

Station 1 – MOBILITY/AGILITY RUN

This station requires the participant to run a ¼ mile as quickly as possible and during the run he/she must complete a six foot running broad jump, run up and down a set of five stairs, make sharp turns (changes in directions) and jump over low obstacles (18 inches) several times. The usual duration of the run is approximately two minutes. The person should be free of debilitating ambulatory problems/limitations such as recurrent joint problems. Any such problems should be identified and commented on with respect to any limitations and/or liability.

STATION 2 – PULL ACTIVITY – 70 LBS

The station immediately follows the ¼ mile run and the participant is required to grasp a large rope handle (simulating a wrist) to which a 70 lb. weight has been attached. He/she is required to pull the weight off the floor and move around a fixed point (the weight) in an arc with a radius of four feet, six times, as quickly as possible. During this activity the person is moving dynamically throughout the arc and is required to keep the weight off the floor the entire time. This scenario stimulates the potential to apply control over a person resisting the officer by pulling away from his/her grasp. Persons having poor elbow flexor and shoulder girdle strength may experience difficulty with this activity.

STATION 3 – PUSH ACTIVITY – 70 LBS.

This activity station is performed in the same manner as the pull station except that the participant is pushing on the weight as opposed to pulling on the weight. Those having poor elbow extensor and shoulder girdle strength may experience difficulty with this activity.

CONTROLLED FALLS

Once the push activity is completed, the weight is dropped in control. The subject then moves away from the unit, falls on their stomach executing a push-up like movement, stands up in a ready position and touches the pad on the wall and executes a second fall – this time on their back executing a sit-up like maneuver rising to a standing position before the machine. This sequence, front and back falls, is repeated twice (4 falls: 2 front, 2 back). This activity typically lasts 20 seconds. The subject must show control and come to a ready position after each fall.

STATION 4 – WEIGHT CARRY – 80 LBS.

Following station 3, the candidate's heart rate is recorded along with his/her performance time and this break of approximately 30 seconds allows for a degree of physiological recovery. The candidate is then required to pick up a "torso sack" weighting 80 lbs. He/she is given ample time to perform the activity safely and instructions are reinforced to use clinically safe procedures to pick the weight up to pelvic girdle height and carry it a distance of 50 feet while holding it in front of their body using both hands/arms.

The time limit for successful performance is 4 minutes, 45 seconds.

For further information on the P. A.R.E. check the following website:

http://www.rcmp.gc.ca/recruiting/pare_introduction_e.htm

H: admissions/y&cs/police forms/paretestformApril08