

**UNIT LIAISON
PROGRAM
RESOURCE**

CFB ESQUIMALT



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Introduction:

What is the purpose of the Unit Liaison Program

Fitness staff at CFB Esquimalt are implementing the Unit Liaison Program in order to bring understanding to Units of the Morale and Welfare services available from PSP. The Unit Liaison program is established to achieve a consistent point of contact between PSP and each Unit at CFB Esquimalt. By creating this connection, we hope to achieve the following;

1. A solid link between PSP and the FORCE Coordinator, Sports Officer, and members of the Unit;
2. The creation and maintenance, of an electronic resource for Unit-level fitness procedures created by PSP Fitness and Sports Instructors;
3. Improved utilization of PSP Fitness staff for unit PT opportunities (when requested by the unit's Sports Officer);
4. A (face to face) resource to aid in a smooth transition for members who are to become the units FORCE Coordinator(s) and Sports Officer;

The Unit Liaison Program functions to execute the above points by assigning each Unit one Fitness and Sports Instructor (FSI), who will act as that unit's PSP representative. The FSI will maintain contact with the FORCE and Sports Officer by designating a communication plan that may include weekly email updates and face to face visits on a monthly basis. The FSI will assist the Unit with booking FORCE Evaluations (in cases where the FORCE Coordinator does not have access to specific members), in organizing unit PT opportunities (by request), and by otherwise assisting the Coordinators/Unit as necessary.

Who can run the Unit Liaison Program

Each unit can run it's own Unit Liaison Program when an FSI is assigned to them. We recognize that the needs of each Unit will differ, and therefore the execution of PSP support will differ across the base, and across each Unit. While the program will be run primarily by PSP, the FORCE Coordinator, and the Sports Officer, we still require the support of the Unit CO, XO and Coxn; working together we will be able to guide Units into fostering a sense of ownership over a Fitness and Wellness plan that supports and works with the needs of not only the individual, but also the Unit and its Operational Tempo as a whole.

Who are the main contacts at PSP for the specific unit

Contact PSP Fitness at 363-4485 to confirm your Unit's liaison personnel.

Fitness Information

Current fitness classes available at Naden and Dockyard

Naden Athletic Center

NADEN ATHLETIC CENTRE FITNESS SCHEDULE (N88)					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
7-7:45am	FORCE PT (Total Body Workout)	Cardio/Core PT	FORCE PT (Total Body Workout)	Mobility Workout	Practice FORCE Familiarization
7:30-8:30 am	Formation Unit PT (open to all in the Formation)		Formation Unit PT (open to all in the Formation)		
8-9:30am	FORCE EVAL *does not run daily, depends on the week	FORCE EVAL *does not run daily, depends on the week		FORCE EVAL *does not run daily, depends on the week	FORCE EVAL *does not run daily, depends on the week
9:30 -11:30am	Fleet School Fitness Class 1015-1100 NTDC Support 1100-1200	Fleet School Fitness Class 1045-1130 NOTC Support 1030-1130	Fleet School Fitness Class 1015-1100	Fleet School Fitness Class 1045-1130	Fleet School Fitness Class 1015-1100
12:05-12:50pm NOON HOUR	Functional Strength PT	Spin	HIIT PT	Spin	Fusion Fitness
	Sore and Restore	Aqua-Fit	Sore and Restore	Aqua-Fit	
1:00-4:00pm	Fleet School Fitness Classes 1415-1600	Fleet School Fitness Classes 1300-1345 Fleet School Fitness Classes 1515-1600	Fleet School Fitness Classes 1415-1600	Fleet School Fitness Classes 1300-1345 Fleet School Fitness Classes 1515-1600	

NADEN CLASS DESCRIPTIONS KEY:

Morning Programming:

FORCE PT (Total Body Workout): Practice and receive feedback on training methods, evaluation protocols, and techniques for different components of the FORCE test. Come prepared for a full body workout!

FORCE Familiarization:

This drop-in test will run you through an unofficial FORCE test where you are able to track your progress by having each test component evaluated by a PSP Fitness Staff. All participants welcome.

Cardio/Core PT: Join us for a heart pumping aerobic workout that we will pair with core conditioning! Challenge yourself as you strengthen the abdomen and back muscles, while also elevating that heart rate with movements that are guaranteed to get you sweating!

Mobility Workout: Daily mobility and recovery are an important part of your fitness routine! Come to this class to take the time to work on your mobility, while also learning techniques and movements that you can take to your own training.

Formation PT: This class is designed as a drop in class for all interested members and units on Monday and Wednesday. Bring your unit and work together as a team.

Mid-Day Programming:

Functional Strength PT: The staff will take you through a variety of movements aimed at giving you a level of athleticism in your day to day lives. We want to see you excel at lifting heavy loads, moving objects from A to B, and just improving your overall wellness for life!

Aqua-Fit: Get moving with a 45 minute, moderate level aquatic workout to improve strength, flexibility, and stamina. Work on core stability while getting an excellent cardio and strength workout. This class uses aqua-jogger belts, foam dumbbells and pool noodles for a low-impact, high-energy workout.

Bootcamp: A combination of cardiovascular, core, and muscular strength/endurance work are mixed for a high intensity class. These classes change each week with emphasis on different components of fitness. All levels welcome. Come prepared to work indoors or outdoors.

