



## **TREATY 4 CITIZENS' POLICE ACADEMY INFORMATION**

Please take the time to read through the following document thoroughly as it outlines what the course entails and what you can expect.

The program will provide you with a lot of information and training and, therefore, is relatively intensive.

The Treaty 4 Citizens' Police Academy will be held at the First Nations University of Canada in Regina, SK from **May 4 - 15, 2026**.

It is an interactive two-week program that gives participants hands on experience and information on many facets of law enforcement and community safety. Participants will be certified in First Aid and Level "C" CPR/AED, a requirement when applying to any police service. Participants will also write the SIGMA exam and run the POPAT test, which are the first two steps in the application process for most law enforcement agencies. Should the participant be successful in both, they will have completed three steps in the application process.

The goal of the Treaty 4 Citizens' Police Academy is to:

- Diversify our provincial law enforcement and community safety agencies by encouraging more Indigenous applicants;
- Provide the applicants with a better understanding of the opportunities available within the policing/community safety profession;
- Introduce the basic requirements and demands placed on a police recruit/law enforcement officer at the Saskatchewan Police College;
- Provide a measure of the applicant's physical and cognitive abilities which are necessary in the hiring process; and
- Provide a list of candidates which provincial law enforcement and community safety agencies will consider for possible future employment.

During the two-week program participants will stay on campus at the University of Regina. They will be provided a similar, but shortened experience of that of a Saskatchewan Police College recruit. It may include such classes as:

1. Fitness and wellness preparation for applicants (including fitness class)
2. SIGMA (written entrance exam) practice and official test
3. POPAT (physical test) practice and official test
4. Participants will be certified in First Aid and Level "C" CPR/AED
5. Drill class/marching
6. Firearms training
7. Special Unit presentations (SWAT, Gangs, Crisis Negotiators, Canine, Traffic and more)
8. Scenarios/Report Writing/Note Taking
9. Resume/Application Preparation
10. Interview Skills
11. Public Speaking
12. Community-Based Policing (proactive problem solving, the importance of community partnerships, the importance of cultural and community diversity including TRC Calls To Action and cultural protocol)

This is a great opportunity for potential applicants to experience life as a police recruit. This includes working together as a team, being issued uniforms which are mandatory to wear throughout the course and living in residence at the University of Regina just as Saskatchewan Police Recruits do. We look forward to hosting everyone this spring.

**Registration deadline is April 1st, 2026.**

Please do not hesitate to contact us with any questions or concerns.

Cst. S.T.H. Keshane #745  
Regina Police Service  
[skeshane@reginapolice.ca](mailto:skeshane@reginapolice.ca)

Indigenous Recruitment Liaison Officer  
Phone: 306-777-8603/C: 639-571-9543  
[t4cpa@reginapolice.ca](mailto:t4cpa@reginapolice.ca)



**2026 Treaty Four Citizens' Police Academy**  
**Registration Form**

Surname: \_\_\_\_\_ D.O.B. \_\_\_\_\_  
(Please Print)

First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

City/Town/First Nation: \_\_\_\_\_

Phone Number: (     ) \_\_\_\_\_ Alt. Number: (     ) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

If sponsored, provide Agency: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone # of Agency: \_\_\_\_\_

Saskatchewan Health Card #: \_\_\_\_\_

Driver Licence Number #: \_\_\_\_\_

T-Shirt/Golf Shirt Size: \_\_\_\_\_ Shorts Size : \_\_\_\_\_  
(specify men's or women's)

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The above information is accurate and true to the best of my knowledge:

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Appendix 2*

**MEDICAL CLEARANCE**

Peace Officers' Physical Abilities Test (POPAT)

Dear Doctor:

The individual who has made this appointment with you has applied to be a part of the Regina Police Service's Treaty 4 Citizen's Police Academy. As a pre-requisite, all applicants must demonstrate a minimum level of physical ability and fitness. This is to be accomplished by successfully completing the POPAT.

The test is designed to simulate and measure an officer's physical ability to respond to a critical incident and apprehend or potentially control a prisoner/suspect. The test was developed by exercise physiologists and is based on their research findings. Their research has identified that the usual physical components of a response to a critical incident may involve quick action including various motor skills while simulating **getting to a problem, intensive heavy work resolving the problems** and then **removing the problem**. The test is conducted in a gymnasium and consists of running 400 meters which includes climbing up and down stairs, jumping over low obstacles and pushing and pulling on heavy weights 22.68 to 36.29 kg (50 to 80 lb) and then lifting & carrying (depending on test) between 31.75 – 45.36 kg (70 to 100 lbs.) 15.24 m (50').

It was found that most participants of the test **experience maximal heart rate** during the test. This indicates a brief (up to 4:45 minutes) but maximal stress being placed on the cardiovascular system. To minimize the chance of precipitating a major cardiovascular event, or other injury we are requesting that this person be examined to determine his/her employment and test risk potential.

In addition to your usual examination, we request your assessment of this person with respect to factors which may place him/her at risk during this **maximal test** or **future** peace officer related duties:

1. Hypertension with possible causative factors;
2. Diabetes Mellitus;
3. Persons with known heart disease or symptomatic cardiovascular disease including angina, breathlessness, palpitations, edema, syncope, dizziness;
4. Individuals with low fitness levels;
5. Acute systemic infections including viral respiratory infections;



6. Muscular and/or skeletal problems which may affect physical performance or present long term limitations on the person;

7. Any other areas of concern: \_\_\_\_\_

To minimize the health risk, we are requesting this medical examination to determine whether the applicant is healthy enough to undertake the POPAT (Police Officers' Physical Abilities Test).

**Test (POPAT)**

Applicant Name (please print): \_\_\_\_\_

Ht:\_\_\_\_\_ Wt:\_\_\_\_\_ Resting BP:\_\_\_\_\_ Resting HR: \_\_\_\_\_

In your professional opinion, do you consider the above named applicant to be healthy enough to take the POPAT? ☐ **YES** ☐ **NO**

Considering the fact that an applicant's typical response prior to maximal testing may include fear and anxiousness due to anticipation:

Does the above stated applicant remain safe to perform the POPAT if resting blood pressure and/or resting heart rate values exceed 144/94 mmHg or 100 bpm, and all

signs of chest, arm, neck and jaw pain, light headedness, fainting, and shortness of breath are absent? ☐ **YES** ☐ **NO**

Comments:

\_\_\_\_\_  
\_\_\_\_\_

Physician's Name (please print): \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please give completed form back to applicant**

**\*Note: This medical clearance form is valid for a maximum of 12 months from the date**

**Note to Applicant:**

Be sure to bring this completed form with you to your POPAT/PARE test. You will NOT be able to run the test without it.

- ☐ SIAST Woodland Campus  
1100 – 15<sup>th</sup> Street East, Prince Albert, SK (306) 765-1514
- ✓ University of Regina – Centre for Kinesiology Health and Sport  
3737 Wascana Parkway, 224 Kinesiology Bldg, Regina, SK (306) 585-4004
- ☐ University of Saskatchewan – Human Performance Centre  
Physical Activity Complex, 87 Campus Drive, Saskatoon, SK (306) 966-1001
- ☐ Saskatchewan Police College  
3737 Wascana Parkway, 217 College West Bldg, Regina, SK