



**Policing and Corrections  
Foundation Program  
Pre- Admissions Package  
2010-2011**

Oulton College requires completion of this information package prior to commencing the program of any calendar year in order to ensure that health and safety measures for our students and staff are met.

Please complete and return to admissions before: August 2010

1. Personal and Employment Record

Provide complete record on forms attached. The attached will be considered in your application process to qualify your suitability for the program.

2. Medical Clearance Form

This is required from attending physician as proof that the student does not have any medical condition that would affect their ability to participate in increasingly difficult levels of physical activity. You will be required to complete the PARE test.

3. Acknowledgement of understanding of PARE test

This information sheet is to be read and signed by each applicant. It provides you with basic information and recourses on the PARE test. You will begin testing for PARE during the first weeks of class. Individual preparation prior to your start date is necessary.

4. Release and Disclaimer Urinalysis Drug Screening Test

During the program, urinalysis drug screening test will be requested and conducted by Oulton College. These tests are necessary to establish a student profile appropriate for employment in the policing, corrections, or security fields. Previous drug use or contact may affect your results.

5. Proof of Certification

CPR level C and Standard First Aid certifications are required before registration. They must be valid until the completion of the program.

6. Criminal Record Check

During the course of your program, you will be involved in activities at facilities that require students to have a criminal record check with no convictions. Please have the attached form completed and returned to the college.

Upon completion of the attached information, please submit to Oulton College administration.



**Policing and Corrections  
Foundation Program  
Personal and Employment Record  
2010-2011**

**Student Name:** \_\_\_\_\_

Driver's License Number:	Class:
Has your driver's license ever been suspended for any reason? Yes <input type="checkbox"/> No <input type="checkbox"/>	
If yes, please give dates and explanation:	
*Applicants need to have a valid driver's license before on job training period	

**PREVIOUS EMPLOYMENT and EDUCATION**

Please account for the total period of 10 years, including unemployment, schools etc.

<i>Employer / School</i>	<i>From / To</i>	<i>Telephone</i>	<i>Reason for leaving</i>

**CHARACTER REFERENCES**

Name three adult character references not related to you. At least one must be from a previous employer.

Name	Address	Telephone

**PREVIOUS MILITARY OR POLICING BACKGROUND**

Have you served in the armed forces, any police force, or any auxiliary police force, please complete the following: Yes  No

If yes, please complete following information:

Name of Force: \_\_\_\_\_

Service Number: \_\_\_\_\_

Permanent Armed Forces or Militia or Auxiliary Police

Date of Service: From: \_\_\_\_\_ To: \_\_\_\_\_

Reason for Discharge: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

**RESIDENCE**

List addresses where you have been residing for the last ten years, starting with the most recent:

Street Address	Town / City and Province	Date From yy/mm To yy/mm

**CRIMINAL OFFENSES**

Have you ever been convicted of an offense under the following where no pardon has been granted or otherwise revoked?

- Criminal Code of Canada Yes  No
- Narcotic Control Act Yes  No
- Food and Drug Act Yes  No
- Liquor Control Act Yes  No
- Game Law Act Yes  No
- Motor Vehicle Act (Expected Parking Violations) Yes  No
- Other Federal/Provincial Statutes not included above Yes  No

**ALL APPLICANTS MUST READ AND SIGN THE FOLLOWING:**

This application is to be filled out in detail without omissions, unless otherwise clarified. Any portion herein that may prove to be false, or questions not fully answered, may cause this application to be invalid.

I agree to abide by the condition of application as required by Oulton College for the Policing and Corrections Foundation Program. I authorize Oulton College, other organizations, agencies or individuals as authorized by the College, to conduct an investigation into my suitability.

For the purpose of facilitating my application, I authorize the release of all required employment and credit information to Oulton College.

I have read and understand fully the questions, information and conditions of this application. I agree to the conditions and I hereby certify that the foregoing information I have supplied is true and complete to the best of my knowledge, information and belief.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**PARE MEDICAL CLEARANCE**  
( To be provided to the PARE Participant once completed)

Name: \_\_\_\_\_ is applying to participate in the Physical Ability Requirements Evaluations test (P.A.R.E.).

This information describes the construction of the P.A.R.E. and the level of expected physiological performance. It is requested that your medical examination of this person include the recognition of the level of work that the person will be expected to perform.