Spin: Cycle your way to better health with motivating instruction and music. You control the intensity of the class through tension adjustments. Please bring a small towel and a water bottle.

Sore and Restore:

Come and explore varied stretching techniques, focusing on increasing full body strength and flexibility. A great complement to any fitness training routine.

HIIT PT: High-Intensity Interval Training is a training technique in which you go all-out at one hundred percent effort! Your work phases are intense bursts of exercise, followed by short recovery periods. Be ready to get your heart rate up, while you work hard to burn those calories!

Fusion Fitness: Change up your workout with our fun Fusion Fitness class! A variety of class types from circuits, to kickboxing, to games that will make you sweat!

Dockyard Gym:

FLEET FITNESS AND WELLNESS CENTRE FITNESS SCHEDULE DOCKYARD GYM (D22)					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
7-7:45am	Spin	FORCE PT (Total Body Workout)	Battlefit	FORCE PT (Total Body Workout)	Cardio/Core PT
8-9am					
10-11am					
11-11:45am	Battle-Fit	Flexibility Fusion	Battle-Fit	Flexibility Fusion	Battle-Fit
12:05-12:45pm	Bootcamp	Spin	Bootcamp	Spin	Bootcamp
1-2:00pm	Fleet School Fitness Class		Fleet School Fitness Class		
2-3:00pm					

DOCKYARD CLASS DESCRIPTIONS KEY:

FORCE PT (Total Body Workout): Practice and receive feedback on training methods, evaluation protocols, and techniques for different components of the FORCE test. Come prepared for a full body workout.

Cardio/Core PT: Join us for a heart pumping aerobic workout that we will pair with core conditioning. Challenge yourself as you strengthen the abdomen and back muscles, while also elevating that heart rate with movements that are guaranteed to get you sweating.

Spin: Cycle your way to better health with motivating instruction and music. You control the intensity of the class through tension adjustments. Please bring a small towel and a water bottle.

Bootcamp: A combination of cardiovascular, core, and muscular strength/endurance work are mixed for a high intensity class. These classes change each week with emphasis on different components of fitness. All levels welcome. Come prepared to work indoors or outdoors.

Kettlebell Conditioning: Strength, flexibility and core stability combine in a functional exercise routine designed to help mimic the way you move in real life. Get it all with a traditional Russian cast iron weight, looking like a cannonball with a handle.

Unit Fitness Opportunities

Requesting PSP-led Unit PT

WHAT KINDS OF FITNESS SESSIONS CAN PSP PROVIDE FOR MY UNIT

PSP can provide a Fitness and Sports Instructor (FSI) for a variety of activities. An FSI can facilitate a group workout such as strength training, circuit training, or mobility; they can provide an instructor and lifeguard for swimming or pool-PT; and they can help to organize the equipment and space required to play team sports.

HOW DO I SET UP PSP-LED UNIT PT

Your Sports Officer or a Unit Representative will need to contact the Fitness Cell Coordinator (363-4495) in order to book a PSP-led class. The Fitness Coordinator will then discuss class timings and content with you, and book gym space and a Fitness Instructor to run the class. *You will need to contact the Fitness Coordinator NLT one month prior to your preferred date.*

Unit PT led by military member:

WHICH MILITARY MEMBERS ARE QUALIFIED TO LEAD UNIT PT

Unit PT can be led by members with the designation of BFTA (Basic Fitness Training Assistant), or AFTA (Advanced Fitness Training Assistant). These members can run PT independently or in conjunction with a PSP Fitness Instructor.

HOW DOES A MEMBER ACQUIRE THEIR BFTA OR AFTA CERTIFICATION

Members can acquire their BFTA through attending the course at CFB Borden. In order to be nominated, your unit Training Coordinator, Training Officer or Operations and Training Cell must enter your nomination in Guardian. Course dates can be found at www.CFMWS.ca (click PSP > PSP Training > Courses and Certifications > Courses for Military Members). The desired serial number and session dates must be entered in the comments field in order to ensure you are not simply put on a waiting list. Courses are offered in both official languages, and are 10 days long.

For more information please contact the PSP Training Centre Office Coordinator at 705-424-1200 ext 312 or CSN 270-3127.

BFTA - Basic Fitness Training Assistant

MITE Course Qualification Code 112290

Designed for physically fit Canadian Forces personnel who are interested in improving their knowledge of safe and effective physical fitness training methods, leadership abilities and instructional capabilities to enhance their unit's physical fitness.

BFTA Prerequisites

- Successfully completed the FORCE evaluation in the past 12 months
- Rank of Corporal, Leading Seaman and above
- Currently qualified in Standard First Aid and CPR
- Medical standards:

V	CV	H	G	O	A
4	3	3	2	2	5
- Course attendance approval through the Chain of Command.

Objective

The objective of this course is to familiarize the BFTA with (PSP) fitness training methodologies and CF fitness evaluations. The knowledge imparted during this two-week course provides the BFTA with the ability and confidence required to lead unit physical training. The BFTA's role is to act as an effective liaison between their unit and the local PSP fitness staff. This collaborative approach will enhance the level of continuity of the CF Fitness Program.

What and how you will learn

This course focuses on (PSP) physical fitness training methods including exercise purpose, exercise risk-benefit analysis, progressions and options for all fitness levels. Effective leadership styles for a CF fitness class will be examined. This information will be delivered through theoretical lectures, practical demonstrations, group discussions, and student presentations.

