

A-PREP Frequently Asked Questions



Q: What is A-PREP?

A: A-PREP (Alberta Physical Readiness Evaluation for Police) is a test that measures an applicant's physical ability and readiness to perform the duties of a patrol constable.

The A-PREP has been adopted by the AACP (Alberta Association of Chiefs of Police) and will be the official and objective measure for applicants being accepted into ANY police service in Alberta (excluding the RCMP who will continue to use PARE).

Q: What does A-PREP consist of?

A: The A-PREP consists of three parts:

- 1) Screening questionnaire (ensure applicant can medically take the test)
- 2) A pursuit / restraint circuit
- 3) An aerobic shuttle run

Q: When will A-PREP replace PARE?

A: As of January 1, 2010, A-PREP will become the only recruit selection standard used by the EPS and all applicants must successfully pass the A-PREP to be accepted to the EPS.

Q: Why is A-PREP replacing PARE?

A: The A-PREP has been adopted to ensure the recruit selection process:

- 1) Is reflective of the physical demands required to do the job of a police officer
- 2) Is fair and equitable to all qualified applicants, and
- 3) Meets or exceeds all current Human Rights requirements.

The main difference between A-PREP and PARE is that the A-PREP has been validated with representative sample of Alberta municipal police officers. We also believe it is a more meaningful evaluation of an applicant's preparedness for the job of frontline policing.



Q: Where does A-PREP come from?

A: A-PREP was originally developed by Ontario Justice for Ontario Police Officers and has been validated with a representative sample in Alberta.

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.

Q: How long is an A-PREP score valid for?

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

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

A: 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 the A-PREP can be attempted again and a two (2) month waiting period for each successive fail.

Q: Is A-PREP easier/more difficult than PARE?

A: There are both similarities and differences with the A-PREP and PARE but ultimately it will depend 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.

Q: Will applicants be able to practice the A-PREP before attempting the test?

A: Yes. Throughout the year the EPS will provide orientation sessions for potential applicants.

Q: What happens if I applied when PARE was the standard and during my application process the A-PREP came into effect?

A: PARE is being replaced with A-PREP on January 1, 2010. After January 1, 2010 all applicants (new and current) must successfully complete the A-PREP to continue in the application process. You must pass the A-PREP if you are hired in 2010.



Q: What other agencies can administer the A-PREP test?

A: There are four licensed agencies within Alberta to administer the A-PREP test including:

- Calgary Police Service
- Edmonton Police Service
- Lethbridge Regional Police Service
- Medicine Hat Police Service

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

Q: Will current members of the Edmonton Police Service be required to do A-PREP?

A: No. Only hires after January 1, 2010 will be required to meet the A-PREP standard. All EPS sworn members will continue to be required to complete the annual EPS fitness test.

Q: Where can I get more information about A-PREP?

A: Contact a recruiter at 780-421-2233 or 1-866-777-0815 or go to join **EPS.ca**.