P.A.R.E. is designed in a circuit type format wherein the participant will complete one exercise station and the move directly onto the next until all five exercises (stations) have been completed. The exercise and activities comprising the circuit reflect, as closely as possible, a police officer's response to a critical incident involving a suspect; usually the most physical part of the duties of a police constable. A cursory explanation of each of the exercises is provided for your information. The P.A.R.E. is designed to, and has been found to place the participant under maximal cardiovascular stress.

**PATIENT INFORMATION**

<b>SURNAME</b>			<b>GIVEN NAMES(S)</b>		<b>SQUAD</b>	<b>STUDENT I.D. #</b>
<b>MALE</b>	<b>FEMALE</b>	<b>AGE</b>	<b>HEIGHT</b>	<b>WEIGHT</b>	<b>RESTING HEART RATE</b>	<b>RESTING BLOOD PRESSURE</b>

**PHYSICIAN'S RECOMMENDATIONS**

- **After evaluating the following risk factors:**
  - Pulmonary Obstruction / Restriction
  - Musculoskeletal Restrictions
  - High or Very Cardiovascular Risk Factors
  - Coronary Artery Disease Risk Factors
  - Exercise Stress Test to 12 METS , if applicable
  
- **It is my professional opinion that the above named patient:**
  - is medically fit to undertake the Physical Abilities Evaluation.**
  - is not medically fit to undertake the Physical Abilities Evaluation.**

**COMMENTS:**

Physician Signature

Date

Physician's Stamp

## Acknowledgement of understanding of PARE test requirements by applicant and by a doctor

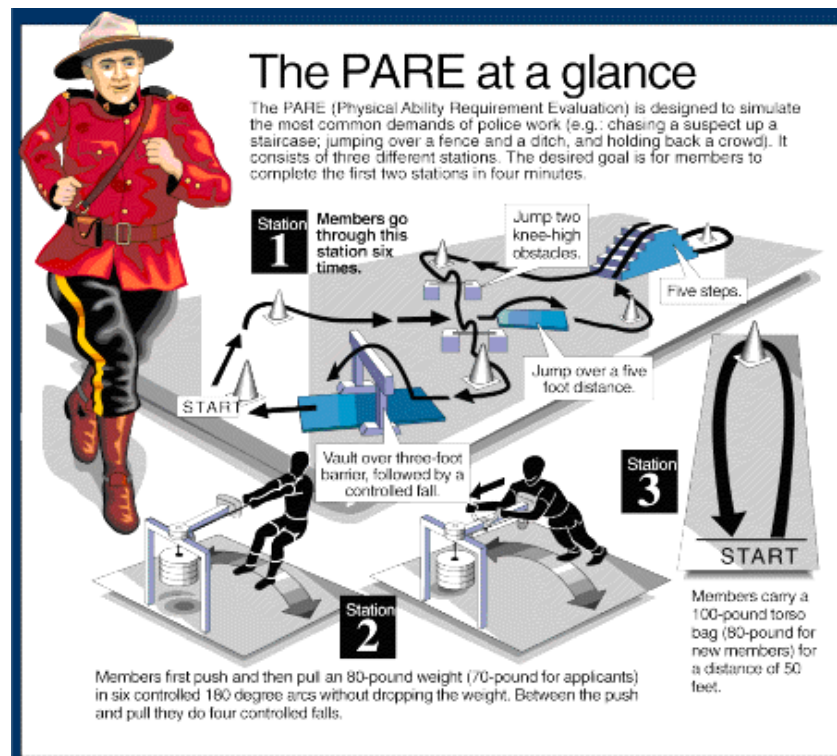
### Part 1: Description of the Physical Abilities requirement evaluation (PARE)

Resources from: <http://www.rcmp-grc.gc.ca/recruiting-recrutement/documents/pare>

The PARE is a job related physical ability test which is a condition of acceptance in the Corrections and Policing program at Oulton College. A person cannot take the PARE test without first obtaining medical clearance. The "Physical Activity Readiness - Medical Clearance Form" is completed by a Physician and must be presented at the time of PARE testing.

PARE is designed to simulate a critical incident where a police officer chases, controls and apprehends a suspect. The test was developed by exercise scientists and is based on extensive research, including a thorough job analysis.

PARE is a circuit-type test where the applicant must first run six laps of an obstacle course. After negotiating the six lap course, the applicant must first pull and then push a 70 pound (32kg) weight for six repetitions. Four controlled falls must be executed between the push and pull activity. The applicant is allowed a maximum of 4 minutes and 45 seconds to complete this phase of the PARE. Finally, the applicant must lift and carry an 80 pound (45 kg) weight for 15 metres. A person who cannot complete any of the above mentioned stages, will fail the overall test.



