PREP

FIT TO SERVE

Preparing for the PREP – the Physical Readiness Evaluation for Police

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Introduction

Policing takes place in a complex world that requires fast thinking and quick reactions. The profession demands many skills, both mental and physical. To test your suitability, the Ontario Ministry of Community Safety and Correctional Services, in partnership with the Ontario Association of Chiefs of Police, has developed the Constable Selection System.

The Constable Selection System has four tests, along with vision and hearing assessments, which determine eligibility for an employment interview:

Stage 1

Part 1

- Police Analytical Thinking Inventory (PATI) – written
- Written Communication Test (WCT) – written
- Physical Readiness Evaluation for Police (PREP) – physical

Part 2

- Behavioural Personnel Assessment Device (B-PAD) – simulations/video
- Vision test and Hearing Assessment

Note: You can only proceed to the B-PAD and Vision and Hearing Assessments once you have completed Part 1.

Stage 2

- Essential Competency Interview (ECI)
- Pre-Background Questionnaire (PBQ)

Stage 3

- Post Interview Assessments

The tasks in Stage 1 are administered in two parts. Once you have successfully completed Stage 1 you are provided with a Certificate of Results (COR) and can proceed to apply to individual police services, after which point you may be invited by a service to proceed to Stage 2, and if successful, Stage 3, the conditional job offer.

Background

The PREP was developed over a two-year period by experts in the areas of policing, fitness and equality rights to ensure it is an unbiased and valid occupational requirement for policing. It is based on a comprehensive scientific process. We are confident that the PREP effectively identifies those individuals who possess the physical capabilities needed to meet the rigorous demands of policing.

To validate the PREP, researchers:

- Conducted a comprehensive job analysis to identify policing tasks in which the safety of the police constable, co-workers or the public would be threatened by ineffective performance;
- Compared the job simulation tasks in the PREP with on-the-job policing tasks; and
- Established standards of acceptability based on the performance times of experienced female police officers.

In April 2002, the Ontario Human Rights Commission determined that requesting Police Constable candidates to pass the PREP is a reasonable and bona fide requirement.

Purpose

The purpose of this book is to:

1. Inform you about the individual components of the PREP, how to complete each component of the Pursuit/Restraint Circuit, and how you will be evaluated;
2. Provide sample exercise training guidelines to help you improve your capability to succeed at the PREP test, and
3. Assess your readiness to participate in the PREP.

PREP Test Components

There are three separate components to the PREP: a screening component to ensure your medical readiness and two performance components to assess your physical capability (the Pursuit/Restraint Circuit and the Aerobic Shuttle Run).

Attire and Equipment

Wear running shoes and exercise clothing while completing the Pursuit/Restraint Circuit components as this is required. You will be provided with a 4kg (9 lb) weighted belt and a 4kg (9 lb) vest to wear during the Pursuit/Restraint Circuit to simulate the weight of standard police equipment.

PREP Screening Components

Pre-exercise Clearance and Informed Consent

Before attempting the PREP as part of the Constable Selection System, you will be required to complete the Physical Activity Readiness Questionnaire, PAR-Q+, reproduced below, (and if required, the ePARmed-X+ at www.eparmedx.com). Always use the most recent PAR-Q+ documents available, which can be found at www.eparmedx.com. This health inventory identifies acute or chronic conditions that could pose a risk during exercise and which need to be cleared by a qualified exercise professional with advanced specialized university training and/or a physician. If additional clearance is required, have a physician or a qualified exercise professional with advanced university specialized training, sign the appropriate PREP Physical Activity Readiness Conveyance/Referral Form.

General Health Questions

1. Has your doctor ever said that you have a heart condition ☐ OR high blood pressure ☐ ?
2. Do you feel pain in your chest at rest, during your daily activities of living, **OR** when you do physical activity?
3. Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?
   Please answer NO if your dizziness was associated with over breathing (including during vigorous exercise).
4. Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? **PLEASE LIST CONDITION(S) HERE:**_____
5. Are you currently taking prescribed medications for a chronic medical condition?
   PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____
6. Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? **Please answer NO if you have had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE:** _____
7. Has your doctor ever said that you should only do medically supervised physical activity?

Blood Pressure

Next, your pre-exercise blood pressure needs to be measured.

