



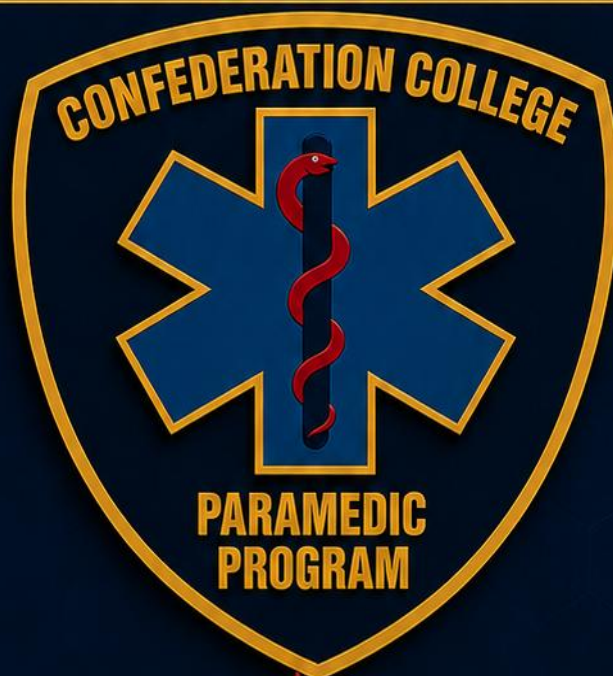
CONFEDERATION COLLEGE

PRIMARY CARE PARAMEDIC PROGRAM

PARAMEDIC PHYSICAL
EDUCATION MANUAL

0694

AB 115 | AB 218 | AB 318



tauld (Tanis Miller)

COMPETENCE



COMPASSION



COMMUNITY

CONFEDERATION COLLEGE

School of Health

PRIMARY CARE PARAMEDIC PROGRAM
Physical Education Manual

AB 115 · AB 218 · AB 318 · 2026-27

Student & Instructor Copy

*This manual contains testing standards and important information regarding Paramedic Program
Physical Education Requirements*

For clarification, see your Physical Education Instructor or Program Coordinator.

Table of Contents

Table of Contents.....	2
Introduction & Program Overview.....	4
At-a-Glance Standards by Semester	4
Attendance Policy (AB 115 / AB 218 / AB 318).....	5
Injury, Absence & Fitness Testing Policy.....	5
Retest Policy — Fitness Components	6
Pre-Test Preparation.....	6
Exercise & Nutrition	6
Blood Pressure & Pulse Screening	6
Pre-Test Clearance Process.....	6
What to Wear	7
Lift Test Uniform — Mandatory.....	7
Fitness Assessment Components.....	8
Grip Strength.....	8
Sit & Reach	8
20-Metre Shuttle Run (Beep Test)	8
2.4 km Run (Self-Assessment Reference)	9
PS-PAT — Paramedic Student Physical Abilities Test	10
Leg 1	10
Leg 2	10
Leg 3	10
Squat Thrust / Burpee — Standard Form	11
Stationary Stretcher Lift.....	11
Stretcher / Backboard Lift on Stairs.....	11
Stair Chair Lift on Stairs.....	12
AB 318 — Semester 3 Specific Content	13
OPPAT Prep (AB 318 Only).....	13
Leg 1 — Stretcher Loading / Unloading	13
Leg 2 — Stretcher Maneuver Course	13
Leg 3 — Stair Chair Carry	13
Leg 4 — Walker Carry.....	13
Leg 5 — Backboard Carry.....	14
Leg 6 — Stretcher Load with Patient	14
Leg 7 — 2-Person CPR with BVM	14

AB 318 Final Evaluation Score Sheet	14
Evaluation Score Sheets — AB 115 & AB 218	15
AB 115 Final Evaluation Score Sheet	15
AB 218 Final Evaluation Score Sheet	15
Lift Testing Rubrics	16
Evolution 1 — Stationary Stretcher & Spine Board	16
Evolution 2 — Loaded Spine Board on Stairs.....	17
Evolution 3 — Loaded Stair Chair on Stairs	18
Lift Test Verification Checklist.....	20
Spotters.....	21
Consent & Waiver Forms	22
Waiver of Liability & Indemnity Agreement	22
Consent to Assessment & Release of Information	23
PAR-Q — Physical Activity Readiness Questionnaire.....	24
Return to Fitness & Placement After Injury, Illness, or Extended Absence.....	26
Accepted Medical Notes	26
Required Medical Documentation.....	26
Part A — Within 72 Hours of Injury or Onset of Illness	26
Part B — Prior to Returning to Fitness Class or Placement	26
Incremental Return-to-Participation Process	26
Four-Step Process (20% increase per week).....	27
Six-Step Process (10% increase per week).....	27
Completion Deadlines.....	27
Physical Requirements — Information Sheet for Medical Practitioner	28
1. Stretcher / Backboard Lifting (with lifting partner)	28
2. Stair Chair Lifting (with lifting partner)	28
3. Stationary Stretcher Lift (with lifting partner)	29
4. 20-Metre Shuttle Run (Beep Test)	29
5. PS-PAT — Paramedic Student Physical Abilities Test.....	29

Introduction & Program Overview

Paramedics have a uniquely demanding occupation. Physical fitness underlies every paramedic's ability to perform critical tasks safely and effectively. As a result, students enrolled in the Confederation College Paramedic Program must meet standards established in Physical Education I (AB 115), II (AB 218), and III (AB 318).

