carry)</p> <p><input type="checkbox"/> PARE ≤ 4:00 (80 lb push/pull & 100 lb weight carry)</p> <p><input type="checkbox"/> PARE > 4:00 (80 lb push/pull & 100 lb weight carry)</p> <p><input type="checkbox"/> DNF (obstacle course or push/pull or weight carry)</p>	
PARE administration Centre:	
PARE Administration Centre (name, address, contact information)	PARE Administrator (please print)
Centre stamp	_____ Surname, Given Name(s)

Signature of PARE Administrator

Test Date (yyyy-mm-dd)

Distribution

1. PARE Centre must provide the original printed signed, and dated form to each participant.
2. The participant is responsible for keeping this form and to providing copy when required by their law enforcement agency.
3. The Applicant PARE results are valid for a period of 12 months (when PARE is ≤ 4:00) and 9 months (PARE between 4:01 and 4:45)
4. The Regular PARE results are valid for a period which varies according to law enforcement roles, units and agencies.