If you are 45 years of age or less, and have answered “NO” to all 7 PAR-Q+ questions on pages 1, 2 and 3, and have a blood pressure less than 160/90 mmHg, you can participate in the PREP. Otherwise, you must complete the online ePARmed-X+ at www.eparmedx.com for further screening. Upon completion of the online ePARmed-X+ you will be issued a directive which will specify what intensity of physical activity you are cleared for.

If you are over 45 years of age and unaccustomed to regular vigorous to maximal effort exercise consult a qualified exercise professional with advanced specialized university training prior to engaging in the PREP.

Regardless of your PAR-Q+ responses, it is suggested that you have a physical examination by a physician before participating in the PREP.

In addition, prior to participation, you must sign an Informed Consent Form which contains information about each component of the PREP test and identifies any risks associated with participation.

PREP Performance Components

Pursuit/Restraint Circuit

The Pursuit/Restraint Circuit (Diagram 1 on page 11) simulates a police foot chase that includes obstacles, the control of a person who resists arrest and the dragging of an incapacitated person.

Throughout this test, you wear a 4kg (9 lb) weighted belt around your waist and a 4kg (9 lb) vest to simulate the weight of standard police equipment.

The Pursuit/Restraint Circuit is made up of four 25 meter rotations. In the pursuit phase of the test, you will run four laps around a 25 metre (82 ft) circuit as quickly as possible for a total distance of 100 metres (328 ft). During the first and third rotations you will pull yourself up to look over a 1.9 metre (6.5 ft) fence (Figure1) with a toe hold, climb up and down a set of stairs (Figure 2), drop to the floor and crawl under a barrier of 61 cm (24 in) (Figure 3). During the second and fourth rotations of the circuit; you will scale a 1.2 metre (4 ft) fence (Figure 4 with no toe-holds), climb up and down a set of stairs and then drop to the floor and crawl under a barrier of 61 cm (24 in), then go first to the Body Control Simulator and then to the Arm Restraint Simulator.

Figure 1 6.5 Fence

Figure 2 Stair climb

Figure 3 Barrier

Figure 4 Scaling the fence

Body Control Simulator

One revolution of the Body Control Simulator is carried out after a 50 meter pursuit and then a second revolution is carried out after an additional 50 meter pursuit. At the Body Control Simulator you push and pull a pair of handles to raise a 35.5 kg (78 lb) weight off the floor (Figures 5 and 6). Start in the center, push the handles until the weights are lifted well above the base, then pull the handle out until the weights are fully lifted above the base and hold the weight up and move to the right until the arm of the machine hits the stopper after moving 90 degrees. Next push the handle in until the weights are fully lifted above the base, hold the weight up while moving back to the center. Next, pull the handle out until the weights are fully lifted above the base, hold the weight up and move 90 degrees to the left. Next push the handle in until the weights are fully lifted above the base, hold the weight up while moving back to the center. This sequence is repeated a second time before moving on to the next component. Note: while moving from side to side, the weights must be fully lifted above the base and the chest is not permitted to come in contact with the Body Control Simulator handle.

Figure 5 Body control simulator (pull)

Figure 6 Body control simulator (push)

Arm Restraint Simulator

One revolution of the Arm Restraint Simulator is carried out after a 50 meter pursuit and then a second revolution is carried out after an additional 50 meter pursuit. At the Arm Restraint Simulator (Figure 7) you fully depress the handles on the grips of both arms of the simulator and bring the arms together. It requires 14.5 kg (32 lb) of force to depress each grip. With the grips constantly depressed, the arms of the equipment are forced together and then returned to their starting position. It takes 16 kg (35 lb) of force to retract each arm.

Figure 7 Arm restraint simulator

Victim Drag

Lastly, you will grasp a 77 kg (170 lb) mannequin by the handle behind the neck, and drag the mannequin a distance of 15 metres (50 ft) (Figure 8) over a resistive mat and around pylons.

Figure 8 Victim drag

The Pursuit/Restraint Circuit is scored as the total time from the start of the 100 metre (328 ft) circuit to the completion of the victim drag. For successful completion of the Pursuit/Restraint Circuit the time taken must be 157 seconds or less.

Following completion of the Pursuit/Restraint Circuit, you are required to rest for 15 minutes before beginning the aerobic fitness test.

