

Dear Doctor:

The individual who has made this appointment with you has applied for employment with Policing, Corrections or Sheriff's Department. As a pre-requisite, all applicants must demonstrate a minimum level of physical ability and fitness. This is to be accomplished by successfully completing the POPAT.

The test is designed to simulate and measure an officer's physical ability to respond to a critical incident and apprehend or potentially control a prisoner/suspect. The test was developed by exercise physiologists and is based on their research findings. Their research has identified that the usual physical components of a response to a critical incident may involve quick action including various motor skills while simulating **getting to a problem, intensive heavy work resolving the problems** and then **removing the problem**. The test is conducted in a gymnasium and consists of running 400 meters (1/4 mile) which includes climbing up and down stairs, jumping over low obstacles and pushing and pulling on heavy weights (50 to 80 lbs. – 22 to 37 kg.) and then lifting and carrying (depending on the test) between 32 -45 kg. (70 to 100 lbs.) 15 meters (50').

It was found that most participants of the test **experience maximal heart rate** during the test. This indicates a brief (up to 4:45 minutes) but maximal stress being placed on the cardiovascular system. To minimize the chance of precipitating a major cardiovascular event, or other injury we are requesting that this person be examined to determine his/her employment and test risk potential.

In addition to your usual examination, we request your assessment of this person with respect to factors which may place him/her at risk during this **maximal test** or **future** peace officer related duties:

1. Hypertension with possible causative factors;
2. Diabetes Mellitus;
3. Persons with known heart disease or symptomatic cardiovascular disease including angina, breathlessness, palpitations, edema, syncope, dizziness;
4. Individuals with low fitness levels;
5. Acute systemic infections including viral respiratory infections;
6. Muscular and/or skeletal problems which may affect physical performance or present long term limitations on the person;
7. Any other areas of concern: \_\_\_\_\_

To minimize the health risk, we are requesting this medical examination to determine whether the applicant is healthy enough to undertake the POPAT (Police Officers' Physical Abilities Test).

## MEDICAL CLEARANCE

Peace Officers' Physical Abilities Test (POPAT)

Applicant Name (please print): \_\_\_\_\_

Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ Resting BP: \_\_\_\_\_ Resting HR: \_\_\_\_\_

In your professional opinion, do you consider the above named applicant to be healthy enough to take the POPAT?  YES  NO

Considering the fact that an applicant's typical response prior to maximal testing may include fear and anxiousness due to anticipation:

Does the above stated applicant remain safe to perform the POPAT if resting blood pressure and/or resting heart rate values exceed 144/94 mmHg or 100 bpm, and all signs of chest, arm, neck and jaw pain, light headedness, fainting, and shortness of breath are absent?  YES  NO

Comments:

\_\_\_\_\_  
\_\_\_\_\_

Physician's Name (please print): \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please give completed form back to applicant**

**\*Note: This medical clearance form is valid for a maximum of 12 months from the date of completion and becomes invalid if your health status/condition changes.**

**Note to Applicant:**

Be sure to bring this completed form with you to your POPAT/PARE test. You will NOT be able to run the test without it.

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- University of Regina - Dr. Paul Schwann Centre  
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- University of Saskatchewan – Human Performance Centre  
Physical Activity Complex, 87 Campus Drive, Saskatoon, SK (306) 966-1001
- Saskatchewan Police College  
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