Expectations

Students will be assessed on their conduct of a group physical fitness training session and implementation of a physical fitness program.

NOTE: This is a highly physical / activity based course.

Logistics

- Taught at CFB Borden. In order to have a course taught at any other location with suitable facilities and equipment a request has to be submitted to MPGTG HQ in Borden.
- Offered in both official languages.
- Nomination process through their unit Training Officer
- For more information please contact the PSP Training Centre Office Coordinator at 705-424-1200 ext 3127 or CSN 270-3127

AFTA - Advanced Fitness Training Assistant

MITE Course Qualification Code 112390

For military personnel who have a keen interest in Physical Fitness Training (PFT) and have successfully completed the BFTA (Basic Fitness Training Assistant) qualification.

Prerequisites

- BFTA qualified and involved with the unit's/school's PT program on a regular basis
- Successfully completed the FORCE evaluation in the past 12 months
- Rank of Master Corporal, Master Seaman and above
- Currently qualified in Standard First Aid and CPR
- Medical standards:

V	CV	H	G	O	A
4	3	3	2	2	5

- Course attendance approval through the Chain of Command.

Objective

This course aims at instructing CF personnel on advanced type fitness training. It will inform them how to meet the needs of the tactical athlete. This operational and functionally based training will enhance the operational readiness of the individual and his/her unit.

What and how you will learn

During this 2 week course you will learn how to:

- Explain the Tactical Athlete Training Program (TATP)
- Identify exercise safety concerns of advanced training methods
- Demonstrate/conduct TATP fitness conditioning training session
- Conduct obstacle course physical fitness training
- Conduct operational based physical fitness skills training
- Conduct competitive fitness games
- Conduct fitness based orienteering

This information will be delivered through theoretical lectures, practical demonstrations, group discussions, and student presentations.

Expectations

Students will be assessed on their conduct of a Tactical Athlete group physical fitness training session, instruction and demonstration of weight lifting technique, conducting group competitive games activity, and achieving passing grades in two written theoretical tests.

NOTE: This is a highly physical / activity based course.

How to acquire equipment for your unit

To request small equipment such as sandbags or deployment fitness kits, Units are able to contact the Fitness Coordinator at 3-4495; pending availability the Fitness Coordinator can arrange for items to be signed out on an appropriate loan card.

If your Unit is looking for input or suggestions on equipment when outfitting a space, PSP is available to offer our educated opinions on what we feel would work best; please note that any purchasing of equipment is to be done by the unit, and is to be paid for by the Unit.

Additionally, if your Unit is looking to book facility space at the Naden Athletic Centre, or if you are looking to book any of our fields, you can contact the Facility Coordinator at 3-4213.

How to get fitness programming and mentorships from PSP staff

PSP Fitness offers individualized training programs for CAF members that want to improve for a specific goal, or for members who are looking to tackle one of the various Specialty Trade fitness tests in the Canadian Military. Whether it's JTF2, SAR-TECH, FORCE, or any of the other fitness tests, PSP Fitness staff would be happy to prepare you for success.

For general training and fitness improvement, PSP will refer members to DFIT.ca

Dfit.ca is a website created for military members and their families to create and log fitness programs, and to learn about proper form, training, and nutrition. Military members can create an account by visiting [Dfit.ca](https://dfit.ca), clicking new account, and following the prompts. Family members with no SN can also create an account by applying for their CFOne card on the [dfit](https://dfit.ca) login page.

The website is geared to help prepare Canadian Armed Forces personnel for the physical rigours of today's complex and demanding operating environments. It includes fitness programs designed especially for Navy, Army and Air Force tactical athletes to help you optimize your fitness and operational effectiveness. You can use your DFIT account to generate a variety of training programs, including strength training, operation fitness training, and running. Programs can be tailored to whether you require Operational Fitness programs (for military members) or Active Living programs (for family and veterans), the timeline you require and the number of training hours per week you can complete.

The Dfit website also includes a FORCE Profile calculator, which members can use to help understand their FORCE Evaluation results. To utilize the fitness profile calculator, go to [Dfit.ca](https://dfit.ca), and on the lower left corner click "Fitness Profile Calculator". Members can enter their demographic data and evaluation results to see where they fall on the Operational and Health related fitness graph.

PROPER CHANNELS FOR PSP MEMBERS TO DEPLOY WITH SHIPS

The Deployed Operations Cell in Ottawa takes care of matching PSP staff up with deploying ships or Units. In order to obtain this support, the Unit is required to put forward their request well in advance. The Unit is responsible to start the process by generating a CFTPO request to Deployed Ops in CFMWS HQ. There will not be any movement on processing the request without the CFTPO; the Unit should contact PCC Pacific for assistance with the generation of the CFTPO.

Please contact the local Fitness Coordinator Alyssa Jesson (Alyssa.Jesson@forces.gc.ca) if you have any questions, or if you are interested to know a bit more of the role of PSP on a deployment.

SAMPLE PROGRAMS AVAILABLE FOR UNITS ON DEPLOYMENT

In the past, PSP has created training suggestions for members deployed on ship. Included in these resources is a Standard Warm-up and Cool Down, a Spin Bike Handout, and a documented outlining a handful of Ship-Friendly Workouts. If you will be deployed without a PSP staff on board, just ask your Unit Liaison Rep to help link you up with these resources.