Students must demonstrate the physical capabilities necessary to perform the bona fide occupational requirements of a paramedic by successfully completing all components outlined in this manual.

Confederation College has adopted the Life Mark Health Management Inc. Physical Abilities Test (PAT) for Paramedics and modified it to align with Paramedic services and ambulance field placement provider requirements. Confederation College incorporated elements of that system to develop an evaluation that assesses whether each student has the capacity to perform paramedic duties safely, efficiently, and reliably.

Paramedic services require students to pass the Confederation College's fitness test before they can be scheduled for ambulance field placement. Failure in physical education may qualify a student for a retest if they meet other AB core course requirements. Continued failure in physical education will prevent progress in the program.

At-a-Glance Standards by Semester

Component	Sem 1 — AB 115	Sem 2 — AB 218	Sem 3 — AB 318
Stretcher / Backboard Lift	190 lbs.	220 lbs.	220 lbs.
Stair Chair Lift	190 lbs.	220 lbs.	220 lbs.
Stationary Stretcher Lift	190 lbs.	220 lbs.	220 lbs.
20 m Shuttle Run	Level 5 minimum	Level 6 minimum	Level 6 minimum
PS-PAT Time Limit	7 min 30 sec	7 min 00 sec	7 min 00 sec
Grip Strength (each hand)	32 kg minimum	32 kg (maintained)	32 kg (maintained)
OPPAT Prep	—	—	Required
ARCON Prep	—	—	Required

NOTE: Lifting weights reflects only the patient's weight. The weight of the equipment (stretcher, spine board, stair chair) is not included in the above-mentioned standards.

Attendance Policy (AB 115 / AB 218 / AB 318)

Students who do not attend the required number of fitness education classes pose a significant safety risk to their lifting partners. Consistent attendance is essential to ensure competency and safe technique during all lifting components.

⚠ A student may not miss more than 3 physical education classes. Missing more than 3 physical education classes requires a one-on-one meeting with the Program Coordinator and completion of a safety check before the student may proceed to any lifting component. Non-compliance will result in an F for the course and withdrawal from the physical education course, and will require withdrawal from the Paramedic program.

- Students are responsible for making up all content missed during an absence from physical education class.
- Notify your Physical Education Instructor of any test cancellation at least 24 hours in advance.
- You must be a current, registered Confederation College Paramedic student to be PS-PAT tested.

Injury, Absence & Fitness Testing Policy

If an injury prevents participation in the examination process, a doctor's note is required to confirm the injury and provide clearance to resume physical activity. If the injury prevents the student from completing that semester's testing, the student cannot progress in the program. Please see the "Return to Fitness & Placement After Injury or Extended Absence" (pg. 25 of this manual).

- Students must inform their AB 115, AB 218, and AB 318 Physical Education Instructor (s), the Program Coordinator, and all field placement liaison, of any past or present physical injury. This includes injuries to the arms, shoulders, back, neck, head, ribs, hips, knees, ankles, and/ or feet.
- All fitness retest dates are set by the Confederation College Paramedic Program. If a student is absent for any reason on a retest date, they receive an F. Extensions beyond the semester will not be granted.
- Fitness retest eligibility: all lift test requirements must be demonstrated, both head end and foot end of the backboard, and both head end and foot end of the stair chair. All physical requirements are tested and weighted equally.

⚠ If a student does not disclose an injury and the College becomes aware of it later, the student may be dismissed from the Paramedic program. This decision is final under Paramedic Program policy.

Retest Policy — Fitness Components

If a student qualifies for a retest in the fitness course, the following applies:

- The student will retest ALL components of the physical education fully and sequentially by the end of the academic semester in which the physical education course occurs.
 - Backboard Lift retest: full process; floor to stretcher, stretcher handle release, then both head end and foot end with a minimum 7-minute rest between.
 - Stair Chair retest: full sequence; head end, switch with partner, and immediately demonstrate foot end. The student chooses which end to begin with.

Pre-Test Preparation

Exercise & Nutrition

- Do not exercise intensely or consume alcohol or energy drinks within 12 hours of the PS-PAT.
- Do not eat a heavy meal, smoke, or consume caffeinated beverages within 2 hours of the PS-PAT.
- Bring your own water.

Blood Pressure & Pulse Screening

Resting blood pressure and pulse are measured 1 week before fitness testing. If BP is found to be hypertensive, the student must complete the PAR-Q form and obtain physician clearance before testing. The physical education instructor will assess, take BP, and pulse. A hypertensive reading or an elevated pulse does not affect the student's grade, provided that a physician documents the student's fitness to be tested.

NOTE: Some Paramedic services screen out paramedic candidates based on vital signs, before-and-after fitness testing. Hypertensive readings may affect future employment considerations, separate from program standing.

Pre-Test Clearance Process

- Arrive 30 minutes before your scheduled appointment, ready to participate.
- The following must all be completed and presented at clearance: PAR-Q, Waiver of Liability & Indemnity, Consent to Assessment & Release of Information, and the PS-PAT/Fitness Result Form.
- Physical testing will not proceed without all completed forms.
- Any "YES" response on the PAR-Q requires physician clearance before paramedic student testing. Any medical contraindication means physical testing will not proceed.
- If directly asked whether you have any reason not to participate and you answer "YES", the test will not proceed, but you may be eligible for a retest per program policy.

