



Pathway to Succeeding the PREP

Welcome to the "Pathway to Succeeding the PREP." This guide is designed to assist aspiring candidates in preparing for and succeeding in the Physical Readiness Evaluation for Police (PREP) test.

1. Introduction

The Physical Readiness Evaluation for Police (PREP) test is a pivotal assessment for aspiring police officers, designed to measure the physical aptitude and readiness of candidates to perform essential policing duties. Success in the PREP test is not merely a hurdle to be crossed in the police recruitment process; it is a demonstrative measure of a candidate's ability to endure the physical demands inherent in police work.

Policing is a physically demanding profession. Officers are often required to respond swiftly in emergencies, pursue suspects, and manage physically challenging situations. The PREP test simulates these demands to assess a candidate's fitness and endurance levels, ensuring that they possess the necessary physical capabilities to carry out their duties effectively and safely.

In this guide, we will walk you through the key components of the PREP test, offering insights, strategies, and tips to enhance your preparation and performance. Our aim is to equip you with the knowledge and confidence to navigate the PREP test successfully, paving the way for a rewarding career in policing.

2. Understanding the PREP

Pursuit/Restraint Circuit (PRC)

The PRC is designed to simulate the physical activities involved in a foot chase and the subsequent restraint of a suspect. The circuit involves a 25-meter obstacle course that candidates must navigate four times without stopping. The course includes various physical tasks such as climbing stairs, jumping over a 4 foot fence, looking over a 6' 6" wall and pulling a 178 pound mannequin mimicking the unpredictability and physical exertion of real-life police pursuits.



Emergency Response Circuit: The PREP Pursuit/Restraint Circuit

The Physical Readiness Evaluation for Police (PREP) Pursuit/Restraint Circuit is a comprehensive test designed to evaluate the physical capabilities of police constables in real-world situations. This detailed explanation covers the various components of the circuit, including the weights and heights required to complete it.

Preparation:

Participants should double-knot their shoelaces.

Hats, bandanas, or other loose headwear should be removed to prevent them from falling off during the test.

Long hair should be tied back to avoid visual impairment or entanglement in equipment.

Loose clothing should be properly affixed to avoid getting caught in equipment.

Participants will wear a combined weight of 8kg/18lb (4kg/9lb belt and 4kg/9lb vest) to simulate standard police equipment. Vests are one size and belts come in different sizes, and participants should ensure a snug fit. If the belt falls off during the test, participants must stop and put it back on, though the clock keeps ticking.

Pursuit:

The circuit involves four laps of 25 meters each.

Tasks include climbing stairs (touching at least two steps up and down), scaling a 1.2m/4ft fence twice, peeking over a 2m/6.5ft fence twice and communicating which number is on the right or left as per appraisers' direction and crawling under barriers during all 4 laps.



Body Control Simulator:

Simulates the control and restraint of a resisting offender.

Requires pushing and pulling weights (35.5 kg/78 lb) in various directions.

Participants must follow specific sequences of push and pull, maintaining a grip and ensuring the weights stay elevated. Protocols and warnings will be clearly explained by the assessor prior to testing. They include keeping the weights up, not dropping the weight, completing full arcs, only having hands touching the wheel of the PTM machine, not slamming the weights and maintaining control as per assessor directions. Receiving 3 warnings will result in a "Does not meet standard" assessment.



Arm Restraint Simulator:

Simulates the force needed to grip and retract an offender's arms.

Participants grip handles and bring them together until they touch, requiring a grip force of 14.5 kg/32 lb and a retraction force of 16 kg/35 lb.

Grasp both handles with your FINGERS AND THUMBS WRAPPED AROUND the grip and fully depresses the handles then bring the arms together UNTIL THE TWO WHITE COLLARS TOUCH. You may bring one arm over to its stop point ahead of the other arm, but you MUST maintain your grip on both handles with thumbs around throughout so that the handles remain fully depressed.