PERSONAL TRAINING

If a CAF member would prefer to hire a PSP personal trainer to work with them one on one, personal training packages can be purchased through PSP Recreation at CPAC.

Force Testing

What is the FORCE test

“FORCE” stands for *Fitness for Operational Requirements of Canadian Armed Forces Employment*. The FORCE Evaluation is not considered a physical fitness test but is instead, a measure of operational readiness – a reflection of the CAF minimal physical employment standard related to common defence and security duties known as the *Universality of Service* principle. The FORCE Evaluation is designed to capture the movement patterns, energy systems, and muscle groups used in the performance of common military duties. Common duties include tasks that anyone within the CAF may be tasked with regardless of environment, age, gender, rank or occupation. These are represented by an evaluation known as the *Common Military Task Fitness Evaluation* (CMTFE). The CMTFE includes the following tasks:

- i.* Escape to cover
- ii.* Vehicle extrication
- iii.* Picking & digging
- iv.* Stretcher carry
- v.* Sandbag fortification
- vi.* Pickets & wire carry

The scientific relationship between the CMTFE and the FORCE Evaluation allows the performance and standards of the “six common military tasks” to be reflected in the four tasks of the FORCE Evaluation.

How to prepare for the FORCE test

PSP currently runs classes at both the Naden Athletic Centre and Dockyard Gym, that are geared towards getting members ready for their FORCE evaluation. Check each gym's respective schedules and look for the following classes:

FORCE PT (Total Body Workout): Practice and receive feedback on training methods, evaluation protocols, and techniques for different components of the FORCE test. Come prepared for a full body workout!

FORCE Familiarization:

This drop-in test will run you through an unofficial FORCE test where you are able to track your progress by having each test component evaluated by a PSP Fitness Staff. All participants welcome.

Who are the Unit Force Coordinators for each unit.

Each Unit is responsible for assigning a minimum of one person to act as the FORCE coordinator. This person is then responsible for the booking of members, via the online reservation system. PSP highly

encourages Units to have one or two additional persons acting as the 2IC of the FORCE coordinator; this helps to mitigate any issues if the FORCE coordinator is on leave, or is away on course.

How do I Become a Unit Force Coordinator?

You can contact your Unit Liaison PSP representative or the PSP Fitness Cell by phone or email; the PSP staff can create a FORMeFIT account for you. You will need to provide the staff with the UICs for all units you need to access. To gain access to more UICs (for example, in cases where you are working for another unit, or when members are consistently attach-posted to your unit), contact the Fitness Cell with the UICs you wish to access and the staff will update your account.

KEEPING TRACK OF CAF MEMBERS ANNUAL FORCE TEST

PSP does not keep a log of when members across the base require their evaluation to be updated; that is the responsibility of the member and the Unit. We suggest that Unit FORCE Coordinators come up with a method that works best for them when it comes to tracking this information for the section, or Unit as a whole.

HOW TO BOOK A FORCE TEST

As an individual member, the first step in registering for a FORCE test is contacting your *Unit FORCE Coordinator*. They will have access to the FORCE test online reservation system and calendar - allowing them to book a CAF member on an appropriate date. If a CAF member is attach posted, or the *Unit FORCE Coordinator* is unable to access a particular service number within the online system, then contacting a PSP Fitness instructor (ideally your Units PSP rep) for registration should be the next step.

If a unit does not have a *Unit Coordinator*, they can appoint one. The appointed party will need to contact PSP so as to gain access to the booking website.

For any troubleshooting regarding FORCE test booking, contact PSP Fitness:

Naden FORCE Line **250-363-4412**

Naden Fitness Cell Office **250-363-4485**

SPECIAL REGULATIONS AROUND BOOKING A FORCE TEST; NO DROP IN POLICY

In January 2018 PSP stopped accepting drop-in participants for any FORCE testing. It is our intent that this policy will help CAF to better understand the circumstance where a Drop-In may be considered. For full reference of the memo, please contact PSP and we would be happy to provide this.

- FORCE testing, unlike other CAF Fitness Evaluations is not conducive to allowing drop-ins due to the evaluation protocol.
 - Rest times set by protocol are stretched when there are more members than what we can accommodate, leading to unfair advantages and disadvantages across the board;
 - PSP bases staffing levels off of the number of registered participants, and struggles to accommodate large influxes when drop-ins attend.
- Each Unit should have their own FORCE test Coordinator, who takes on the role of booking members.
 - We encourage Units to have a 2IC for this tasking;
 - Should a Unit need to set up an IC or 2IC with access, they can contact PSP at either 3-4485 or 3-4412.
- If a member is deploying and there are no open test spaces available, the Unit is to contact the Fitness Coordinator, at 3-4495. These circumstances will be assessed on a case by case basis, and the member/Unit will be required to show the appropriate documentation (example: DAG sheet/CFTPO/email chain from Chain of Command) in order to process the request.