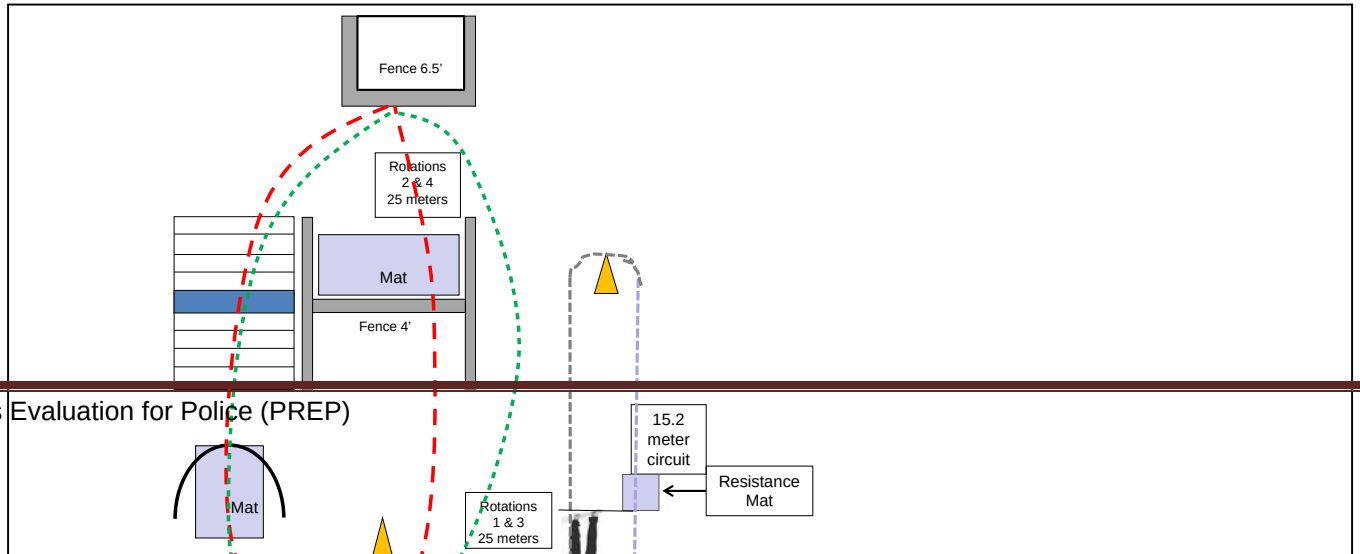


Diagram 1: PREP Pursuit/Restraint Circuit

Aerobic Fitness Test

The 20 metre Shuttle Run (Diagram 2) evaluates your aerobic fitness or work capability for physically demanding policing tasks as well as everyday policing activities. In this test, you run back and forth between two marked lines over a 20 metre (67 ft) course according to the audio signals recorded on a CD.

The time permitted to cover the 20 metres at the beginning of the test requires a slow jog. Thereafter, for each 20 metres, the time between audio signals lessens, requiring that you pick up your running pace. The audio signal informs you of the “stage” you are at as the test progresses.

In each leg of the Shuttle Run, warning lines, placed 2 metres (7ft) before each of the 20 metre end lines, must be reached before the permitted time elapses and the audio signal sounds. You will be cautioned by an examiner if you fail to cross a warning line in time and you must still reach the end line before returning. The test ends when you miss two consecutive warning lines.

To successfully complete the minimum requirement of the aerobic fitness test you must achieve Stage 7.0 in the 20 metre Shuttle Run.