You are allowed a maximum of 3 attempts to successfully complete each Arm Restraint Simulation. On each attempt, you are only allowed one pause (grip release) on EITHER the left hand OR the right hand OR on both hands simultaneously. If you pause more than once or slam the weights, you will receive a warning and you must then return to the starting position of the Arm Restraint Simulation. Whenever the machine's ARMS are being moved/retracted, YOU MUST MAINTAIN THE GRIP ON BOTH HANDLES (that is, both handles MUST be depressed). On the third occasion that you release the grip or slam the weight you will receive a "Does Not Meet Standard".



Victim Drag:

Simulates pulling a 77 kg/170 lb accident victim (represented by a mannequin) out of a car and dragging them to a triage area.

Participants must drag the mannequin over a resistive mat (requiring a force of 55 kg/121 lb) and then around a pylon.

Victim Drag (mannequin weight = 77 kg/170 lb; force required over resistive mat = 55 kg/121 lb; force required over rest of floor = 35 kg/77 lb):

This task simulates pulling an accident victim or offender out of a car then dragging the victim to a triage area. Using the handle attached to the back of the mannequin's neck, you will drag it over a resistive mat that requires the same force needed to pull a body out of a car and then you will continue to pull the mannequin around the pylon and back



until the heels pass the Start pylon. If you slam or kick the pylon so that it moves a large amount (more than 2 feet) you will be instructed to go around the pylon again.

This is a simulated victim drag and you are to treat the body with the same care you would give a human being. If you abuse the victim it will be noted on your recording sheet.

The "Meets Standard" completion time for the Pursuit/Restraint Circuit is 157 seconds. There is plenty of time to complete the circuit, so it is recommended that you move in a purposeful manner and ensure that you follow the instructions of the appraiser.

Performance Standards:

Appraisers provide real-time feedback, and participants must adhere to specific protocols throughout the test. These protocols will be explained by the assessor prior to testing.

If an appraiser says "Does Not Meet Standard," it indicates a failure in a test component, though participants are encouraged to finish the circuit.

The standard completion time for the circuit is 157 seconds.

Post-Circuit:

After completing the circuit, participants receive a minimum rest period of 15 minutes before starting the Leger 20 Meter Shuttle Run.

A "Meets Standard" time for the circuit is 157 seconds or less. Participants should then return their equipment to its original location and prepare for the next test.

In summary, the PREP Pursuit/Restraint Circuit is a thorough test of a police constable's physical readiness for real-world emergency response scenarios. It requires participants to navigate various physical challenges that simulate the demands of the job, all within a specified time frame.

General Strength Training for the Emergency Response Circuit:

To excel in the Emergency Response Circuit, participants should engage in targeted strength training exercises. These exercises focus on building muscle groups and functional movements directly relevant to the test's components. Incorporating squats, lunges, push-ups, bench presses, pull-ups, rows, and deadlifts can significantly improve performance in activities like stair climbing, fence scaling, and the victim drag. Additionally, enhancing grip strength and practicing functional movements such as bear crawls and planks can be beneficial. Plyometric exercises like box jumps can boost explosive power, while cardiovascular training ensures endurance throughout the

circuit. Prioritizing flexibility, mobility, and proper recovery strategies will also be crucial for optimal performance and injury prevention.

1. General Strength Training:

- **Squats and Lunges:** Strengthen the quadriceps, hamstrings, and glutes. These exercises are crucial for activities like stair climbing, fence scaling, and the victim drag.
- **Push-Ups and Bench Press:** Build chest and tricep strength, beneficial for the Body Control Simulator. Keep your hands in a close grip with elbows slightly bent and hold for 10 seconds, slower and then raise. Do 10 reps for 3 sets.
- **Pull-Ups and Rows:** Enhance back and bicep strength, aiding in the arm restraint simulation and looking over the fence tasks.
- **Deadlifts:** Strengthen the back, glutes, and hamstrings, important for the victim drag component.