How do I obtain my Force testing qualification (Force Evaluators course)

The FORCE Evaluator Course is an 11-hour blended course that qualifies graduates to conduct the FORCE Evaluation, as an Evaluator. Qualified FORCE Evaluators are able to conduct FORCE Evaluations for Regular Force members under PSP supervision, and for Reserve Force members without PSP supervision. Members are required to complete six online modules prior to attending a one day in-person workshop. The course requires active participation, and candidates must be able to demonstrate and successfully complete all components of the FORCE test. The minimum rank of Cpl/LS is required. To obtain more information or to register please contact Fitness Coordinator Alyssa Jesson at Alyssa.Jesson@forces.gc.ca

Frequently asked FORCE questions

HOW EARLY SHOULD I BOOK MY TEST

Booking at least 60-90 days in advance is recommended to ensure there are available testing dates before expiry (the general trend is that tests fill up 4-6 weeks ahead). Bookings are based on a first come, first served basis and we ask that you please work with your Unit FORCE test Coordinator to arrange a test booking. Our busiest times are right before Deployments, as well as in the month leading up to Merit Board cut-offs; if you know that you will require your FORCE test during one of these busier times we suggest that you plan ahead appropriately.

WHAT HAPPENS IF I FAIL MY FORCE TEST

Should a member fail their FORCE test, a formalized Memo will come from PSPs Reconditioning Manager to the members Commanding Officer. The purpose of this will be to assign the CAF member to 3-months of remedial PT with PSP staff; an accompanying log book will need to be signed-off by the instructing PSP staff member after every PT class regardless of class type. At the completion of the 3-months of remedial PT, the CAF member will attempt to pass another scheduled FORCE test.

If the CAF member once again fails a FORCE test, it is up to their chain-of-command to decide how to proceed. The likely scenario is that the member will do another 3-months of remedial PT.

HOW DO I ACCESS MY FORCE TEST RESULTS, AND HOW LONG DOES IT TAKE BEFORE I CAN GET THEM?

You can log into your EMMA or GUARDIAN to see your if you PASS or FAILED your last FORCE - you can also see the date the evaluation was done. It takes up to 48 hours from your test day to upload.

I WANT/NEED PAPERWORK FOR A PROMOTION/COURSE/DEPLOYMENT - WHY CAN'T I HAVE ANY?

All FORCE results are kept electronically. We offer a business card at the end of your FORCE which we can hand write your results on. If you immediately need something to show your supervisor we can write you up an email saying "A12 345 678 OS Bloggins has successfully passed his FORCE test on DD/MM/YY"

I'VE GOT A CURRENT PASS BUT I WANT TO RETEST TO BEAT MY INCENTIVE!

Since there are so many members here at CFB ESQUIMALT, we ask that you do not test early simply because you want to beat your previous incentive score - instead come in and train with us to better yourself and score better next time.

Also, if you fail on this attempt for any reason, it overrides your previous pass.

Fitness Testing for Specialty Trades

Specialty trades

Search and Rescue Technician (SAR TECH)

Canadian Armed Forces Search and Rescue (CAFSAR) is the collective name used to refer to search and rescue (SAR) resources and operations within the Canadian Armed Forces. CAFSAR is currently the responsibility of the Royal Canadian Air Force (RCAF).

The Physical Fitness Screening Evaluation Standard:

1. Treadmill Uphill walk/run with 25 Kg load. (Familiarize yourself with protocol.)
2. Equipment Carry, Shuttling 50 and 52 Kg over 40 m circuit. $\geq 6:30$ (Familiarize yourself with protocol)
3. Pool Swim, 750m swim with Fins Continuous $\geq 20:00$

Joint Task Force Two (JTF2)

Joint Task Force 2 (JTF2) is an elite special operations force of the Canadian Armed Forces. Serving as the centrepiece of Canada's special operations, JTF2 is primarily tasked with counter-terrorism operations but also specializes in direct action, hostage rescue, personnel recovery, and foreign internal defense. Much of the information regarding Joint Task Force 2 is classified, and is not commented on by the Government of Canada.

Special Operations Assaulter

The Physical Fitness Screening Evaluation Standard:

1. 1.5 Mile Run, $\geq 9:45$
2. Push-ups, ≥ 40 reps, continuous;
3. Sit-ups, ≥ 40 reps, 1-min;
4. Pull-ups, ≥ 5 reps, continuous;
5. 1 Rm Bench Press, ≥ 65 Kg

Special Operations Coxswain

1. 1.5 Mile Run, $\geq 11:00$
2. Push-ups, ≥ 40 reps, continuous;
3. Sit-ups, ≥ 40 reps, 1-min;
4. Pull-ups, ≥ 5 reps, continuous;
5. 1Rm Bench Press, ≥ 65 Kg (Only Concentric phase is tested. Familiarize yourself with protocol)

A scoring system is used to assign points to repetition number above minimums. Please familiarize yourself with this scoring system

Firefighter

Firefighter Physical Fitness Maintenance Program (FF PFMP)

CF Fire Marshal's Firefighter Pre-Entry Fitness Evaluation (CFFM FPFE)

Close Protection Pre-Selection Fitness Evaluation

The Physical Fitness Screening Evaluation Standard:

1. Standard FORCE Evaluation
2. 100m Fireman Carry of 86 Kg person ≥ 60 s

Canadian Special Operations Regiment (CSOR)

Special Forces Operator (SF OP)

The **Canadian Special Operations Regiment** is an elite unit of the Canadian Armed Forces. It forms part of the Canadian Special Operations Forces Command. As a special forces unit, the regiment's roles include conducting complex or difficult raids, capturing strategic facilities and undertaking reconnaissance. It is also capable of working with the armed forces of other countries

The Physical Fitness Screening Evaluation Standard:

- a. Day 1
 1. Relative Hand Grip, ≥ 1.00 ;
 2. Standard Load Squat (72 kg), 11 reps;
 3. Pull-ups, ≥ 5 reps, continuous;
 4. Sit-ups, ≥ 40 reps, 1-min;
 5. Push-ups, ≥ 40 reps, continuous;
 6. 20m shuttle run, \geq Level 9.0; and
 7. Combat Swim Test, 25 m (no floatation, no time limit).
- b. Day 2:
 1. Modified Ruck March, $\leq 2:24:00$ hr:min:sec (12 km, 35 kg rucksack, no helmet, no rifle).