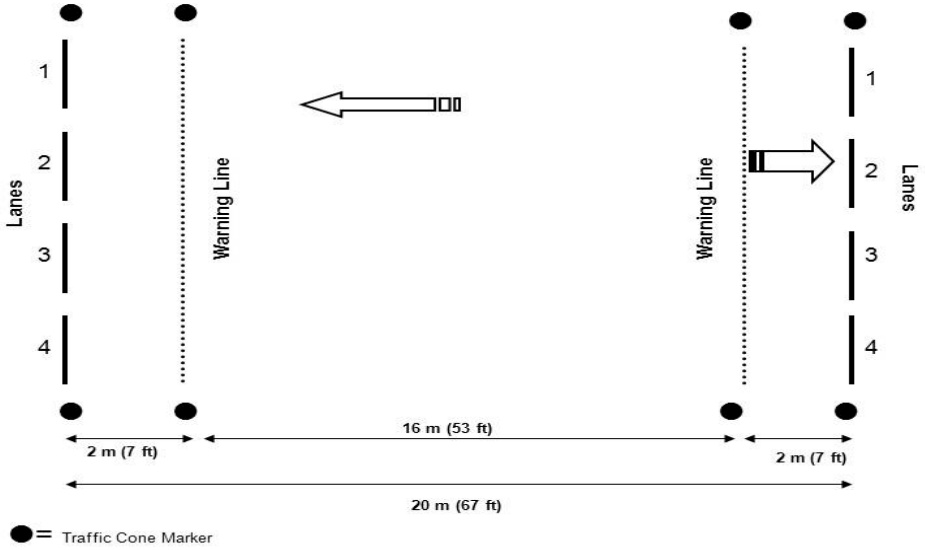


Diagram 2: The 20 metre Shuttle Run

PREP Overall Scoring

An overall “Meets Standard” rating for the PREP requires that you complete the Pursuit/Restraint Circuit in 157 seconds or less and reach Stage 7.0 in the 20 metre Shuttle Run.

Preparing for the Pursuit/Restraint Circuit

Performing the Pursuit/Restraint Circuit requires a combination of aerobic-anaerobic fitness as well as, muscular strength and endurance of the arms, shoulders, core (abdomen and back) and legs.

Anaerobic Training

Unlike aerobic fitness training, which requires long durations of moderate to vigorous intensity effort, anaerobic fitness training requires relatively short bursts of vigorous to maximum intensity effort as is experienced when pursuing an offender, jumping fences and controlling an offender. Interval training is an effective approach to improving anaerobic fitness. Alternate short duration periods (up to 10 seconds) of fast running (80-90% of maximum speed) with slightly longer periods (up to 30 seconds) of light jogging (active recovery). Perform 5 to 10 intervals per workout and be sure to push yourself to the point that you can no longer run at 80-90% maximum speed during the fast running intervals.

Muscular Strength and Muscular Endurance Training

Many physically demanding policing tasks require use of the muscles of the arms, shoulders, back, abdomen and legs. To ensure adequate strength and muscular endurance in each of these muscle groups, a resistance training program, which utilizes free weights, machines, body weight exercises or a combination of the three, should be followed. The main goal of a resistance training program is to “overload” the muscles of the arms, shoulders, back, abdomen and legs. Overloading a muscle group involves the combination of resistance, repetitions, sets and frequency. Adequate rest and recovery of at least 48 hours between workouts will ensure “adaptation” to the resistance training in preparation for subsequent “overloads”.

Resistance and Repetitions

Muscular Strength: Improvements in muscular strength can be achieved by performing 3-4 sets at a resistance which allows the effective completion of 6 to 10 repetitions approximately 3 times per week. This resistance should be approximately 80 - 85% of the maximum weight (resistance) that you can lift once. Start by choosing a resistance that allows the completion of 6 repetitions and gradually progress to 10 repetitions. When you have “adapted” to performing 10 repetitions at the same resistance, repeat the process with a higher resistance that allows the effective completion of 6 repetitions.

Muscular Endurance: Improvements in muscular endurance can be achieved in performing 3-4 sets at a resistance which allows the effective completion of 10 to 15 repetitions approximately 3 times per week. This resistance should be approximately 60% to 70% of the maximum weight (resistance) that you can lift once. Start by choosing a resistance that allows the effective completion of 10 repetitions and gradually progress to 15 repetitions. When you have “adapted” to performing 15 repetitions at the same resistance, repeat the process with a higher resistance that allows the effective completion of 10 repetitions.

Exercise Routine

Exercises that target the major muscle groups employed in policing tasks such as the arms, shoulders, core and legs should be emphasized in a resistance training routine. Whole body resistance training routines allow each muscle group to be trained a maximum of once every 48 hours. If you want to resistance train every day, it is recommended to train different muscle groups on alternate days – for example arms, shoulders and back on one day then legs and abdomen on the next day.

Exercise Selection

Incorporating resistance training performed with free weights, machines or body weight will help prepare you to meet the physical demands encountered in policing. The following are examples of exercise programs that can be performed with free weights, machines or using your own body weight. If you are unfamiliar with resistance training, consult a qualified exercise professional before you start and consider purchasing an introductory book on resistance training.