FORMS LOCATION: PAR-Q is located in the Paramedic Program Physical Education Manual

What to Wear

- Paramedic Program uniform pants and the Paramedic program student fitness t-shirt are required for all lifting components.
- Safety boots (not running shoes) are mandatory for all stretcher and stair chair lifting tests.
- Running shoes may be worn for the full PS-PAT circuit, including stairs.
- Program fitness shirt with comfortable leggings, shorts, or active-movement pants are permitted for gym components.
- Medical Type Nitril gloves (as normally worn by paramedics) are mandatory during lifting.

Lift Test Uniform: Mandatory

The paramedic program uniform is required for all lift test evaluations. This includes the paramedic fitness shirt, paramedic uniform pants, and safety-toed work boots. Students who do not arrive in the correct lift test uniform will not be permitted to participate.

⚠ Body or joint bracing and lifting assistive devices are not permitted. Raw muscle strength and joint stability must be assessed without any supporting apparatus.

Prior to the lift test, students will be inspected for lifting assistive devices. This inspection is conducted respectfully and professionally by the Physical Education Instructor or supervising faculty member. If a student is found to be wearing or using a lifting assistive device during the lift test, they will be immediately disqualified and issued an automatic F for the lift test component.

IMPORTANT INFORMATION:

Paramedic students will fail the lift test if they fall, miss a step, or sit down at any time. Even if they recover without assistance, the paramedic student will still receive an F. This has been identified as having a serious impact on lifting partners and patient safety.

Lift Test Promotion Committee:

A minimum of 3 Paramedic program faculty members will be present at the Final Lift Test, and a video will be recorded from 3 or more angles. These videos will be used during the lift test promotion committee meeting to determine the cause of the paramedic students' failure to complete the lift. Recommendations from the lift test promotion committee will be used to determine if the student will receive an F or if a retest is indicated as per Paramedic Program retest policy (see Paramedic Program Manual)

Fitness Assessment Components

Grip Strength

Hold the dynamometer between the fingers and the palm at the base of the thumb. Hold the instrument away from the body and squeeze with maximum force. Repeat with both hands; the best score for each hand is recorded. The combined best scores are used.

Semester	Minimum Standard (each hand)
Semesters 1, 2, 3	32 kg

REFERENCE: The 32 kg minimum is based on Canadian Armed Forces standards adapted for paramedic equipment operation. This standard must be maintained across all three semesters. Grip strength is formally tested in Semester 2 and tracked with a dynamometer in any semester where the instructor identifies a concern.

Sit & Reach

Sit on the floor with legs extended straight. Place feet flat against the box, shoulder-width apart. With both knees held flat and hands palms-down on top of each other, reach forward as far as possible. After three practice reaches, hold the fourth reach for at least two seconds while the distance is recorded. The furthest distance reached by the finger tips, in centimeters, will be recorded as the final score.

Rating	15–19	20–29	30–39	40–49	50–59	60–69
Excellent	38	39	37	34	34	32
Above Average	34–38	34–39	33–37	29–34	28–34	25–32
Average	29–33	30–33	28–32	24–28	24–27	20–24
Below Average	24–28	25–29	23–27	18–23	16–23	15–19
Poor	<24	<25	<23	<18	<16	<15

Source: Adapted from Fitness and Lifestyle in Canada, Fitness and Lifestyle Research Institute, 1983, Fitness and Amateur Sport, Ottawa, Canada.

20-Meter Shuttle Run (Beep Test)

Run continuously between two lines 20 meters apart in time with recorded beeps. The speed starts slowly and increases each minute (each level). If the line is reached before the beep, wait for the beep before turning. If the beep sounds before the line is reached, the student receives a warning and must

reach the line and try to catch up within two more beeps. The test ends when the student fails to reach the line (within 2 meters) for two consecutive times after being provided with a warning.

The student's score is the last level fully completed (not the level at which they stopped).

Rating	18–25	26–35	36–45	46–55	56–65
Excellent	>12	>11	>9	>8	>7
Good	10–12	9–11	7–9	6–8	5–7
Above Average	8–10	7–9	6–7	5–6	4–5
Average	7–8	6–7	5–6	4–5	3–4
Below Average	5–7	5–6	3–5	3–4	2–3
Poor	4–5	3–5	2–3	2–3	2

Source: Adapted from Top End Sports, topendsports.com, 2016.

PASSING STANDARDS: Semester 1 (AB 115): Level 5 minimum — a level is complete when the next level is announced (e.g., "Level 6" is heard). Semester 2 (AB 218) and Semester 3 (AB 318): Level 6 minimum — a level is complete when "Level 7" is announced.

2.4 km Run (Self-Assessment Reference)

The 2.4 km run is used for self-assessment outside of formal testing. Complete six laps of a 400 m track or over a measured course. You should be able to run 5 km before attempting this benchmark. It is recommended that Paramedic students pursue a gradual running program over several weeks beforehand.

Percentile	20–29	30–39	40–49	50–59	60–69
90th	10:59	11:43	12:25	13:58	15:32
80th	11:56	12:53	13:38	15:14	16:46
70th	12:51	13:41	14:33	16:26	18:05
60th	13:25	14:33	15:17	17:19	18:52
50th	14:15	15:14	16:13	18:05	20:08
40th	15:05	15:56	17:11	19:10	20:55
30th	15:56	16:46	18:26	20:17	22:34
20th	17:11	18:18	19:43	21:57	23:55

10th	18:39	20:13	21:52	23:55	26:32
------	-------	-------	-------	-------	-------

Source: Adapted from the Cooper Institute, Physical Fitness Assessments and Norms for Adults and Law Enforcement (Dallas, TX: The Cooper Institute).

