

Dear Candidate,

In January of 2020, the 20 meter Shuttle Run was introduced to assess the cardiovascular health of our candidates. Reaching Level 7 on the 20m Shuttle Run is reflective of the necessary cardiovascular output to pass the Physical Readiness Evaluation for Police (PREP) test. Ensuring that our applicants are meeting these standards, sets you up for success during the varied training and physical demands at the Ontario Police College (OPC). Successful completion of the PREP test while at OPC is required to obtain your OPC Basic Constable Training Certificate (BCT). The BCT is required to be appointed as a police officer in the Province of Ontario.

There has been a number of adjustments to the constable selection process as a result of the COVID – 19 pandemic. One adjustment is that fitness testing has transitioned to a self-testing platform until in-person testing can be administered safely.

You are required to video your shuttle run self-test (**we must be able to hear the audio**) and upload your completed video, demonstrating your ability to achieve level 7 and email the link to (**your email of choice**) within **two weeks** of the date of this correspondence.

Once this task has been completed, a member of our recruiting team will review your video and determine next steps. If a response is not received within two weeks of this e-mail, your file will be deactivated.

**NOTE: Please use a measuring tape and clearly show the measurements of the entire circuit. You are required to zoom in on the start line, warning lines and finish line to clearly show us the measurements prior to starting the shuttle run. When setting up your camera, please ensure that the angle/positioning of the camera is located in a way that allows the viewer to clearly see all of your markers.**

To help you to test yourself on the 20m Shuttle Run, we have created these resources for you:

-Add resources you wish them to review.

[https://www.opp.ca/tms/entrydata.php?fnc=3&\\_id=5e175909241f6e7a96238624](https://www.opp.ca/tms/entrydata.php?fnc=3&_id=5e175909241f6e7a96238624)

[https://www.opp.ca/tms/entrydata.php?fnc=3&\\_id=62b1cad23e583b1bd81c4573](https://www.opp.ca/tms/entrydata.php?fnc=3&_id=62b1cad23e583b1bd81c4573)

[https://www.opp.ca/tms/entrydata.php?fnc=3&\\_id=6010506ae22bfd1a3a5ea913](https://www.opp.ca/tms/entrydata.php?fnc=3&_id=6010506ae22bfd1a3a5ea913)

**(This audio must be used with your submission, please do not use an alternate version)**

Please follow all safety precautions and directions carefully and review the attached PAR-Q+ prior to engaging in any physical activity. This questionnaire will tell you if it is necessary for you to seek further advice from your medical doctor or a qualified exercise professional.

**Note: Please do not send the PAR-Q+ back to us as it is only for your reference.**

Reaching Level 7 on the shuttle run is the minimum standard, however, if able, we encourage you to go beyond level 7 and achieve your best in your video self-test submission. It is imperative that you aspire to achieve above minimum requirements to ensure you can meet standard at OPC. Your training environment can be significantly less challenging than the actual testing day at OPC.

### **How to upload your video on PC:**

Step 1: Navigate to youtube.com

Step 2: Sign in to your account by clicking the icon in the upper right-hand corner

Step 3: Click the first icon in the upper right-hand corner that looks like a video camera with a plus sign

Step 4: Select Upload Video

Step 5: Drag and Drop file or click Select File

Step 6: Title video using following naming convention: LastName\_FileNumber – Shuttle Run Video

Step 7: Under Audience, select “No, it’s not made for kids”

Step 8: Select “Visibility” in the top right-hand corner

Step 9: Switch the video to unlisted

Step 10: Copy the video link, click save and email the link to (your email)

### **How to upload your video on MOBILE:**

Step 1: Open the YouTube app and sign in to your account by clicking the icon in the upper right-hand corner

Step 2: At the bottom of the app, tap the + to upload a new video

Step 3: If prompted, allow access to media files on your device

Step 4: Select video to upload

Step 5: Title video using following naming convention: LastName\_FileNumber – Shuttle Run Video

Step 6: Below description, change visibility from Public to Unlisted\*

Step 7: Tap Next in the top right corner

Step 8: Select “No, it’s not made for kids”

Step 9: Tap “Upload”

Step 10: Copy the video link and email to (your email)

\* Unlisted videos and playlists can be seen and shared by anyone with the link. Your unlisted videos won't appear in the Videos tab of your channel homepage. They won't show up in YouTube's search results unless someone adds your unlisted video to a public playlist.

**NOTE:** If you require an alternate format to submit your fitness video, please let us know.

Thank you for your continued commitment and all the best!