The tests described on the back of this form are administered to determine whether you have the basic physical abilities (aerobic/anaerobic fitness, muscular strength and endurance as well as the motor skills) to learn, develop, and apply the skills necessary to undergo Police training. These tests should not be attempted if you have any medical conditions which may be adversely affected by vigorous and strenuous exercise.

Please answer the following questions:		
Has your doctor ever said that you have a heart condition	yes	no
Do you have unexplained pains in your chest area	yes	no
Do you often feel faint or have spells of severe dizziness		no
Have you been told that your blood pressure is too high		no
Do you have recurrent and/or lasting joint or muscle pain		no
Are there any limitations on your ability to perform strenuous work	yes	no

Prior to being accepted as a test candidate for the P.A.R.E you must undergo a medical exam (using the Medical Form for Atlantic Police Academy Programs).

The tests that you will perform will be demonstrated and explained to you in detail prior to your performance. Further, you will be given ample practice time to acquire sufficient skills to assist you in completing your test. Before signing this statement of acknowledgement, please be certain that your concerns have been addressed. See details on the back of this form.

acknowledge that I have read the information on the back of this form and that I understand what is required to complete the P.A.R.E. Test. Further, it is my understanding that I will be working to my maximal physical abilities while performing these tests which will cause my cardiovascular (heart and blood vessels) and respiratory systems to respond maximally. I have no known medical or physical problems which may place me at risk during or following the performance of these tests.

Sgnature	Date	
Test timeHeart rate	Blood pressure (pre-exercise)	
Problem areas:		
PassFail	Candidate Informed yes no	
Comments		
Sgnature of Tester	Date	

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