PS-PAT — Paramedic Student Physical Abilities Test

Beginning behind the start line, participants complete a series of tasks through a set course. Walk quickly throughout; running is forbidden. The Paramedic student is being assessed on endurance, strength, and dexterity through tasks that simulate everyday paramedic work.

TIME LIMITS: Semester 1 (AB 115): complete the full circuit within 7 minutes 30 seconds. Semesters 2 & 3 (AB 218 / AB 318): complete within 7 minutes 00 seconds. Failure to finish within the time limit, dropping an object, or inability to complete any part of the course constitutes a failed attempt.

Leg 1

Pick up two 25-lb water-filled containers and proceed through the circuit, traversing the stair-climb section to the activity area. Set down the weights and complete 8 squat thrusts with push-ups ("burpees"). Pick up the containers and return along the same route to the finish line.

Leg 2

Pick up two 50-lb water-filled containers and proceed through the circuit, traversing the stair-climb section to the activity area. Set down the weights and complete 3 minutes of uninterrupted CPR chest compressions on a manikin, at 120 bpm (metronome-paced). Pick up the containers and return along the same route to the finish line.

Leg 3

Complete the dexterity challenge using a pegboard with both the left and right hands individually. Pick up the 100-lb. weighted walker at chest height and proceed to the stair-climb section. Set the walker down for a mandatory 20-second rest. Pick it up again, walk up 2 steps, and back down, repeat this 4 times. Walk backward with the weighted walker to the finish line. Time is stopped at the conclusion of leg 3.

TOUCH/SET-DOWN RULE: Two additional touch/set-downs of the walker are permitted outside the mandatory 20-second rest. On the 3rd touch/set-down, the participant is deemed unable to continue, and no credit is given for PS-PAT. Time continues to accumulate during any self-chosen rest.

Squat Thrust / Burpee — Standard Form

From a standing position: drop into a squat, place hands on the floor, jump feet back to a full push-up position, perform one push-up (chest to floor), jump feet back to squat position, then jump up with arms overhead. That is one repetition. All 8 burpees must be completed with a full range of motion to count.

Stationary Stretcher Lift

This assessment is performed with a lifting partner. From the head end, using an underhand (open) grip, raise and lower the weighted stationary stretcher through the following positions: from position 1 up to position 4/5, then raise to position 6/7, and back down to position 4/5. Three stretcher handle releases must be observed. The foot-end lifting partner simultaneously demonstrates grip strength and control.

⚠ Both Paramedic students are evaluated simultaneously. If either the head-end or foot-end student cannot complete their required tasks, NEITHER student is successful in the lifting test component. The student may not proceed to stair lifting until the stationary stretcher lift is passed. A student MUST successfully demonstrate both head end and foot end.

Semester	Lifting Weight (patient weight only)
Semester 1 — AB 115	190 lbs. (86 kg)
Semester 2 — AB 218	220 lbs. (100 kg)
Semester 3 — AB 318	220 lbs. (100 kg)

STRETCHER POSITION: The stretcher must be positioned no less than 1 meter and no greater than 2 meters from the base of the stairs.

Stretcher / Backboard Lift on Stairs

Leave the weighted spine board on the ground and lift it onto the stretcher. Complete the stretcher handle release. Then lift the spine board off the stretcher, leaving the stretcher at the foot of the stairs, and carry the spine board up and then down two flights of stairs with a partner. Perform these without stopping at any point during the lifting assessment.

Paramedic students choose whether to begin at the head end or the foot end; both must be demonstrated.

- Head end: lift backward up the stairs, then forward on the way down.
- Foot end: lift forward up the stairs, then backward on the way down.
- Rest between the head and foot end lifts: mandatory 6–8 minutes of rest is required

Definitions:

"Flight of stairs" = a run of at least 10 continuous steps at the building code standard angle.

"Under control" = maneuvering the spine board smoothly, without tipping or dropping, moving effortlessly and efficiently without shaking, tripping, or stopping before a landing.

Semester	Lifting Weight (patient weight only)
Semester 1 — AB 115	190 lbs.
Semesters 2 & 3 — AB 218 / AB 318	220 lbs.

⚠ Body mechanics are evaluated, not just weight. Unsafe body mechanics result in failure. Two specific deductions: (1) heaving with arms and back — one warning, then failure; (2) crossing feet during stepping — one warning, then failure. Both are injury risks to the paramedic student, lifting partner, future preceptor, and future patient.

Stair Chair Lift on Stairs

Lift the weighted stair chair up and down one flight of stairs. Immediately switch positions with the partner and repeat. No resting is permitted at any point during the lift. The definitions of "Flight of stairs" and "under control" are identical to the backboard lift.

Semester	Lifting Weight (patient weight only)
Semester 1 — AB 115	190 lbs.
Semesters 2 & 3 — AB 218 / AB 318	220 lbs.

SWITCH TIME: There is a mandatory 20-second break taken between the head-end and foot-end carry of the stair chair. Mandatory 7-minute rest between the spine board lift and the stair chair lift.

AB 318 — Semester 3 Specific Content

AB 318 retains all components from AB 115 and AB 218 at the same weight and shuttle run standards as Semester 2 (220 lbs. lifting, Level 6 shuttle). However, Semester 3 introduces two additional evaluated components in preparation for post-graduation fitness testing standards used by the Paramedic services:

- OPPAT Prep — Ontario Paramedic Physical Abilities Test preparation
- ARCON Prep — additional preparatory component assessed in the final evaluation

OPPAT Prep (AB 318 Only)

OPPAT Prep is not the actual OPPAT examination — it is a Confederation College simulation designed to prepare students for the OPPAT and to evaluate their readiness for ambulance field placement and the post-program employer fitness standards. The Confederation College physical education course mimics the OPPAT structure but may differ in layout or specific tasks.

