

Fitness Standard for Physical Ability Requirement Evaluation (PARE) Testing

Medical Examination

Dear Doctor,

The client who has made this appointment with you is applying for a position requiring specific physical demands demonstrated during a PARE test.

As a prerequisite, candidates must demonstrate a minimum level of physical ability/fitness. This is to be accomplished by successfully completing a test called the Physical Ability Requirement Evaluation (PARE).

PARE is a circuit type test where the candidates must first run six laps on an obstacle course-a distance of about 350 meters. During this run, the candidate must climb stairs, turn sharply left and right, jump over low obstacles and vault over a three foot rail and fall alternatively on the back or stomach. After negotiating the 6 lap course, the candidate must first pull and then push a 32 kg. (70 lb.) weight for six repetitions. Four controlled falls must be executed between the push and pull activity. This ends the timed portion of the test. The candidate is asked to allow a maximum of four minutes and 45 seconds (4:45) to complete this phase of the PARE. Finally, the candidate is asked to lift and carry a 36 kg. (80lb) weight for 15 meters (50 feet). A person failing any one of the items fails the overall test.

Research findings indicate that PARE elicits a maximum or near maximum heart rate in all participants. These values are attained as early as two minutes into the test. PARE also has an anaerobic component and blood lactates are elevated at completion.

During the pull and push activities, the candidate grasps a large rope simulating the size of a wrist, to which a 32 kg. (70 lb.) weight is attached. The candidate then pulls the weight off the floor and shuffles through an arc with a radius of one to two meters, six times, always keeping the weight off the floor. This activity requires upper body strength and muscular endurance.

Between the push and pull activity, the candidate must fall to the floor and stand up four times. This activity demands power, coordination and flexibility in the trunk and leg areas. Immediately after completing the fourth fall, the candidate starts the push activity. The candidate must push the 32 kg. (70 lb.) weight off the floor, again shuffling six times in a radius of one to two meters. The weight must be kept off the floor at all times.

To minimize the health risk, we are requesting this medical examination to determine the general health of candidates to undertake the PARE.

Blood Pressure: _____/_____

Heart Rate: _____

Do you certify _____ general health to take the PARE?

_____ YES _____ NO

Date _____

Physician (print name): _____

Physician (signature): _____

Address: _____

Phone Number: _____