Muscle Groups	Free Weights	Machines	Body Weight
Arms	Barbell / Dumbell Curl, Triceps Extension	Bicepts Curl Triceps Extension	Push-ups (hands shoulder width) Triceps bench dips
Shoulders Back Abdominal	Barbell / Dumbell, Shoulder Press	Shoulder Press	Push-ups (hands wider than shoulder width) Chin-ups (reverse grip, both wide & narrow) Abdominal Crunch, Oblique Crunch
Legs	Barbell / Dumbell Row Squats, Lunges	Front lat pulldown, Seated Row Leg Press	Squats / Lunges, Wall Sits

How to Get Started

The first step in any resistance program is choosing your training goal. Beginners should initially adopt a resistance-training program designed to increase muscular endurance prior to progressing to a program designed to improve muscular strength. The following are examples of a whole body resistance training program for both muscular endurance and muscular strength for beginner, intermediate and advanced participants.

Beginner Resistance Training Program

Exercises	Sets		Reps		Rest interval between Sets (seconds)	
	ME	MS	ME	MS	ME	MS
Bench Press	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Leg Press	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Shoulder Press	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Front Lat Pulldown	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Triceps Extension	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Abdominal Crunches	2 – 3	2 – 3	10 – 15	10 – 15	60 – 120	60 – 120

Intermediate Resistance Training Program

Exercises	Sets		Reps		Rest interval between Sets (seconds)	
	ME	MS	ME	MS	ME	MS
Bench Press	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Leg Press / Lunge	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Shoulder Press	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Front Lat Pulldown	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Triceps Extension	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Abdominal Crunches	2 – 3	2 – 3	15 – 20	15 – 20	60 – 120	60 – 120
Reverse Chin-ups	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180
Tricep Bench Dips	2 – 3	2 – 3	10 – 15	6 – 10	60 – 120	120 – 180

Advanced Resistance Training Program

Exercises	Sets		Reps		Rest interval between Sets (seconds)	
	ME	MS	ME	MS	ME	MS
Bench Press	3 – 4	3 – 4	10 – 15	6 – 10	60 – 120	120 – 180
Leg Press / Lunge	3 – 4	3 – 4	10 – 15	6 – 10	60 – 120	120 – 180
Shoulder Press	3 – 4	3 – 4	10 – 15	6 – 10	60 – 120	120 – 180
Dumbell Row	3 – 4	3 – 4	10 – 15	6 – 10	60 – 120	120 – 180
Triceps Extension	3 – 4	3 – 4	10 – 15	6 – 10	60 – 120	120 – 180
Abdominal	3 – 4	3 – 4	20 – 30	20 – 30	60 – 120	60 – 120
Reverse Chin-ups	3 – 4	3 – 4	10 – 15	6 – 10	60 – 120	120 – 180
Tricep Bench Dips	3 – 4	3 – 4	10 – 15	6 – 10	60 – 120	120 – 180
Oblique Crunch	3 – 4	3 – 4	20 – 30	20 – 30	60 – 120	60 – 120

ME – Muscular Endurance
MS – Muscular Strength

Remember:

1. It is important to understand and respect your training limits to prevent injury.

2. To perform successfully on the push/pull unit, you are required to overcome a resistance of 35.5 kg (78 lb).

3. To perform successfully on the arm restraint simulator, you must first overcome a grip resistance of 14.5 (32 lb) with each hand. While maintaining your grip, you must then bring your arms together against a resistance of 16 kg (35 lb).

Preparing for the Shuttle Run

Aerobic Training

To improve aerobic fitness, you have to challenge your body's oxygen transport system. This is done by exercising at an appropriate frequency, intensity and duration.

Frequency

Aerobic fitness training should be performed 3 to 5 times a week.

Duration

The duration of each exercise session is related to the number of training sessions per week. If exercise training is conducted 3 days per week, each session should include 50 to 60 minutes of continuous activity. If you train 5 days a week, each training session should be 30 to 40 minutes in length. Note that the continuous activity could include some short periods of higher intensity effort intervals.

Intensity

The intensity of training is the most important aspect of an aerobic training session. The training intensity must be high enough to improve your aerobic fitness. Your heart rate is the gauge as to whether your training intensity is sufficient. Use a heart rate monitor or learn to take your own pulse by placing your fingers on the underside of your wrist and count the heart beats felt. It is best to stop exercising and count your pulse for 10 seconds then multiply it by 6 to get your heart rate for one minute.

To improve your aerobic fitness, your heart rate must be kept above the threshold throughout the training session. The threshold heart rate when training for policing is 80% of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220.