OPPAT reference: specialprojects.wlu.ca/oppat

SAFETY BOOTS REQUIRED: All legs of OPPAT Prep require safety boots.

Leg 1 — Stretcher Loading / Unloading

Load the stretcher (no patient) with a partner into an ambulance, then unload. Switch positions with the partner and repeat.

Leg 2 — Stretcher Maneuver Course

Pull the stretcher (with gear, no patient) around an obstacle course with a partner to the staircase.

Leg 3 — Stair Chair Carry

Close the stairs, carry it up the stairs. At the landing open the stair chair open it and carry it back down the stairs to the other side. Switch partners and repeat.

Leg 4 — Walker Carry

Pick up the walker and walk up 2 steps and back down — repeat 4 times. Repeat the sequence going backwards (up 2 steps, back down, 4 times).

TOUCH/SET-DOWN RULE: Two touch/set-downs are allowed outside the mandatory 20-second rest. On the 3rd touch/set-down, the participant is deemed unable to continue and no credit is given for OPPAT Prep. Time continues during any self-chosen rest.

Leg 5 — Backboard Carry

Carry a backboard loaded with a 220 lb. manikin through the obstacle course — forward and backward. Secure the backboard with the manikin to the stretcher (bring your gear).

Leg 6 — Stretcher Load with Patient

Load the manikin onto the stretcher and secure it in the ambulance. Unload the patient with the manikin. Switch positions with the partner and repeat the full sequence.

Leg 7 — 2-Rescuer CPR with BVM

Two-rescuer CPR with a bag-valve mask (BVM), assessing compression depth and rate, and ventilation rate. Complete 2 minutes of CPR per person for 4 rounds; paramedic students switch between compressions and ventilations every 2 minutes. Both paramedic students must achieve an average of 80% or higher.

AB 318 Final Evaluation Score Sheet

Activity	Successful / Result	Unsuccessful	Recommendation
20m Shuttle Run			
Grip Strength			
Sit & Reach			
Backboard / Stretcher Lift			
Stair Chair Lift			
OPPAT Prep			
ARCON Prep			

Successful Candidate — Cleared for Ambulance Field Placement:

YES / NO

NOTE: If a paramedic student is struggling with grip strength during lifting, the physical education instructor may use a dynamometer to provide feedback to improve grip strength. This does not substitute for the formal grip standard.

Evaluation Score Sheets — AB 115 & AB 218

AB 115 Final Evaluation Score Sheet

Activity	Successful / Result	Unsuccessful	Recommendation
20m Shuttle Run			
Sit & Reach			
Backboard / Stretcher Lift			
Stair Chair Lift			
PS-PAT			

Successful Candidate — Clear for Entry into Physical Education AB218 YES / NO

AB 218 Final Evaluation Score Sheet

Activity	Successful / Result	Unsuccessful	Recommendation
20m Shuttle Run			
Sit & Reach			
Backboard / Stretcher Lift			
Stair Chair Lift			
PS-PAT			

Successful Candidate — Clear for Entry into Physical Education AB 318 YES / NO

Lift Testing Rubrics

The following rubrics are used for all semesters (AB 115, AB 218, AB 318). A single disqualification (DQ) per evolution results in the student repeating the entire lift test with a minimum 30-minute rest. A second DQ in the same lift test constitutes a failure of that test.

⚠ Use of a lifting assistive device (e.g., back brace, joint support, or any assistive apparatus) during the lift test will result in immediate disqualification and an automatic F for the lift test. Students are inspected for assistive devices prior to testing in a respectful and professional manner.

Evolution 1 — Stationary Stretcher & Spine Board

Evolution 1: Stretcher and Spine Board Loaded with Lifting Manikin			
Criteria	Category	Pass	Disqualified / Fail
Ev. 1 Stretcher & Spine Board	Lifter Positioning	Shoulders and hips in-line with the corner of the stretcher/spine board; neutral lifting position maintained.	DQ: Shoulders/hips not in-line at any time. FAIL: Twists/rotates body, over-extends reach, or places spine at risk.
	Lifter Control	Demonstrates proper control raising and lowering the stretcher; handles weight safely.	DQ: Tips stretcher >5° L/R; fails to use lifting commands. FAIL: 2+ wheels leave floor; stretcher dropped; spotters intervene.
	Lifter Stability	Wide stance, knees bent in shallow squat; handles stretcher in a solid, stable manner.	DQ: Significant shaking; too overloaded to speak/breathe; crosses feet. FAIL: Buckling under weight; must stop; spotters intervene.
Lifting Partners	Lifting Mechanics	Smooth, controlled movement; no jerking; protects self and partner from injury.	DQ: Jerking motion; poor control demonstrated. FAIL: Bowed back or straight-leg lift; no control.
	Lifting Partners	One established lifting partner used throughout.	DQ: Attempts to use non-assigned partner. FAIL: Uses partner who has already lifted or is scheduled to lift.
Outcome		PASS: All areas successful — Credit issued if other components also passed.	DQ: Discontinue due to safety issue — repeat entire lift test (min. 30-min rest). FAIL: Benchmarks not met — may be eligible for semester retest per program policy.

