

Functional Abilities Recruitment Evaluation (F.A.R.E.)

Paramedics/EMR (Alberta Health Services)

FREQUENTLY ASKED QUESTIONS AND ANSWERS

What do I need to bring to the F.A.R.E test?

Please bring with you:

- Photo identification
- Completed consent form <https://www.lifemark.ca/document/ahsparamedicmsconsentwaiverfinal.pdf>
- Completed waiver <https://www.lifemark.ca/document/ahsparamedicmsconsentwaiverfinal.pdf>
- Completed ParQ <https://www.lifemark.ca/document/Par-Q>

What will happen on the day of the F.A.R.E. test?

When you arrive, the customer service representative will review the information you provide to them (as above) and have you complete some additional paperwork. The evaluators will then meet with you and review the process, consent form and your responsibilities related to the testing.

All testing will be explained by the evaluators and you will have an opportunity to ask questions. Upon completion of the testing, the evaluators will inform you of your results. If you have been successful, you will be given a certificate of completion that you can submit with your application to Alberta Health Services. If you have been unsuccessful, the evaluator will let you know why and indicate what you need to work on to be successful.

How long will the F.A.R.E. test take?

The FARE test will take approximately two hours and fifteen minutes. The first fifteen minutes will be spent completing paperwork and the remaining time will be spent with the evaluators, who will explain each task and observe you complete the testing. Testing is scheduled in groups of 4 participants, and you will be assigned a partner to perform the test.

The appointment is two hours long; however, you will be assessed for one hour and observed for the remainder.

What happens if my heart rate and blood pressure are outside of the normal levels?

If your resting blood pressure is above 159/99 mmHg and/or your resting heart rate is above 100 bpm prior to testing, testing will not be completed. You will be provided with a letter to take to your family physician requesting additional medical clearance to participate in testing. Once you have obtained clearance from your physician, we can reschedule testing.

Additionally, your heart rate will be monitored continuously throughout testing with a heart rate chest strap and watch. Should your heart rate exceed our guidelines for safe testing, testing will be stopped.

Please note that if you need to obtain medical clearance from your physician, you are responsible for any fees associated with obtaining this clearance.

What happens if my assigned partner cannot complete the testing as she/he requires medical clearance?

Another applicant from the group scheduled to complete the F.A.R.E. will be asked to step in to assist. The applicant that steps in will be only be evaluated once during the appointment time even though they may complete the test twice.

What should I wear to the F.A.R.E. test?

Wear comfortable clothing and closed-toed shoes (steel-toed boots if you have them). Do not wear sandals or high-heeled shoes.

Is there anything I should avoid prior to the F.A.R.E. test?

As a precaution, do not consume any nicotine or caffeine (coffee, tea, energy drinks or pop) within **2-3 hours** of the assessment.

What, specifically, is involved in the F.A.R.E. test? What will I be required to do physically?

The test will begin with a brief interview of your health history and review of your physician's medical clearance. Testing will include:

- A physical review of your range of motion
- A functional test that simulates work activities
- A timed circuit simulation of work activities such as maneuvering a stretcher, spine board, weighted dummy and stair chair.

What does the test involve and how can I better understand what is required so I can successfully complete it?

Please visit the Lifemark website at www.lifemark.ca/alberta-health-services There is a video available that shows the actual test and sequence you will need to perform.

How long is my F.A.R.E. test certificate valid?

The F.A.R.E. test certificate will be valid for six months from the date received. If the certificate has expired, you will need to re-register and complete the F.A.R.E. test again.

If I am unsuccessful in passing the F.A.R.E. test, how long until I can register for the test again? Will you accept the same medical clearance or do I need to obtain another one?

If you are unsuccessful in passing the F.A.R.E. test, you can re-register within 6 months.

Who will be my partner in doing the F.A.R.E. test? Can I bring my own partner? If so, do I have to pay for him/her to undergo the F.A.R.E. test? What if my partner impacts my assessment negatively, what are my options?

Your partner during the F.A.R.E. test will be another applicant who has also booked the same appointment time as you. You each pay for your own F.A.R.E. tests separately. The cost is \$150.00.

The evaluators will take into consideration your partner's abilities. The timed circuit is the only part of the testing completed with a partner, and lasts approximately 15 minutes. If the impact is significant, the evaluators will ask you to stay longer and they will pair you with another applicant scheduled next to perform the circuit test only.

Why are there two evaluators?

There are two evaluators present during the F.A.R.E. test to ensure each applicant is actively monitored for safety by observing their heart rate, biomechanics and overall performance.

Why do I need to use a credit card to book my appointment?

Lifemark requires a credit card at the time of booking as the test is paid for by the applicant. By providing your credit card number you are committing to attending the appointment as scheduled.

When will my credit card be charged?

Your credit card will be charged within 24 to 48 hours of the appointment booking. You will receive a receipt via email.

Is there a no-show and/or cancellation fee?

Yes. For the test you will be partnered with another applicant, therefore, it is important to attend your appointment as it has an impact on another applicant, as well as the evaluator. Our cancellation/no-show policy is:

- No cancellation fees will apply with two full business days' notice (i.e. appointment is on a Thursday, cancellation must be received by the end of the day on Monday to avoid a cancellation fee).
- A cancellation with one to two business days' notice will result in a 50% cancellation fee.
- Any cancellation less than one business day or a no-show will result in a 100% cancellation fee.

If I have additional questions regarding the F.A.R.E. test, who can I contact?

Please contact Lifemark at **1-888-997-2298** or email CallCenter@lifemark.ca

One of the evaluators will respond within 24 hours.