2. Circuit-Specific Strength Training:

- **Weighted Vest Training:** Incorporate a 8kg/18lb weighted vest (or the equivalent) during regular workouts to simulate the conditions of the Pursuit/Restraint Circuit.
- **Weighted Stair Climbs:** Mimic the stair component by climbing stairs while holding weights or wearing a weighted vest.
- **Fence Pull-Ups:** Use a bar set at the height of the fence (1.2m/4ft and 2m/6.5ft) and practice pulling oneself up, simulating the fence peeking action.

3. Grip Strength Training: (For the Arm Restraint Simulator)

- **Farmers Walk:** Hold heavy dumbbells or kettlebells in each hand and walk for distance or time.
- **Wrist Curls and Reverse Wrist Curls:** Strengthen the forearms.
- **Plate Pinches:** Hold weight plates together with a pinch grip (fingers on one side, thumb on the other) and hold for time.
- **Tennis Ball Squeezes:** Use a tennis ball to improve grip strength. Squeeze and hold for 10 seconds then release and repeat. Do reps of 10 each hand and 3 sets.

4. Functional Movements:

- **Bear Crawls and Planks:** These exercises can improve core strength and stability, aiding in the barrier crawl component.

- **Tire Flips or Sandbag Lifts:** These can simulate the motion of the Body Control Simulator, where the participant pushes and pulls weights in various directions.
- **Mannequin (or dummy) Drags:** Practice dragging a weighted sled or dummy across a field to simulate the victim drag.

5. Plyometrics:

- **Box Jumps:** Improve explosive power, useful for fence scaling.
- **Burpees:** Enhance full-body explosive strength and cardiovascular endurance.

6. Cardiovascular Training:

- **Interval Runs:** Short sprints followed by rest periods, mimicking the Pursuit/Restraint Circuit's intensity changes.
- **Endurance Runs:** Longer, steady-state runs to build overall cardiovascular endurance.

7. Flexibility and Mobility Work:

- **Dynamic Stretching:** Before workouts, perform leg swings, arm circles, and torso twists.
- **Static Stretching:** After workouts, stretch the major muscle groups to improve flexibility and aid recovery.

8. Recovery:

- **Rest and Sleep:** Ensure adequate recovery between intense workouts and get sufficient sleep.
- **Nutrition:** Consume a balanced diet with an emphasis on protein to aid muscle recovery and growth.

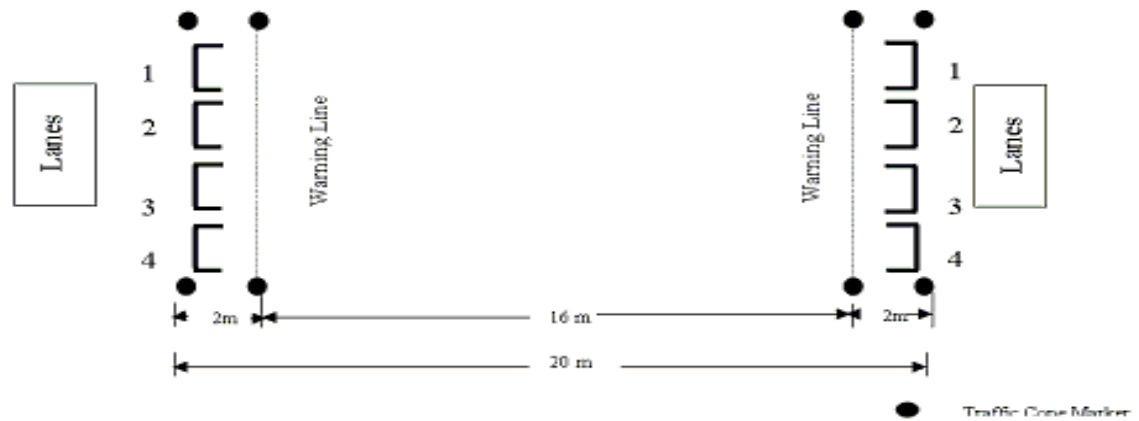
Lastly, it's essential to progressively increase the weights and intensities in these exercises, ensuring that the training remains challenging. Regularly testing oneself on the actual circuit components can provide feedback on areas that need additional focus. A certified personal trainer or strength and conditioning coach can provide further guidance and create a tailored program to meet individual needs.