Evolution 2 — Loaded Spine Board on Stairs

Evolution 2: Loaded Spine Board Travel on Stairs			
Criteria	Category	Pass	Disqualified / Fail
Ev. 2 Spine Board on Stairs	Lifter Positioning	Facing head/foot of spine board; shoulders and hips in line with manikin body; neutral position maintained.	DQ: >6" gap between anterior surface and spine board edge. FAIL: Shoulders/hips not centered in line with the manikin.
	Lifter Control	Proper control while lifting and moving; handles the spine board safely.	DQ: Tips >5° L/R; fails to use lifting commands. FAIL: Falls, misses a step, or sits down; drops the board; spotters intervene.
	Lifter Stability	Wide stance, knees bent; handles the spine board solidly and stably.	DQ: Significant shaking; too overloaded to speak/breathe; crosses feet. FAIL: Buckling; must stop or discontinue; spotters intervene.
	Lifting Mechanics	Smooth, controlled movement; no heaving or jerking; protects self and partner.	DQ: Heaving or jerking motion; poor control. FAIL: Bowed back or straight-leg lift; no control.
	Lane of Travel	Travels up staircase no more than 5° off centerline; aware of lane position.	DQ: >5° off center-line at any time. FAIL: Lane is so askew that spotters cannot maintain positions; contacts the wall or rail.
	Pace of Travel	Negotiates each step in 1–4 seconds; controlled, predictable, safe pace.	DQ: >4 seconds per step (slow/plodding). FAIL: <1 second per step (rushing/reckless).
Rest Breaks	Staircase Landing	Mandatory 3-second break at staircase landing.	DQ: Refuses 3-second break. FAIL: Takes longer than a 3-second break.
	2nd Floor Landing	Mandatory 20-second break on second-floor landing.	DQ: Refuses 20-second break. FAIL: Takes longer than 20-second break.
	Between Head / Foot	Mandatory 7-minute break between lifting head and foot end of spine board.	DQ: Refuses 7-minute break. FAIL: Exceeds 7-minute break.
Outcome		PASS: All areas successful — Credit issued if other components also passed.	DQ: Discontinue due to safety issue — repeat entire lift test (min. 30-min rest). FAIL: May be eligible for semester retest per program policy.

Evolution 3 — Loaded Stair Chair on Stairs

Evolution 3: Loaded Stair Chair Travel on Stairs			
Criteria	Category	Pass	Disqualified / Fail
Ev. 3 Stair Chair on Stairs	Lifter Positioning	Facing head/foot of stair chair; shoulders/hips in-line; neutral position maintained; extension handles used to avoid contact with manikin's head or feet.	DQ (Top): Does not use rubberized grip handles. DQ (Bottom): Does not use rubberized grip handles or telescope lifting hands. FAIL: Shoulders/hips not centred in-line with stair chair.
	Lifting Control	Proper control; stair chair does not tip >5° L/R; handled safely.	DQ: Tips >5° L/R; fails to use lifting commands. FAIL: Any part of stair chair touches a step or landing; dropped; spotters intervene.
	Lifting Stability	Wide stance, knees bent; handles stair chair solidly and stably.	DQ: Significant shaking; too overloaded to speak/breathe; crosses feet. FAIL: Buckling; must stop or discontinue; spotters intervene.
	Lifting Mechanics	Smooth, controlled movement; no heaving or jerking; protects self and partner.	DQ: Heaving or jerking motion; poor control. FAIL: Bowed back or straight-leg lift; no control.
	Lane of Travel	Travels up staircase no more than 5° off centre-line; aware of lane position.	DQ: >5° off centre-line at any time. FAIL: Lane so askew spotters cannot maintain positions; makes contact with wall or rail.
	Pace of Travel	Negotiates each step in 1–4 seconds; controlled, predictable, safe pace.	DQ: >4 seconds per step (slow/plodding). FAIL: <1 second per step (rushing/reckless).
Rest Breaks	Between Spine Board & Stair Chair	Mandatory 7-minute rest between spine board and stair chair lifts.	DQ: Refuses 7-minute break. FAIL: Exceeds 7-minute break.
	Between Head / Foot of Stair Chair	Mandatory 20-second break between head and foot end of stair chair.	DQ: Refuses 20-second break. FAIL: Exceeds 20-second break.
Outcome		PASS: All areas successful — Credit issued if other components also passed.	DQ: Discontinue due to safety issue — repeat entire lift test (min. 30-min rest). FAIL: May

			be eligible for semester retest per program policy.
--	--	--	---

Lift Test Verification Checklist

Complete this checklist before all lift tests to maximize student safety and testing integrity. All signatures and initials must be obtained before testing begins. By signing, you confirm that all information is true.

Retain the original for Paramedic Program files. Provide the student with a paper or digital copy within two business days of the lift test exam.

Student Initials	Verification Statement	Faculty Initials
	A paramedic program faculty member has provided me with the expectations for the lift test.	
	I have walked the stairs and examined all landings, ensuring there are no trip or slip hazards on the lift test route.	
	The total weight of the mannequin and additional weights used for this lift test is 190 lbs. or 220 lbs. (circle one).	
	I have examined the lifting mannequin and verified that it is loaded with the correct weight.	
	I have examined the lifting mannequin and verified that it is securely strapped to the spine board or stair chair.	
	I have examined the lifting mannequin and verified that it is centered and positioned properly on the spine board.	
	I have chosen _____ to be my lifting partner for this lift test.	
	As per College Policy Ch4-s4-32 Substance Use Policy — I have not consumed any substance that can alter my state (stimulants, intoxicants, depressants, hallucinogens, or any chemical compound, including misuse of prescription or OTC medications).	