Canadian Joint Incident Response Unit (CJIRU)

Chemical Biological Radiological and Nuclear Operator (CBRN OP)

The **Canadian Joint Incident Response Unit** of the Canadian Armed Forces was created "to provide timely and agile broad-based CBRN (chemical, biological, radiological and nuclear) support to the

Government of Canada in order to prevent, control and mitigate CBRN threats to Canada, Canadians, and Canadian interests". It is a sub-unit of the Canadian Special Operations Forces Command.

The Physical Fitness Screening Evaluation and Standard:

1. Relative Hand Grip, ≥ 1.00 ;
2. Standard Load Squat (72 kg), 11 reps;
3. Pull-ups, ≥ 5 reps, continuous;
4. Sit-ups, ≥ 40 reps, 1-min; and
5. 20 m Shuttle Run (20MSR), \geq Level 8.0.

Booking a specialty fitness test

To book a specialty test, you must organize this at least one month in advance of when your are ideal test date. All specialty fitness test bookings are to go through the PSP *Fitness Coordinator* Alyssa Jesson at 3-4495 or Alyssa.Jesson@forces.gc.ca.

Preparing for a fitness test: where to find protocols and minimum requirement

Each specialty test has its own unique set of protocols, and potential candidates are highly encouraged to make themselves familiar with them prior to contacting PSP for a test. Protocol and test information can be found at www.cfmws.com; click on the PSP logo > Fitness & Health > Fitness.

HOW TO GET AN INDIVIDUALIZED PROGRAM FOR MY FITNESS TEST

CAF members can have a PSP Fitness Instructor create a fitness program specially designed to prepare the member to be successful for whichever fitness test being trained for. The first step is to visit the Fitness Cell at Naden to fill out a questionnaire. Members will then be assigned to a designated PSP staff who will work with the member to create a plan.

Special Events:

Fleet Run:

On the last Friday of every month, PSP puts on a 5 KM run at CFB Esquimalt. Warm-up takes place at 08:15 hrs at A-jetty on the Dockyard side of CFB Esquimalt, with the run beginning at 08:30 hrs. Participants may need approval from their chain of command to attend, and maximum attendance from all Units is highly encouraged. As the run spans across both the Naden and Dockyard sides of the base, participants will need to keep their Military/DND identification with them to ensure they can enter and re-enter the base.

Navy Run:

Open to both DND employees and civilians, their families, and the community, the *Navy Run* is an annual community event at *CFB Esquimalt* taking place the second Saturday of June. Unlike the monthly *Fleet Run*, this event has a 5 KM and 10 KM option, both of which take participants off base and through the community of Esquimalt. Additionally, we offer a fun kids run so that the whole family can come out to participate! This event is run through PSPs Recreation department, and does have an associated registration fee; it is recommended that participants register in advance.

For persons wishing to register for the run, and who may be looking for PSP led training opportunities, the Fitness Cell offers a free running clinic for both beginner and/or advanced runners at *Naden Athletic Centre*, beginning in April. Typically we arrange the clinic so that runners meet up on a designated day once a week, and then they complete their home running assignments before the next session.

Visit <http://navyrunesquimalt.com/> for more Event details, and formal registration information.

Navy Bike Ride:

Held in June/July, the *RCN Bike Ride* in Ottawa is a new annual event. It is a Naval COmmunity outreach where Military members, their families, and members of the general public can come together in health and wellness.

For more information, you can visit the MARPAC Notice Board at <http://esquimalt2.esquimalt.mil.ca/NoticeBoard/NoticeBoard.aspx> , where finalized details pertaining to each years event will be posted. Additionally you can talk to your Unit's PSP Representative, or call the Fitness Cell at 3-4485.

Formation Fun Day:

This family-oriented event is held yearly around mid-September by CFB Esquimalt and is open to all military, retired military and civilian employees, and their families. You can expect a marketplace style set-up with fun events such as inflatables, cookie decorating, and petting zoos. For more information, visit the following websites:

<https://www.cafconnection.ca/Esquimalt/Calendar/2018/September/2018-Formation-Fun-Day.aspx>
<http://esquimaltmfrc.com/event/formation-fun-day/>

Reconditioning Programs:

The PSP Reconditioning Program supports CAF members as they recover from illness or injury through customized exercise, training plans, and access to sports. The Program is designed to help ill and injured members as they recover, support them in returning to active duties, and improve their quality of life as quickly and safely as possible.