Aerobic Shuttle Run (Beep Test)

The Aerobic Shuttle Run, also known as the beep test, evaluates a candidate's aerobic fitness level. In this test, candidates run back and forth over a 20-meter course, keeping pace with beeps that gradually increase in frequency. The test continues until the candidate can no longer maintain the required pace, providing a measure of their aerobic endurance.

Leger 20 Meter Aerobic Shuttle Run: An Enhanced Overview

Evaluation Purpose: The Leger 20 Meter Aerobic Shuttle Run evaluates the aerobic fitness of participants.



Requirements:

1. The test does not require wearing the weighted belt or vest.
2. The objective is to run back and forth over a 20-meter distance, with the pace increasing after each stage. Each half stage lasts about 30 seconds.
3. To receive a "Meets Standard" rating, participants must reach stage 7.0, which is roughly seven minutes of running.

Instructions:

1. **Starting:** Participants will start at one end of a 20-meter space marked by pylons.
2. **Running:** At every beep or signal, participants must reach the opposite 20-meter line. One foot must be on or over this line.
3. **Pivot:** Once they touch the 20-meter line, participants should pivot on the ball of their foot to change direction swiftly.
4. **Pace:** The test begins slowly, but participants should aim to reach the line just as the beep sounds.
5. **Warning System:**
 - **First Warning:** If a participant doesn't reach the 2-meter warning line by the beep, their lane number will be called out, followed by "first warning."
 - **Reversing the First Warning:** If, after receiving the first warning, the participant touches the 20-meter line and then successfully crosses the

warning line at the opposite end before the next beep, the first warning is annulled, as if it never occurred.

- **Second Warning:** If a participant fails to cross the warning line before the beep for the second consecutive time, the assessor will call out the lane number with "second warning." This indicates that the participant did not meet the standard and must stop running immediately.
 - **Warnings:** If a participant's foot doesn't touch or go beyond the line by the beep, they receive a warning. Accumulating three such warnings results in test termination.
 - **False Starts:** Leaving a starting line too early (beyond the two-meter warning line before the beep) will result in a false start warning. Three false starts lead to a "Does Not Meet Standard" rating.
6. **Exiting:** Once participants receive the "second warning" or reach stage 7.0, they should exit at the end of their lane without crossing into another participant's lane.

Training Suggestions:

1. **Endurance Training:** Regularly engage in long-distance running to build aerobic stamina.
2. **Interval Training:** Incorporate short bursts of high-intensity running followed by rest periods. This mimics the shuttle run's increasing intensity.
3. **Plyometric Exercises:** Exercises like jump squats can help improve explosive strength, crucial for quick starts and stops.
4. **Agility Drills:** Ladder drills or cone drills can improve footwork, making it easier to pivot and change directions quickly.
5. **Practice:** Regularly practice the 20-meter shuttle run to familiarize yourself with the pace and develop a strategy for the actual test.

Additional Notes:

- Participants will be identified by their lane number.
- Observers should not provide encouragement during the test to ensure participants hear the signals.
- A warm-up is included in the test, and the final part may require maximal effort.
- Participants should ensure their shoelaces are double-knotted and should not wear loose hats or bandanas.

- A rest period of a minimum of 15 minutes is allowed between the Pursuit/Restraint Circuit and the Shuttle Run.

Scoring Summary:

- For the Pursuit/Restraint Circuit, a "Meets Standard" rating requires successful completion in 157 seconds or less.
- For the Aerobic Shuttle Run, a "Meets Standard" rating is achieved at Stage 7.0.
- Participants must meet the standard in both the Pursuit/Restraint Circuit and the Aerobic Shuttle Run to pass the PREP.

Preparing for the 20 Meter Shuttle Run (Beep Test)

The 20 Meter Shuttle Run, also known as the beep test, is a standard fitness assessment tool used to measure an individual's aerobic capacity and endurance. It is a crucial component of the police PREP (Physical Readiness Evaluation for Police) physical test.