## Part 2: What is the PARE Standard?

Applicants must complete the obstacle course and the pushing and pulling task with a 4 minute and 45 second time period to be eligible for selection. To graduate from the RCMP Depot Division, the minimum PARE Standard is lowered to 4 minutes and the pushing and pulling tasks will be raised to 36.4 kg or 80 lbs.

The torso bag carry requires you to execute a controlled carry of the bag without resting or setting it down over the 15 metre distance. This will be untimed and scored on a PASS/NO PASS basis. To graduate from Depot Division, the torso bag weight will increase from 36 kg (80 lbs.) to 45.5 kg (100 lbs.).

## Part 3: Acknowledgement of understanding of test requirements

The PARE tests are administered to determine whether you have the basic supportive physical abilities (aerobic/anaerobic fitness, muscular strength and endurance as well as motor skills) to learn, develop and apply the skills necessary to potentially perform your future duties. These tests should not be performed if you have any medical conditions which may be affected by vigorous and strenuous exercise (work). Example may include recognition of any of the following conditions; has your doctor ever said that you have a heart conditions; has your doctor ever said that you have a heart condition; if you frequently have unexplained pains in your chest area; if you often feel faint or have spells of severe dizziness; if your medical doctor has told you your blood pressure is too high; if you have recurrent and/or lasting joint pain or problems that may be aggravated by strenuous work; if you have serious concerns over your physical ability to perform strenuous work; etc. Prior to being accepted as a test candidate, you must deliver a signed medical doctor's statement which states you are medically fit to perform this level of physical work.

PARE practice and testing will begin during the first weeks of classes. The tests that you 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.

Specific to Oulton College: Prior to meeting all conditions of your application (see Appendix A of your acceptance letter) you will successfully complete a physical aptitude test. The fitness test will have the applicants do sit ups, push ups, sit and reach ( flexibility test) and a 1.5 mile run (timed). Resources for preparing for success in the physical aspects of the program may include beginning a regular fitness program, maintaining a healthy lifestyle, learning about what physical activity will be required. Additional information on PARE requirements is available at: [http://www.rcmp-grc.gc.ca/recruiting-recrutement/documents/pare\\_partb\\_e.pdf](http://www.rcmp-grc.gc.ca/recruiting-recrutement/documents/pare_partb_e.pdf)

### Statement of Test Applicant

I, (Name) \_\_\_\_\_ acknowledge that I understand the information provided to me concerning these tests. Further, it is understood that I will likely be working to my maximum physical abilities while these tests, which will cause my cardiovascular (heart and blood vessels) and respiratory systems to respond maximally. I have no known medical problems which may place me at risk during or following the performance of these tests.

SIGNATURE OF APPLICANT: \_\_\_\_\_ DATE: \_\_\_\_\_



**Release and Disclaimer  
Urinalysis Drug Screening Test**

I, \_\_\_\_\_, hereby voluntarily agree to submit to a lawful urinalysis drug screening test requested and conducted by Oulton College which Oulton College deems, in its sole discretion, to be reasonably necessary to establish a student profile appropriate for employment in the policing, corrections, or security fields.

I, \_\_\_\_\_, acknowledge that in the course of my educational training, I may be asked to submit to a random urinalysis drug screening test and provide a urine sample as part of a substance abuse screening test. I hereby consent to such tests and also agree to allow Oulton College the right to make lawful searches of my work area while on College property, and other lawful surveillance activities, in an effort to keep the College environment drug free.

I understand that testing positive for the usage of illicit drugs will lead to my dismissal from the educational program I am currently enrolled in. The results of such tests will be stored in a confidential manner and only released to those involved in your education, training or purposes of employment reference.

I hereby indemnify, release and forever discharge and hold Oulton College and its subsidiaries and affiliated companies, agents and employees harmless from any and all claims, demands, judgments and legal fees arising out of or in connection with such tests, the results, or any lawful use of the results.

Signature of Student: \_\_\_\_\_

Printed Name of Student: \_\_\_\_\_

Date: \_\_\_\_\_

Name of Witness: \_\_\_\_\_

Student Name: \_\_\_\_\_

**Please attach a photocopy of your CPR Level “C” and Standard First Aid certifications**

**\*letter from the company that provided your training is also acceptable until certificate is issued.**

- Standard First Aid certification is valid until: \_\_\_\_\_
- CPR Level “C” certification is valid until: \_\_\_\_\_