The PSP Reconditioning Program builds upon the principles established by the CAF *Health and Physical Fitness Strategy* – a roadmap for improving the fitness of the CAF as a whole – and the individualized care for the ill and injured provided through the *Joint Personnel Support Unit (JPSU)* and the CAF *Rehabilitation Program*. The PSP Reconditioning Program works in partnership with the JPSU, *Soldier On*, and CAF *Health Services*, all of whom provide dedicated support to soldiers recovering from illnesses and injuries. This shared approach ensures a seamless transition between physical rehabilitation and physical fitness reconditioning, which is crucial to developing personnel's functional independence and returning to active duties.

Program Delivery

The PSP Reconditioning Program is delivered at CFB Esquimalt by the Reconditioning Manager (RM) and Physical Exercise Specialist (PES), who work directly with ill and injured personnel. The partnership between health and fitness professionals on the base ensures smooth transitions for personnel during all phases of recovery. By providing customized fitness training plans, these specialists are able to support CF members in regaining functional abilities, and work with them to achieve the high level of physical fitness required to be operationally ready and effective members of the military.

While the PSP Reconditioning Program provides seamless, consistent services, it is also designed to recognize that no two paths to recovery are the same, and there is no cookie cutter approach to regaining physical fitness. The PSP Reconditioning Program is flexible and adaptable to support each military member in achieving their personal fitness and health goals, and may include participation in health promotion activities, fitness training sessions, sports, recreation, *Soldier On* activities, and other community activities. Each plan takes into consideration the participant's comfort level with different activities, physical capabilities, and access to equipment and programs on base as well as in the community.

REHAB FOR PERFORMANCE (R4P)

The R4P program comprises the following three region-specific programs:

- A. Upper Quadrant (U-R4P). Designed for retraining cervicothoracic region and shoulder.
- B. Lower Quadrant (L-R4P). Designed for retraining knee, ankle, and foot dysfunctions.
- C. Spine (S-R4P). Designed for retraining thoracolumbar, hip, and top-down knee dysfunctions.

All R4P programs are movement-based and designed to deliver functional challenges specific to the CAF. R4P ensures that all injured CAF personnel are provided the time, opportunity, equipment, and programming necessary to adapt their injured area to a level suitable for their occupation within the CAF.

Referrals to R4P can only be made by a physiotherapist.

L.E.A.R.N.

The Lifestyle Education through Activity, Resilience, & Nutrition is a 12-week holistic approach to activity and wellness. Target population includes those with an unhealthy waist circumference (>88 cm for women or 102cm for men), poor nutritional awareness and/or an unsuccessful FORCE test. The program is delivered by the *Reconditioning Manager* and *Health Promotion Specialists* and is endorsed by the *MARPAC Health and Wellness Strategy*. Courses run in the fall and the spring.

For more information, visit;

<https://www.cafconnection.ca/Esquimalt/Adults/2018-PSP-Health-Promotion/LEARN-holistic-well-being.aspx>

Personnel Support Programs (outside of Fitness)

Resources on programs offered through PSP Health Promotions

Health Promotion



- Health Promotion offers wellness courses open to military members, DND civilian employees, military spouses and veterans throughout the year.
- Check the notice board or the Health Promotion office for up-to-date registration forms and calendars.
- Register through your Unit Training Coordinator

Want to book a speaker for a Pro d event?
email Maryse.Neilson@forces.gc.ca

- CREATING AN ADDICTION FREE WORKPLACE FOR SUPERVISORS (CAFW) MITE 117733; 0830-1200 /1 full day and 1 half day session
- MANAGING ANGRY MOMENTS (MAM) 4 am sessions 8:30-1600 and 2 half day 8:30-1200 302021
- LEARN / 12 wks / 13:30-14:30/ Register Lyndal.Greig@forces.gc.ca
- INTERCOMMUNICATIONS (Intercom) 0830-1200 /4 half days @ CPAC 303172
- MENTAL FITNESS & SUICIDE AWARENES Supervisor (MFSA) MITE 119531; 0830-1600 1 full day
- RitCAF 0830-1600 / 1 Full day (MITE 303192)
- STRESS: TAKE CHARGE! (STC) 0830-1200 /4 half days 302023
- TOP FUEL FOR TOP PERFORMANCE (TFTP) 0830-1200/ 2 half days 302025
- UNIT HEALTH PROMOTION REPRESENTATIVE TRAINING (UHPR Trg) 0830-1200 / 1 half day



Tobacco-Free Butt Out Clinic –
One stop shop to quit using tobacco.

Located on the 1st and 3rd
Wed of each month 1300-
1500

To make an appointment call
250-363-4120

Naden Athletic Centre / 363- 5621 / www.cafconnection.ca/Esqumalt

Health Promotion Course Descriptions



Tobacco-Free-Butt Out Clinic @ 1st Floor Base Clinic -1st and 3rd Wed of each month 1300 to 1500 hrs. To make an appointment call 363-4120. This is a one stop shop for those members that want to quit using tobacco.

- Discuss Nicotine Replacement Therapy and other medical options with a Doctor
- Receive a prescription and get it filled at the pharmacy, Meet with the Butt Out Coordinator

RitCAF—respect in the CAF (MITE 303192)

- RitCAF is interactive course that is intended to promote respect in the CAF through awareness & understanding. It is designed to empower CAF members to take a stand against sexual misconduct & to support victims.
- Three modules are covered: the nature and magnitude of sexual misconduct in the CAF, bystander intervention, and victim support.