Objective

The objective is to run continuously between two points that are 20 meters apart, keeping pace with a series of beeps. The test becomes progressively faster, challenging the individual's aerobic capacity.

Equipment and Setup

- A flat, non-slippery surface
- Cones/objects to mark the 20-meter distance and cones/objects to mark a 2 meter warning line at each end.
- An audio source to play the beeps. Use the official Leger 20 Meter Shuttle Run for training purposes. The link is available on the Police Fit Canada website for download. It is listed in the Q & A section of the website. www.policefit.ca

Training Tips for Improving the 20 Meter Shuttle Run:

1. **Start at a Higher Level:** Instead of always beginning at the slowest pace, occasionally start your practice sessions at a more challenging level. This pushes your body to adapt to a faster pace right from the beginning.
2. **Familiarize with Faster Paces:** Frequently practice at the higher levels or stages of the shuttle run, even if you can't maintain the pace for long. The more you expose your body to these faster paces, the more accustomed you'll become, which can be beneficial on test day.
3. **Step Out and Re-enter Strategy:**

- During training, don't be discouraged if you can't keep up with the beep. Instead, step out for a beep or two, catch your breath, and then re-enter the run at the pace currently sounding.
 - This strategy helps train the body to adapt to varying intensities and can be particularly useful for mimicking real test scenarios where you might push beyond your comfort zone.
 - Remember, while the 2-warning system applies during the official test, it doesn't need to limit your training sessions. Use the stepping out method as a tool for improvement, not as a sign of failure.
4. **Interval Training:** Incorporate intervals into your training regimen. Run at a high intensity for short periods followed by rest or low-intensity periods. This mirrors the increasing intensity of the shuttle run and helps improve aerobic capacity.
 5. **Endurance Training:** While the shuttle run focuses on short bursts of speed, having a strong aerobic base from longer, steady-state runs can be beneficial.
 6. **Agility and Pivot Drills:** The shuttle run requires quick changes in direction. Practice agility drills, like cone drills, to improve your turning speed. Focus especially on the pivot at each end of the 20 meters, as a swift and efficient turn can shave off valuable seconds.
 7. **Mental Preparation:** Familiarize yourself with the beeps' rhythm and practice pacing yourself accordingly. Visualization techniques, where you mentally rehearse the run, can also help in preparing for the actual test.
 8. **Regular Mock Tests:** Set up a 20-meter space and simulate the test conditions as closely as possible. This not only gets you accustomed to the test format but also helps track your progress.
 9. **Feedback and Adjustments:** Record your training sessions. Reviewing these can provide insights into your pacing, turning technique, and areas where you might be losing time.
 10. **Recovery and Nutrition:** Ensure you're giving your body ample time to recover after intense sessions. Proper nutrition and hydration play a crucial role in performance and recovery.

Key Takeaway: Training for the 20-meter shuttle run isn't just about enduring the increasing speeds but also about strategically pushing and pacing oneself. Embracing the step out and re-enter strategy during training, and starting at higher levels, can be pivotal in enhancing performance for the final test.

The Importance of Recording Achievements in a Log:

Maintaining a log of your achievements serves as a tangible testament to your progress and dedication. By documenting each milestone, no matter how small, you create a

visual representation of your journey, highlighting both your successes and areas that need improvement. This simple act of writing down achievements in an easily visible place serves multiple purposes:

1. **Motivation:** Seeing your progress can provide a significant boost in motivation. On days when you might feel discouraged or stagnant, a glance at your log can reignite the drive to push forward.
2. **Accountability:** A log keeps you accountable. Regularly updating your achievements ensures consistency in your efforts, making it less likely for you to skip sessions or tasks.
3. **Reflection:** By reviewing your log, you can reflect on what strategies worked best for you and which ones didn't. This aids in refining your approach and setting more effective goals for the future.
4. **Celebration:** Recognizing and celebrating small victories can enhance self-confidence and morale. Your log serves as a reminder of the hard work you've put in and the accomplishments you've achieved.
5. **Goal Setting:** With a clear record of where you've been, it's easier to set realistic and challenging goals for where you want to go next.

