

Name: _____

Address: _____ City: _____ Prov: _____ Postal Code: _____

Dear Doctor:

This person is an applicant to the Public Safety Program at Assiniboine Community College. He/she will be required to perform a Police Officers' Physical Abilities Test (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 in getting to the problem, intensive heavy work resolving the problem 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 (80 lbs.-45 kg) and then lifting and carrying (depending on the test) between 32-45 kg (70-100 lbs.) 15.24 meters (50 feet). It was found that most participants of the test experience maximal heart rate during the test. This indicates a brief (up to 4 minutes) but maximal stress being placed on the cardiovascular system. To minimize the chance of precipitating a major cardiovascular event, 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: _____

Physician's Certification	
<input type="checkbox"/> In my opinion this individual is FIT to undergo the Police Officers/ Physical Abilities Test	<input type="checkbox"/> In my opinion this individual is NOT FIT to undergo the Police Officers/ Physical Abilities Test
Comments:	
Physician's Signature:	Date:
Physician's Address:	

WHEREAS _____ (hereinafter called the "Releaser") has
(Applicant name)
applied for admission as a student in the Public Safety Program (hereinafter called the "Program") with
Assiniboine Community College

AND WHEREAS all applicants, as a condition of being considered for admission as a student in the
Program, must undergo and successfully complete physical ability and job related testing (hereinafter
called the "testing")

AND WHEREAS the Releaser has agreed to undergo such testing

NOW THEREFORE THIS RELEASE WITNESSETH AS FOLLOWS:

The Releaser does hereby release, remise and forever discharge Assiniboine Community College, its
Governors, employees, servants and agents (hereinafter called the Releasees") of and from all manners
of claims, actions, causes of action, suits, debts, duties, accounts, bonds, covenants, contracts and
demands whatsoever and/or proceedings for any loss, damage, personal injury, and/or compensation
which the Releaseor, his/her heirs, executors, administrators and assigns can, shall or may hereafter
have which may arise out of, be connected with or be in any way or manner attributable to the
Releaseor's participation in the testing and/or to any act or omission, including any neglect and/or
unintended act or omission, of the Releasees which the Releaser now has or may have or which the
Releaser now has or may have or which the Releaser, his/her heirs, executors, administrators and
assigns might hereafter have under any statute or law applicable in, the province of Manitoba.

IN WITNESS WHEREOF the Releaser has hereunto set his/her hand

this _____ day of _____, 20_____, in the presence of:

Releaser

Witness

Jack Ewatski
Chair, Public Safety
School of Health & Human Services
Assiniboine Community College
204-725-8700 Ext. 6236

"Training is our passport to the future; for tomorrow, belongs to the people who prepare for it today!"