Creating an Addictions Free Workplace for Supervisors (MITE: 117733)

- 1.5 day program designed for the Canadian Armed Forces (CAF) and for personnel in leadership positions
- Recommended course for all military personnel, MS and above (MITE code for MS and above)
- Designed to assist leaders in promoting an addiction free culture in their workplace
- Participants learn about: substance misuse, warning signs, effective interviewing skills, active listening skills, enabling and how to challenge unhealthy workplace cultures and relevant policies
- **Participants must attend all sessions to receive MITE code and a pre-reading package is required**

Managing Angry Moments (MAM) (HRMS 302021)

- Teaches participants how to use their anger constructively and is intended for everyone
 - We all feel anger at various times but we don't always behave the way we would like to
 - Gain a better understanding of their relationship with anger and learn skills for changing behaviour
- *This is not anger management counselling and is not suitable for individuals who have serious anger management problems who require counselling

Mental Fitness & Suicide Awareness (MF&SA) (MITE 119531)

(MITE code for MS and above) One day course that has been designed for the Canadian Armed Forces. Promotes mental fitness to gain resiliency and increase awareness of those at risk of suicide

Stress: Take Charge (STC) (HRMS 302023)

- Helps participants manage their internal stress more effectively. Participants are supported and learn stress coping strategies
- The course will help participants increase resiliency to create a greater tolerance and threshold level towards life's stressors and challenges

Top Fuel for Top Performance (TFTP) (HRMS 302025)

- The course looks at popular diets, sport supplements and the roles they play in maximizing performance.
- Participants with the assistance of the instructor will create individually tailored eating plans to fuel for training and recovery based on your physical activities and training regime.

Unit Health Promotion Training (UHPR) UHPRs play a key role in communicating health promotion information to their units

- UHPRs are the Health Promotion Department's main point of contact for relaying all course, program, campaign, and special event information
- To be a qualified rep participants must take a half day training session, be health conscious (non smoker, responsible drinker, physically active, resilient and proactive) and have the approval of their CO. Units may also have more than one UHPR

Intercommunications - (INTER-COMM) (HRMS 303172)

- Canadian Armed Forces (CAF) personnel and their family members who are interested in learning how to deal with conflict and improve communication in their personal relationships.
- Director General Alternative Dispute Resolution (DGADR), Military Family Services (MFS) and Health Promotion (HP) program, *Strengthening the Forces* (STF), have partnered in the development of this course to give individuals in the CAF community the opportunity to increase their ability to communicate more effectively.

LEARN

- **LEARN** is an 8 week program that combines physical activity, nutrition, mental fitness/resilience training, stress management and conscious relaxation to help participants reduce their waist circumference and improve their overall fitness through both education and physical training modules. The program is delivered by the Regional Adaptive Fitness Specialist and Health Promotion Specialists and is endorsed by the MARPAC Health and Wellness Strategy.
- *The target population for this program is members who have an unhealthy waist circumference as defined by the World Health Organization (women over 88 cm and men over 102 cm), poor nutrition habits, and/or an unsuccessful FORCE test.*

For more information please contact Lyndal via email at lyndal.greig@forces.gc.ca

Resource on programs and opportunities offered through PSP Recreation

PSP RECREATION



ABOUT US

PSP Recreation is committed to providing individuals, families and communities with quality leisure experiences and innovative recreational programming.

Programming is planned and executed by the PSP Recreation team at the Colwood Pacific Activity Centre.

PROGRAMS & EVENTS

We offer an array of recreation programs for all ages ranging from two-years to adult! In addition, we also host many family events throughout the year including ski trips and holiday parties.

BIRTHDAY PARTIES

From Bouncy Castles to Nerf Gun Parties, we have a birthday party that will work for your child. Our parties are affordable and fun!

EARLY YEARS & SCHOOL AGE

Our kids' programs include cooking classes, dance classes and out of school camps. We also offer art classes and Friday movie and swim nights!

ADULT

Whether you're looking for an evening yoga class, guitar lessons or to learn some new dance moves, our adult programming has something for everyone.



Resource on programs and opportunities offered through PSP Sports

FORMATION SPORTS

Esquimalt Formation Sports organizes sports teams, leagues, and tournaments from the Formation/Base level to international competition. The programs offered are:

- Cock of the Walk/Formation (Unit Competition)
- Triton Base Teams (Canada West Regional and CAF National Championships)
- CISM (International Sports)

Cock of the Walk (COTW)

The Formation Cock of the Walk program is a program that has grown to include both fleet and base units including civilians. The base units and fleet units will compete in a variety of sports to obtain points throughout the year. Your unit Sports Rep will be provided a schedule of events.

Formation Teams (CFB Esquimalt Tritons)

Esquimalt Formation Base Sports teams are comprised of Canadian Armed Forces (CAF) members that are Regular Force or Class A, B or C Reserve Force and belong to CFB Esquimalt in full capacity or are Attached Posted here. The Tritons represent CFB Esquimalt at Canada West Regional Championships for various sports. Winning Canada West allows Esquimalt to represent the Canada West Region at the National Championships.



CONTACTS

Sports Coordinator

Ryan Elborne

250-363-4068

Ryan.Elborne@forces.gc.ca

Sports and Athletics Assistant

Rebecca Coulter

250-363-4069

Rebecca.Coulter@forces.gc.ca

**Contact us if you are
interested in joining a
Base Team or becoming
a Sports O.**