

A-PREP INSTRUCTIONS FOR APPLICANTS

Alberta Physical Readiness Evaluation for Police (A-PREP) is a physically demanding test, which incorporates the physical tasks often carried out by police officers. The test includes running, climbing, vaulting, pushing, pulling and dragging. A-PREP is a very strenuous test that may require maximal effort. Applicants should be training regularly for 4-6 weeks prior to taking the test.

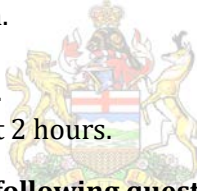
Pre-Test Instructions

Applicants must:

- Government issued photo ID such as a driver's license
- Bring completed Medical Clearance form Part 2 (signed, stamped, and dated)
- Come dressed in suitable physical activity attire
- Bring clean shoes that are suitable for physical activity and allow for grip.

Prior to the test, Applicants should:

- **Abstain from using short-acting bronchodilators for at least 2 hours**
- **Abstain from using any stimulants for at least 24 hours prior to the test, (e.g. products containing ephedrine, pseudoephedrine, ephedra, or other similar stimulants).**
- Abstain from vigorous exercise in the preceding 24 hours.
- Avoid eating a large meal before completing the test. A light meal or snack approximately **2 hours** before the test begins is recommended. As the session might be lengthy, Applicants may bring a snack with them, in case they get hungry during the session.
- Abstain from alcohol for at least **6 hours**.
- Abstain from smoking for at least 2 hours.
- Abstain from caffeine products for at least 2 hours.



Applicants should be prepared to answer the following questions at time of test:

Since your most recent Medical Clearance:

- Have you had any significant changes in your health?
- Have you had any new illnesses or injuries?
- Are you regularly taking any new medications?

If the Applicant answered **YES** to any of these questions, they may be asked to obtain a new A-PREP Medical Clearance to determine their suitability for A-PREP.