Spotters

Spotter #1	Spotter #2	Spotter #3	Spotter #4
Print Name	Print Name	Print Name	Print Name
Signature	Signature	Signature	Signature

Student Name Being Tested (print)	Faculty Member Overseeing Lift (print)

Student Signature	Faculty Signature

Consent & Waiver Forms

The following forms must be completed in full and presented at the pre-test clearance evaluation. Testing will not proceed without all completed forms.

Waiver of Liability & Indemnity Agreement

In consideration of my participation in the Paramedic Student Physical Abilities Test (PS-PAT), I understand that the test involves strenuous physical activities and inherent risks. My participation is entirely voluntary; however, I understand that passing this semester's physical fitness course is a requirement to continue in the program.

I hereby assume all risks and responsibilities associated with my participation, and release, waive, and discharge Confederation College and its entire staff from all claims arising out of ordinary negligence or any other factors arising during my participation in the PS-PAT, Stretcher Lifting, Backboard/Stair Chair Lifting, 2.4 km Run, 20-Metre Shuttle Run, Sit & Reach, Grip Strength, and any other assigned fitness assessments. This waiver applies to myself, my heirs, personal representatives, and assigns, and covers personal injuries, illness, accidents, and death arising directly or indirectly from my participation in PS-PAT and any activities directed or suggested by the Confederation College Fitness Instructor.

Indemnity Agreement: I agree to indemnify and hold harmless Confederation College, its owners, officers, employees, agents, volunteers, students, and insurance carriers from all claims, whether initiated by a third party or me, and to pay all associated expenses, including court and attorney fees, resulting from my participation in fitness testing under all applicable laws and regulations in the Province of Ontario.

Informed Consent: I have read and fully understand the terms of both the Waiver of Liability and the Indemnity Agreement, including that I am giving up substantial rights. I acknowledge that I am signing voluntarily.

	Waiver Initial
Student	

Student Name (print)	Witness Name (print)

Student Signature	Witness Signature	Date (DD/MM/YY)

--	--	--

Consent to Assessment & Release of Information

I consent to participation in the PS-PAT and other fitness assessments administered by Confederation College Fitness Instructors. I have been informed of: who will perform the assessments; why I am participating; what will happen if I do not participate; and the potential risks and side effects of participation. I understand and have no further questions. My consent is voluntary and covers the entire administration of the PS-PAT on the date below. I may ask questions at any time and may withdraw this consent in writing at any time, except for actions already taken.

I authorize Confederation College to release my PS-PAT and fitness assessment results to the following employers: Northwest EMS, Superior North EMS, and Rainy River District Social Services Health Administration. I understand that no confidential medical information will be communicated to these employers; however, functional results related to any injury or medical condition that affects my capabilities may be reflected in a verbal or written summary. Any other Paramedic service requires my separate express written consent.

Student Name (print)	Witness Name (print)

Student Signature	Witness Signature	Date (DD/MM/YY)

PAR-Q — Physical Activity Readiness Questionnaire

This is a confidential document kept in your personal file with the Program Coordinator. No one may access this file without your consent.

⚠ If you answer YES to any question, a doctor's note is required before fitness testing. If any YES response requires it. Any medical contraindication means testing will not proceed without a physician or Nurse practitioner note for clearance

If you are untruthful in this form, you place yourself, your patients, faculty, and other students at risk. Dishonesty in this form may result in removal from the Paramedic Program.

Student Name (print)	Date

Please answer YES or NO to each of the following questions:

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES	NO
Do you frequently have pains in your chest when you perform physical activity?	YES	NO
In the past month, have you had pains in your chest when you were not doing physical activity?	YES	NO
Do you lose your balance due to dizziness, or do you ever lose consciousness before, after, or during physical activity?	YES	NO
Do you have any existing conditions that may affect your exercise program (e.g., diabetes, epilepsy, back problems, respiratory ailments)?	YES	NO
Do you have any other medical conditions that may affect your exercise program?	YES	NO
Have you been hospitalized in the last 6 months or had recent surgery?	YES	NO
Are you trying to become pregnant, currently pregnant, or have you given birth in the last 6 months?	YES	NO

Are you currently seeing a physiotherapist?	YES	NO
---	------------	-----------

Do you take any medications (prescription or non-prescription) on a regular basis?	YES	NO
--	------------	-----------

If you answered YES to any question, please provide specific details below. You may be required to provide a letter of permission from your doctor to participate in an exercise program.

Return to Fitness & Placement After Injury, Illness, or Extended Absence

This protocol applies to any student enrolled in AB 115, AB 218, or AB 318 who is unable to participate in physical education classes or ambulance field placement due to an injury, illness, or absence of four or more weeks.

Accepted Medical Notes

The Paramedic Program accepts medical notes from a nurse practitioner or medical doctor/physician who is registered, active, and legally permitted to practice in Ontario. Students are encouraged to use the Confederation College Health Center nurse practitioner team due to their program familiarity; however, the choice of practitioner is the student's.

⚠ Medical assessments must be completed in person. Telephone or virtual-only assessments are not accepted for this purpose.

Required Medical Documentation

Part A — Within 72 Hours of Injury or Onset of Illness

- Attend an in-person medical assessment within 72 hours.
- Obtain a signed and dated medical note confirming inability to participate.
- The note must include the anticipated date of return to unrestricted participation.