Thus, to improve your aerobic fitness level, the threshold heart rate is 80% x (220 - your age). As an example, for a 20-year-old, the threshold training heart rate is 80/100 x (220 - 20) = 160 beats per minute or 27 beats per 10 seconds. Hence, an effective training program for a 20 year old, the threshold training heart rate is 80/100 x (200 – 20) = 160 beats per minute or 27 beats per 10 seconds. Hence, an effective training program for a 20 year old would be to exercise 5 days per week for 30 to 40 minutes each day with the heart rate continuously above 160 beats per minute throughout the exercise session.

Type of Activity

To improve aerobic fitness, the exercise training must involve large muscle activity such as running, cycling, cross-country skiing, swimming or active sports like basketball, soccer and squash. It is best to choose an activity with which you are already familiar with. Exercising with a partner will provide greater motivation to continue the activity.

Maintenance Program

Generally, a 6 week training period of 5 days per week for 40 minutes each day will bring about substantial training improvements. After the 6 week period, you should be ready to switch to a maintenance program of 3 days per week for 45 minutes per day with your heart rate continuously above the training threshold throughout each exercise session.

Sample Workout

Try a resistance workout on Monday, Wednesday and Friday and an aerobic workout on Tuesday, Thursday and Saturday.

Alternatively, perform both resistance and aerobic workouts 6 days a week.

Begin your combined aerobic and resistance training with 30 minutes of aerobic exercise at your target heart rate, followed by 20 minutes of resistance training for the arms, shoulders, abdomen and back one day and 20 minutes of resistance training for the legs the next day.

All workouts should begin with a 5 to 10 minute warm up of stretching and light calisthenics.

End all workouts with a 5 to 10 minute cool down. This typically includes stretching the muscles that were challenged during the exercise session.

Self-Testing for the PREP Pursuit /Restraint Circuit

All potential applicants are encouraged to take advantage of scheduled pre-test opportunities to become familiar with the PREP Pursuit/Restraint Circuit. Trying out the individual Pursuit/Restraint Circuit components and the full Circuit will help applicants to prepare for the official PREP test. Information regarding the PREP pretest opportunities is typically announced during recruiting sessions.

Self-Testing for Aerobic Fitness

Completing stage 7.0 in the Aerobic Shuttle Run requires approximately the same level of aerobic fitness as running 2.4 km (1.5 miles) in 12 minutes and 10 seconds. You can test yourself by running for 12 minutes and 10 seconds then measuring the distance you covered using your car's odometer.

Improving Back Health

Years of riding in a patrol car or sitting at a desk can result in poor back health. However, the majority of back problems can be avoided by a regular routine of stretching and strengthening the muscles that support your back.

Stretching for Back Health

Stretching should be done slowly, without bouncing. Hold each stretch for at least 10 seconds and as long as 30 seconds. Push the stretch to the point that it begins to get painful, and then hold the stretch and when the tension releases stretch a bit further.

Examples of Stretches for the Back:

Single bent-knee leg lifts. (Figure 9) While lying on your back with your knees bent, place your hands around the shin or hamstring of one leg and attempt to pull the knee as close as possible to the chest. Repeat with the other leg.

Figure 9 Single bent-knee leg lifts

Double bent-knee leg lift and curl. (Figure 10) While lying on your back with your knees bent, place your hands around the shins or hamstrings of both legs and attempt to pull the knees as close as possible to the chest, and then curl your head up gently toward your knees.

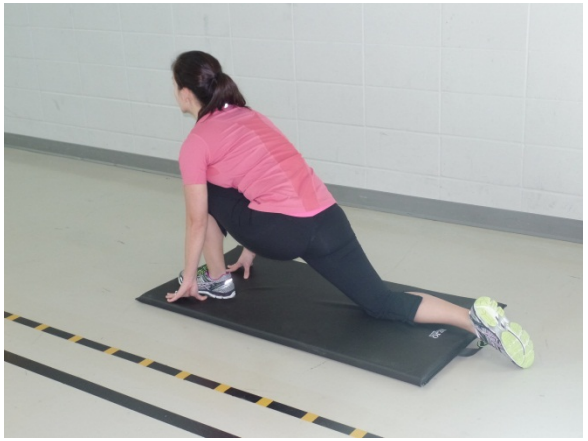
Figure 10 Double bent-knee leg lift and curl

Lower back rotation. (Figure 11) Lie on your back and while keeping your shoulders flat on the ground, bend one knee and raise the leg to a 90° angle, then rotate it across the other leg and while pushing gently with your hand, attempt to bring the knee as close as possible to the ground. Repeat with the other leg.

