



Informed Consent for PARE

Participant's Consent	
Surname	Given Name(s)

I understand that the Physical Abilities Requirement Evaluation (PARE) is used by the Canada Border Services Agency (CBSA) during the CBSA officer trainee (developmental) selection process. The PARE is used to evaluate my physical capability to undergo the physically demanding Use of Force training as part of the Agency's Officer Induction Training Program. The successful completion of the PARE shows that I possess the minimal physical abilities deemed essential to undertake this training.

Physical Demands

I understand that the PARE is a physically demanding test. During the test my heart rate may reach its maximum level and may remain there for several minutes; thus placing me under heavy physical stress. It will also challenge my muscular strength and coordination skills.

Knowledge of Test

I understand that the test I am about to undertake will be explained and demonstrated to me. Specific instructions will be given as to what constitutes a fault and how it is scored. I will also be given time to practice the various test items so I can develop a basic mastery of the skills to be demonstrated and gain confidence in my abilities to undertake the test. I will follow safety procedures as outlined and I will have the opportunity to ask questions at any time during the test session.

Screening and Safety

Heart rate and blood pressure screening will be required before, and after, the test. I will remain at the test site until officially released by the test administrator. It is my obligation to immediately inform the test administrator of any pain, discomfort, fatigue or other symptoms that I may suffer during or immediately following the test. I understand that there are potential risks associated with taking this test, including light-headedness, fainting, chest discomfort, musculoskeletal injury and nausea. I am fully aware of these risks. I understand that I am not compelled to continue the test should I decide to stop. I will also follow the safety instructions, including slowing down or stopping immediately, when instructed to do so by the test administrator.

Tests Requirements

I must complete the first two sections of the PARE in four minutes and forty-five seconds (4:45 min.) or less. This includes the obstacle course and the 70 lbs (32 kg) push-pull station component. The third section of the test involves an 80 lbs (36 kg) weight carry section of a 50 foot (15 metres) distance.



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Participant's Statements

A. Since receiving your PARE medical clearance:

- 1. Have you had any significant changes in your health? Yes No
- 2. Have you had any new illness or injury? Yes No
- 3. Are you taking any new medications on a regular basis? Yes No

* If you have answered YES to any of the three questions, you must obtain a new PARE Medical Clearance Form.

B. Prior to the test I have:

- 1) been physically active for at least 4-6 weeks (3-5 cardio training per week, moderate to vigorous level) Yes No
- 2) abstained from smoking for at least 2 hours Yes No
- 3) abstained from any caffeine products for at least 2 hours Yes No
- 4) abstained from using inhaled short-acting bronchodilators for at least 2 hours Yes No
- 5) abstained from alcohol for at least 6 hours Yes No
- 6) abstained from using any stimulants for at least 24 hours (e.g. products containing ephedrine, pseudoephedrine, ephedra, etc.) Yes No
- 7) abstained from any vigorous exercise within 24 hours of the test Yes No

Participant's acknowledgement, consent, and authorisation

Surname	Given Name(s)
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- I have read and understood the information provided in relation to the test I am about to undertake.
- I give my consent to undertake the PARE

Participant's signature Date (yyyy-mm-dd)

Witness

Surname	Given Name(s)
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Witness' signature (to be signed at time of the test) Date (yyyy-mm-dd)