Part B — Prior to Returning to Fitness Class or Placement

- The student receives an information sheet outlining the physical requirements for each semester (see Physical Requirements section below).
- The student reads, signs, and dates each section of the information sheet, confirming they have discussed it with their nurse practitioner or physician.
- The signed hard copy is submitted to the Program Coordinator before return to participation.

Incremental Return-to-Participation Process

Once a valid medical note with no restrictions has been received, the student enters a graduated return process tailored to their specific circumstances — a collaborative effort between the student and the Fitness Instructor and/or Field Placement Coordinator.

- Minimum duration: 4 weeks. Maximum duration: 6 weeks (unless the physician specifies otherwise).
- The goal is for the student to lift asymptotically — without pain or symptoms — at each stage before advancing.
- No medical reassessment is needed if the student progresses without pain or complaints.
- If the student reports pain or cannot complete any stage, a new medical assessment is required and a revised timeline is set by the practitioner.

Four-Step Process (20% increase per week)

Course	Step 1 50%	Step 2 70%	Step 3 90%	Step 4 100%
Sem 1 — AB 115	95 lbs.	~130 lbs.	~170 lbs.	190 lbs.
Sem 2 — AB 218	110 lbs.	~150 lbs.	~200 lbs.	220 lbs.
Sem 3 — AB 318	110 lbs.	~150 lbs.	~200 lbs.	220 lbs.
Sem 4 — AB 434	110 lbs.	~150 lbs.	~200 lbs.	220 lbs.

NOTE: A minimum of one week is required between steps, unless otherwise directed by the nurse practitioner or physician.

Six-Step Process (10% increase per week)

Course	Step 1 50%	Step 2 60%	Step 3 70%	Step 4 80%	Step 5 90%	Step 6 100%
Sem 1 — AB 115	95 lbs.	~115 lbs.	~130 lbs.	~150 lbs.	~170 lbs.	190 lbs.
Sem 2 — AB 218	110 lbs.	~130 lbs.	~155 lbs.	~175 lbs.	~200 lbs.	220 lbs.
Sem 3 — AB 318	110 lbs.	~130 lbs.	~155 lbs.	~175 lbs.	~200 lbs.	220 lbs.
Sem 4 — AB 434	110 lbs.	~130 lbs.	~155 lbs.	~175 lbs.	~200 lbs.	220 lbs.

NOTE: A minimum of one week is required between steps, unless otherwise directed by the nurse practitioner or physician.

Completion Deadlines

Students must reach the full semester benchmark before advancing to the next semester. If this is not possible within the current semester, see the deadlines below:

Semester Transition	Deadline — Current Semester	Deadline — Subsequent Semester
Semester 1 → 2	December 15	Withdrawal-without-financial-penalty cutoff (typically January 15)
Semester 2 → 3	April 15	Withdrawal-without-financial-penalty cutoff (typically September 15)
Semester 3 → 4	December 15	Prior to Ambulance Field Placement start (typically February 1)
Semester 4 → Graduation	April 15	Prior to A-EMCA exam registration cutoff (typically April 15)

Physical Requirements — Information Sheet for Medical Practitioner

The following describes each activity the student must be cleared to perform. This sheet is given to the student's nurse practitioner or physician so they can make an informed assessment. The student signs each section to confirm they have reviewed it with their practitioner.

1. Stretcher / Backboard Lifting (with lifting partner)

Lift a spine board loaded with a manikin from the floor to the stretcher. From the head end, carry the loaded spine board up and back down two flights of stairs. After an 8-minute rest, move to the foot end and repeat. "Under control" means maneuvering the spine board effortlessly and efficiently — without tipping, dropping, or stopping before a landing.

Semester	Lifting Weight
Semester 1	190 lbs.
Semesters 2, 3, 4	220 lbs.

Student Name (print)	Student Signature	Date of Assessment

2. Stair Chair Lifting (with lifting partner)

From the head end, carry the weighted lifting chair up and back down one flight of stairs. After a 20-second break, move to the foot end and repeat. Same control standards apply.

Semester	Lifting Weight
Semester 1	190 lbs.
Semesters 2, 3, 4	220 lbs.

Student Name (print)	Student Signature	Date of Assessment

3. Stationary Stretcher Lift (with lifting partner)

From the head end, raise and lower the weighted stationary stretcher to various height settings. From the foot end, perform the same using the left hand to squeeze and release the mechanical trigger.

Semester	Lifting Weight
Semester 1	190 lbs.
Semesters 2, 3, 4	220 lbs.

Student Name (print)	Student Signature	Date of Assessment

4. 20-Metre Shuttle Run (Beep Test)

Run continuously between two lines 20 metres apart, keeping pace with recorded beeps that increase in frequency. Must reach the minimum beep test level for the applicable semester (Level 5 for Semester 1; Level 6 for Semesters 2 and 3).

Student Name (print)	Student Signature	Date of Assessment

5. PS-PAT — Paramedic Student Physical Abilities Test

A three-stage gymnasium course assessing endurance, strength, and dexterity:

- Stage 1: Two 25 lb. containers through the circuit including the stair climb. Complete 8 burpees. Return.
- Stage 2: Two 50 lb. containers through the circuit. Complete 3 minutes of uninterrupted CPR compressions. Return.

- Stage 3: Peg board dexterity challenge (both hands). Carry a 100 lb. weighted walker to the stair climb section, walk up and down 2 steps four times, then walk backwards to the finish line.

Student Name (print)	Student Signature	Date of Assessment