Furthermore, when you meet with your recruiter, these recorded challenges underscore your dedication, commitment, and willingness to pursue success. They serve as evidence of the character traits that police services highly value. Your log is more than just a record; it's a testament to your resilience and determination. Always remember, in the world of policing and public service, recognition is never merely given; it is genuinely earned and thoroughly deserved.

Frequently Asked Questions (FAQs)

Q: What should I wear on the test day?

A: Wear comfortable athletic clothing and suitable footwear that you have previously trained in. Avoid wearing new shoes or clothing that might cause discomfort. If you have additional running shoes you are encouraged to bring them with you to assure proper grip and comfort.

Q: **Can I bring my own water to the test?**

A: Yes, it is advisable to bring your own water to stay hydrated before and after the test.

Q: **What happens if I fail the PREP test?**

A: If you fail the PREP test, you may be given an opportunity to retake the test after a certain period, recommendations from the assessor and/or personal training timeframe.

Q: **How often can I attempt the PREP test?**

A: The frequency of attempts may vary based on the police service's policies. It's best to check with the specific police service for accurate information.

Q: Is there a cost associated with taking the PREP test?

A: Yes, the cost of taking the PREP test is \$79.00 plus HST. Costs may vary, and it's advisable to check with the specific police service for the most accurate and up-to-date information.

Q: Where is the PREP Testing and Workshops held for the Ottawa Police Service?

A: The testing and workshops are held in the new 911 Institute at La Cité, 801 Aviation Parkway, Ottawa, Ontario K1K 5R3. Please enter by the Security Doors that are located next to the large La Cite sign in the roundabout.

The PREP Testing area is located in the lower level of the 911 Institute in building "A" (same building as Security) Rooms A-0340 and A-0350.

Q: What will happen at the test once I arrive?

A: We will greet you at our testing facility.

PROCESSING OF FORMS

i: We will verify your Medical Clearance (if you answered 'YES' to one of the 7 questions on the PAR-Q and You form or the PAR-Q+ form you must have a Medical Clearance form signed and stamped by a physician. A medical Clearance is only required if you answer "Yes" to one of the 7 questions on the PAR-Q & You form and/or you are over 45 years of age. We will make a copy of your Medical Clearance (part 2 of form) and check your government issued picture ID.

ii: We will provide you the necessary forms to sign (the PAR-Q and You form, the Liability Waiver and Informed Consent). See our Forms-Formulaire section on our website to view these forms. All forms will be provided upon your arrival for testing. We will NOT email these forms to you prior to testing.

iii: We will take your blood pressure and heart rate. Blood pressure reading must be under 160/90Mh prior to testing. A Medical Clearance is required if the blood pressure reading is higher than 160/90Mh. (Covid 19 Measures may be in effect)

iv: We will explain the test and demonstrate the protocols of the test and how they are evaluated.

v: You will have a warm-up period.

vi: You will have an opportunity to practice the various components of the test until no further questions are asked and all guidelines have been given. (1 candidate at a time with disinfecting between each practice followed by testing immediately).

vii: Test will be administered! You will be given your time and results at the end of your performance.

We will provide you with the Certificate of Results when you have passed your PREP test. You are encouraged to forward your results with your completed application. Your PREP Certificate of Results is valid for 6 months from the date of testing.

****NOTE**** We strongly encourage all candidates to scan a copy of their results to their private email. Doing so, will allow for a quick verification/confirmation if the need should arise at a later date.

Test Day Preparation

Preparing for the test day involves more than just physical training. It also includes ensuring that you are mentally ready and have all the necessary items required for the test. Here are some tips to help you prepare for the test day:

- Nutrition: Eat a balanced meal 2-3 hours before the test. Avoid heavy, fatty, or unfamiliar foods that might upset your stomach. If you have an early scheduled PREP, consider the following guidelines:
 - 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 will need it after the test.)
 - 12 hours before TESTING: Abstain from alcohol for at least 12 hours.
 - 24 hours before TESTING:
 - Abstain from using any stimulants for at least 24 hours (i.e., products containing ephedrine, pseudoephedrine, ephedra).
 - Abstain from any vigorous exercise within 24 hours.

