

FITCO Participants Information and Instruction

In preparation for taking part in the FITCO, please read and follow these instructions:

1. To book your FITCO test go to: [MCSCS Application and Selection Process](#) and engage the Community College contact address of your choice. Follow the instructions from the contact to book your test. This will cost you \$70 per test. If you are unsuccessful in the FITCO test, there is no minimal wait time to re- book and retest.
2. For information on participating in a FITCO Familiarization and Practice session go to: [MCSCS Application and Selection Process](#). Date, time and cost vary between locations.
3. As per the instructions on the PAR-Q+ (The Physical Activity Readiness Questionnaire for Everyone), complete the attached PAR-Q+ form which identifies the presence of medical conditions that could pose a risk during exercise. Bring the completed form to your test.
4. If you answer "yes" to any of the PAR-Q+ questions, you must complete the ePARmed-X form @ www.eparmedx.com. If you receive "Online" clearance with the ePARmed-X, print the form and bring this form to your testing. If you do not receive "Online" clearance with the ePARmed-X, take the FITCO Participant Informed Consent and Release form to a physician along with the PARmed-X+ form and the ePARmed-X form so that the physician is aware of what you will be doing when performing the FITCO. You will need to have the physician complete the OFT-09 FITCO Physical Activity Readiness Conveyance/Referral in order to participate in the FITCO. Bring this completed form to your test.
5. If you are 45 years of age and over you must receive clearance from a physician before taking part in the FITCO. Take the FITCO Participant Informed Consent and Release form to a physician so that they are aware of what you will be doing when performing the FITCO. You will need to have the physician complete the OFT-09 FITCO Physical Activity Readiness Conveyance/Referral form in order to participate in the FITCO. Bring this completed form to your test.

6. Applicants who possess two or more of the following major coronary risk factors should receive medical clearance from a physician before taking part in the FITCO ;

- a family history of heart attack or sudden death before 55 years of age;
- currently smoke tobacco (e.g. cigarettes, cigars etc.);
- have high blood pressure (>144/94);
- have diabetes mellitus;
- have high blood cholesterol;
- are in a sedentary occupation and are physically inactive;

Take the FITCO Participant Informed Consent and Release form to a physician so that they are aware of what you will be doing when performing the FITCO. You will need to have the physician complete the FITCO Physical Activity Readiness Conveyance/Referral form in order to participate in the FITCO. This referral form is OFT-09 FITCO Physical Activity Readiness Conveyance/Referral form. Bring this completed form to your test.

7. Your blood pressure will be taken prior to the test. If your pressure is more than 160/90, you may not be able to participate. If you suspect that your blood pressure will be elevated on your test date, take the FITCO Participant Informed Consent and Release form to a physician along with the PARmed-X form so that the physician is aware of what you will be doing when performing the FITCO. You will need to have the physician complete the OFT-09 FITCO Physical Activity Readiness Conveyance/Referral form in order to participate in the FITCO. Bring this completed form to your test.

Note: If you give any untruthful or misleading answers you, the applicant, may be found unsuitable for employment, or if accepted for employment, could face disciplinary action or even dismissal.

8. Complete and sign the Informed Consent and Release document which provides information about the FITCO test and any risks associated with participation.
9. You will complete the Participant Declaration form with your FITCO administrator on the day of the test.
10. In preparation for testing, be aware of the following:
- Exercise Attire: Wear running shoes and exercise clothing.
 - Smoking: Do not smoke for two hours prior to the test.
 - Food and Beverages: Do not eat a large meal for at least two hours prior to the test and refrain from drinking caffeine or alcoholic beverages prior to the test.
 - Exercise: Do not exercise vigorously in the 24 hours prior to the test.

Arrive at the test site at least 30 minutes prior to your test appointment time to allow your blood pressure to settle down. **Bring your completed PAR-Q + form (and if required- the ePARmed-x and Physician completed OFT-09 FITCO Physical Activity Readiness Conveyance/Referral form). FITCO Participant Informed Consent and Release, and Participant Declaration forms and photo identification with you.**

If you have questions regarding the FITCO please contact Joseph.Winkworth@ontario.ca , Occupational Health and Fitness Lead, Correctional Services Recruitment and Training Centre.