

Alberta Physical Readiness Evaluation (A-PREP) for Police

Frequently Asked Questions

Effective January 1, 2010, all municipal police agencies in the Province of Alberta will require police applicants to successfully complete the Alberta Physical Readiness Evaluation for Police (A-PREP) test. The Medicine Hat Police Service will no longer offer PARE Testing.

What is A-PREP?

A-PREP is a test that measures an applicant's physical ability and readiness to perform the duties of a patrol constable.

What does A-PREP consist of?

A-PREP has three separate components: 1) a screening component to ensure the applicant is medically suitable to undergo the test; 2) a series of job simulation tasks arranged in a Pursuit/Restraint Circuit; and 3) an assessment of aerobic fitness (the Aerobic Shuttle Run).

Why is the Medicine Hat Police Service switching to A-PREP?

Applicants to the Medicine Hat Police Service are required to meet standards established by the Solicitor General and Public Security Minister. The police recruit selection standards are regularly reviewed to ensure that they accurately predict an applicant's ability to perform the complex and challenging tasks required of police constables.

Extensive research was conducted by fitness, policing and legal experts to establish an unbiased and valid test of an applicant's physical ability to perform the job of a police constable. The Ontario PREP test was identified and customized to reflect the tasks required of Alberta police officers. The research included a comprehensive job analysis to identify the physical tasks required of a police constable to ensure personal and public safety; a comparison of the simulation tasks in A-PREP with actual policing tasks; and, the establishment of performance standards.

All of the research concluded that A-PREP is a Bona-fide Occupational Requirement of a police constable.

Is A-PREP easier/more difficult that PARE?

There are both similarities and differences with the A-PREP and PARE. The level of difficulty in successfully completing the test is dependant on the physical abilities of the applicant. The A-PREP has been adopted as the Alberta provincial recruit selection standard based on research demonstrating that it accurately predicts an applicant's physical readiness to perform the job of police constable.

If I fail the A-PREP can I redo the test?

Yes. Applicants can register to re-do the A-PREP immediately. If an applicant fails on the second test there is a two (2) month waiting period before A-PREP can be attempted again and a two (2) month waiting period for each successive fail.

Where can I do the A-PREP?

The A-PREP test can only be administered by or on behalf of one of the four agencies licensed to conduct testing. The four licensed agencies are the:

Medicine Hat Police Service

Calgary Police Service

Edmonton Police Service

Lethbridge Regional Police Service

The Medicine Hat Police Service will accept the results of an A-PREP test conducted by any of the above agencies.

How long is my A-PREP score valid for?

A-PREP test results are valid for six (6) months.