Booking a PREP Workshop or PREP Testing www.policefit.ca

Q- I booked a PREP Workshop / Test and can't make it or no longer need to do it... can I get my money refunded or change my date & time?

Unfortunately, the number of participants is limited at each workshop & test, your commitment to attending may have prevented others from attending that session or having a priority status.

PLEASE note that due to limited numbers per session you remain committed to your testing. An injury, not feeling "ready", a sickness or work schedule conflict, to name a few, remains your responsibility to assume. You will need to pay for another testing.

Due to the nature of our service, we rely on the number of registrations for staffing, booking of facilities and operations.

You are choosing a spot for a testing that has a limited number of spaces. You will NOT be reimbursed once registered.

Please be sure of your availability and status prior to booking.

Your registration is a commitment that you will be attending what you have scheduled for testing. If you are not sure of being prepared, of your availability or your wanting to be tested then please do not book.

Due to the nature of testing Police Fit Canada reserves the right to stop a candidate from continuing the test if the administrator deems the candidate unprepared for testing. In this case, the candidate will not be reimbursed testing fees.

Please do not book multiple dates because you fear you will not pass. We do not refund if you reserve multiple test dates. Please remember that we adhere to strict protocols regarding the number of applicants being tested per session.

NOTES:

Police Fit Canada Training Journal



Personal Details:

- Name: _____

Training Session Entry: Date: _____

Workout Type:

Cardio (e.g., Shuttle Run)

Flexibility

Strength Training: Type: *Upper Body *Lower Body *Grip Strength

Endurance

Other: _____

Training Details:

- **Main Session:**

- Exercise/Activity: _____
- Sets: _____ Repetitions: _____ Weight/Resistance: _____
- Notes: _____

Add more rows as needed for multiple exercises.

Shuttle Run Details (if applicable):

Starting Level: _____

Ending Level: _____

Total Duration: _____

- **Notes:** _____

Injuries/Issues: _____

Overall Feelings/Notes:

Energy Level (1-10): _____

Mood/Physical Well-being: _____

- **Additional Notes:** _____

Goals for Next Session:

1. _____
2. _____
3. _____

Overall Progress Notes:

Conclusion

As we draw this guide to a close, it's crucial to remember that every journey begins with a single step. The path to excellence is paved with determination, resilience, and an unwavering belief in oneself. While the road ahead may be filled with challenges, each obstacle is an opportunity in disguise, designed to mold you into a stronger, more capable individual.

Embrace each training session, each repetition, and every bead of sweat as a testament to your commitment. Let every setback not deter you but fuel your passion even further. Remember, true growth happens outside of your comfort zone. The efforts you invest today will shape the hero you become tomorrow.

And as you progress, let your logbook be a beacon, shining light on your achievements, reminding you of how far you've come and inspiring you to reach even greater heights. You have the power, the will, and the spirit within you. Trust in your journey, believe in your potential, and let your dedication be the driving force behind every stride you take.

In the end, it's not just about achieving a goal; it's about who you become in the process. Stand tall, aim high, and remember: your dreams are valid, your efforts are valued, and your journey is just beginning. Here's to the greatness that awaits. Keep pushing, keep striving, and above all, never stop believing in yourself.

Police Fit Canada is proud to continue our collaboration with the Ottawa Police Service, offering both PREP Testing and specialized Workshops. Our unwavering commitment is to conduct PREP Testing in strict adherence to established protocols, ensuring consistency and fairness for all. Yet, beyond the tests and protocols, our deeper mission is to support each candidate wholeheartedly on their path to success. We believe in the potential of every individual and are dedicated to nurturing that potential. In unity, we stand by our motto: "Pulling together for a stronger candidate."

Wishing you much success,

Paul St-Onge

Lead Proctor/Assessor

Police Fit Canada

www.policefit.ca

