

## PARE INFORMATION

**To Register Call: (403) 357.3663**  
**RCMP Applicants: Book through recruiting officer**

### PRE-TEST INSTRUCTIONS

- Avoid a large or heavy meal at least 2 hours prior to testing.
- Please arrive 15 minutes prior to the start time.
- You can access the college from 32 St. (use 32 St Exit from Hwy. #2)
- Public Parking is located north of the Arts Centre or the Library.
- RCMP members do not pay; however, must indicate regiment number when registering.

### **Please Bring:**

- Drivers license or similar photo ID.
- Original PARE **Medical Clearance form signed by a physician** and a photocopy.
- Comfortable activity clothing, running shoes.

### **Please Adhere to the Following Guidelines:**

- Abstain from smoking for at least **2 hours**.
- Abstain from caffeine products for at least **2 hours**.
- Abstain from using short-acting bronchodilators for at least **2 hours**. (Bring your short-acting bronchodilators with you in the event you need it after the test.)
- Abstain from alcohol for at least **6 hours**.
- Abstain from using any stimulants for at least **24 hours** (ie. products containing ephedrine, pseudoephedrine, and ephedra).
- Abstain from any vigorous exercise within **24 hours**.

### **ARE YOU READY FOR THE PARE?**

**PARE** is a physically demanding test run at maximal level. You should be physically active for at least 4-6 weeks, ensuring you follow a balanced exercise program at a moderate to vigorous intensity.

**Please remember you MUST bring signed and physician stamped medical clearance form and picture identification, or we will not be able to test you.**



**CONTINUING  
EDUCATION**