



## AUGUST 2020 COMMUNIQUE

### **PFPO Recommendation Regarding PIN Testing**

*The Police Fitness Personnel of Ontario (PFPO) continues to promote health, fitness, and lifestyle management to police personnel in the province of Ontario.*

*The PFPO Executive has decided that any of the police services that are now in **Stage 3** may restart PIN testing within their police service. The following are reminders that we all need to stay prudent while testing and avoid contact and spread of the disease. You will need to remind people who are being tested that they must stay 2 meters apart and only during the core endurance test will they be in contact for 3 minutes (during the test). It is suggested that during this time you place a mat between the testee and the person holding so there is no direct contact. Also have them face away from the participant. The following are some additional instructions. Personal safety and protection are paramount for both the testee and the tester.*

#### **Pre-Testing Considerations**

- *Police service COVID-19 screening needs to be done prior to PIN testing (could be specific to each police service). It may have been done when they entered the building. That may include forms filled out and temperature taken.*
- *Ensure all persons being tested are aware of the physical distancing (2 meter rule) requirement and have signed and returned PIN testing authorization forms.*
- *Review all pre-screening forms and document this review. Follow up on any information causing concern and do not test those not in full compliance or without full clearance.*
- *Coordinate testing in the smallest groups possible. Individual is preferred, or in small groups (up to 5 persons) to assist with distancing.*
- *Ensure test scheduling allows for extra time for extended pre and post test cleaning of equipment.*

#### **Testing Considerations**

- *Wear Personal Protective Equipment (PPE) at all times. That includes gloves, mask and glasses. This is for your own protection and the protection of the participant.*
- *Keep testing time limited, to a minimum (ideally less than 10 minutes as stated by Health Canada) when in close proximity to those being tested.*

- *Allow time between testing participants thus minimizing the risk of airborne particles.*
- *Clean equipment that is used prior to and at the end of testing each participant. That includes the stethoscope, blood pressure cuff, flexometer, mat and the core endurance apparatus.*
- *The PFPO would suggest that the shuttle run be the choice over the 2.4 km run if possible simply because it is easier to physically distance. The preference is to be outside when conducting the shuttle run as the air movement in a gym may be stagnant and less chance for droplets to evaporate quickly. When completing the shuttle run make sure participants are at least 2 meters apart.*

*It has come to our attention that some testers have been modifying the PIN test by taking out the Core endurance test and replacing it with a Plank test. This then means that the participants that completed the test should not get the PIN as they did not complete the test as set out in the certification.*

*If you have any further questions, please contact Jo Ann Rutledge, OPFA Lead Course Conductor ([5701@yrp.ca](mailto:5701@yrp.ca)).*