Figure 11 Lower back rotation

Upper back rotation. (Figure 12) In a sitting position with the right leg straight on the ground, left foot over the knee of the straight right leg and put it flat on the ground beside the right knee. Place your right elbow against the left side of the bent left knee and, while applying pressure with your right elbow, rotate your upper body and head to the left. Repeat in the opposite direction.

Figure 12 Upper back rotation



Hip stretch. (Figure 13) Extend the right leg straight backward with the right knee touching the floor and position the left knee above the left ankle. Place both hands on the floor on opposite sides of the leg for balance and push down gently on your hips. Alternate legs.

Figure 13 Hip stretch

Back extension. (Figure 14) Standing with your knees slightly bent, place your palms on the back of your hips and gently push your hips forward.

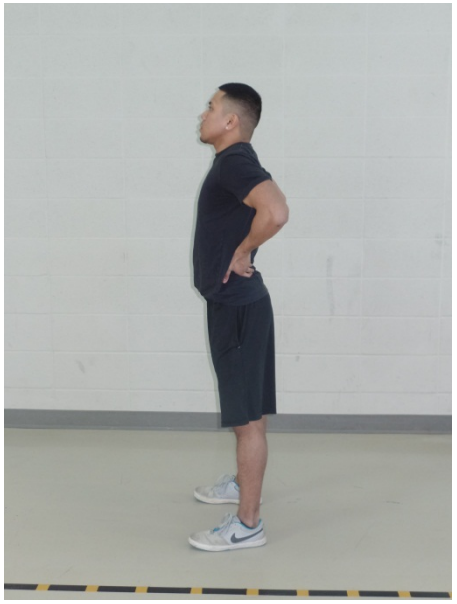


Figure 14 Back extension

Improving Strength and Endurance for Back Health

Detailed guidelines for improving strength and muscular endurance are provided in the Pursuit/Restraint section on pages 13 to 15.

Examples of muscular strength and endurance exercises to improve back health are: crunches, reverse crunches, recumbent cycling, straight leg hip raises, sitting knee-ups, and prone simultaneous opposite arm and leg lifts.

Personal Training Diary

To assist you with your preparation for the PREP a Personal Training Diary is provided. Record your training activities after each workout.

	Example	Week 1	Week 2	Week 3	Week 4
Day 1	• walk – jog 30 min • ten 50 m sprints				
Day 2	• upper and lower body weight training				
Day 3	• swim 30 min • ten 25 m sprints				
Day 4	• upper body weight training • cycle 40 minutes				
Day 5	• walk – jog 30 min • ten 50 m sprints				
Day 6	• upper and lower body weight training				
Day 7	• jog 40 min				

Aerobic Fitness:

Try to be active at least 3 times per week, for 50 – 60 minutes each time or 5 times per week for 30 – 40 minutes each time.

Muscular Strength and Endurance:

Perform 3 sets of 6 – 10 repetitions of an exercise at a resistance which is 80 – 90% of your maximum lifting capacity. Strength train every other day.

A Final Word

The PREP is one of four test requirements in the pre-interview phase of the Constable Selection System. The information in this booklet has made you aware of what you'll face and how you might prepare, but these guidelines do not guarantee that you will pass the PREP test. By following the guidelines provided in this publication, however, you will improve your aerobic fitness, muscular strength and muscular endurance, which are essential fitness capabilities for safe and effective policing.

ACKNOWLEDGEMENT

We gratefully acknowledge the contribution of:

The contributors of the original Physical Readiness Evaluation for Police (PREP) material.

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With any physical exercise program, there is a risk of physical injury. If you are unsure of your medical condition, and especially if you have any cardiovascular, pulmonary or metabolic disease, or a family history of such diseases, you should consult with your doctor before beginning or changing your exercise program. It is advisable to exercise with a partner and to use caution when using exercise equipment. The Ministry of Community Safety and Correctional Services shall not be liable for any damages, direct or indirect, special or consequential, which result from the use of equipment or exercise programs depicted in this brochure, including, without limiting the generality of the foregoing, any damages arising from injury.