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5593-1 (Mgr FS&R)

April 2023

BASIC FITNESS TRAINING ASSISTANT (BFTA)
CALL FOR INTEREST – OUTCAN
MITE COURSE QUALIFICATION CODE 112290

Ref: A. DAOD 5023-2 – Physical Fitness Program

Annexes A: OUTCAN BFTA Call for Interest Form

1. General: Given the lack of PSP staff at OUTCAN locations to lead unit physical training, the PSP OUTCAN Program is offering a 5-day course to provide the tools necessary for CAF personnel to lead the detachment unit pt program. The purpose of this call for interest is for CO's across OUTCAN to express their intent in having a certified BFTA in their unit with this goal in mind.
2. Objective: The BFTA course objective is to familiarize the candidate with PSP fitness training methodologies including exercise purpose, exercise risk-benefit analysis, progressions and options for all fitness levels. Effective leadership styles for a CAF fitness class will also be examined. Our goal is to develop competent CAF BFTA's at various locations within OUTCAN who will continue to collaborate with PSP Fitness Professionals to develop, organize, and administer CAF led, in-person unit PT sessions, and act as a leader for any member in your unit who is on an individual training program prescribed by PSP Fitness Specialists. This collaborative approach will enhance the level of continuity of the CAF Fitness Program within OUTCAN. The first step is to qualify BFTA's.
3. Benefits: The absence of local PSP Fitness personnel at some location limits our ability to assist OUTCAN CAF members with in-person individual and unit wide programming. Although PSP Fitness and Sports Personnel are always available virtually, we cannot be present to immediately assist in corrective exercise techniques or modifications. The knowledge imparted during this course provides the BFTA candidate with the ability and confidence required to lead unit physical training and to assist members who receive individual training programs from PSP (ex: SPTP, reconditioning, athletic, general etc...). The BFTA will be able to provide in-person physical training assistance for detachment personnel who fail to meet MPFS on the FORCE Evaluation as well as assist personnel prepare for the FORCE Evaluation. 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 OUTCAN CAF Fitness Program..
4. Timings: The following schedule is proposed:
 - a. April 2023: General Call for Interest sent to support unit CO's by PSP.

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- b. 1 May 2023: Deadline for CO/OC's to return all completed Annex A's to Todd Cirka, PSP OUTCAN Coord, at Cirka.Todd@cfmws.com. A minimum of (5) registered participants is required to pursue the training.
 - c. May 2023: Finalize list of BFTA candidates, send out JI's, process pre-travel claims and all other pre-course administrative tasks.
 - d. 17-21 July 2023: Complete the BFTA course at Peterson AFB, Colorado Springs, CO. The course is expected to require 13hrs of DLN modules prior to a 6 day, in-person workshop inclusive of travel.
5. Actions: The following actions will ensure a successful event:
- a. Local CO's determine the requirement for a BFTA at their respective locations location;
 - b. Identify candidate(s) based on local BFTA requirements, leadership skills, athletic abilities and duration of posting;
 - c. Interested CAF Personnel are able to apply with the support of their CoC by submitting a completed Annex A form to their CO or designated Sports Officer;
 - d. CO supported Annex A's must be returned to Cirka.Todd@cfmws.com NLT 1 May 2023.
6. After Action: Following the completion of the course, the following after actions will ensure the success of the BFTA program:
- a. CO After Action: To support regularly occurring, in-person group Unit PT at location which will be organized and delivered by the BFTA(s).
 - b. BFTA's: To have all Unit PT lesson plans and, if deemed appropriate, a Yearly Training Plan, approved by PSP before delivering the lesson/plan. To collaborate with external stakeholders in booking facilities, arriving early to set up the space, and deliver Unit PT sessions within PSP standards as taught in the BFTA course. To assist local members who receive PSP Fitness programs by offering in-person corrective movement recommendations and exercise modifications.
 - c. BFTA CoC: To support the BFTAs secondary duties.
7. Prerequisites: The following minimum standards must be met in order to apply:
- a. Successfully completed the FORCE evaluation in the past 12-mo; and

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- b. Rank of Corporal, Leading Seaman and above, and
 - c. Currently qualified in Standard First Aid and CPR, and
 - d. Course attendance approval through the Chain of Command, and
 - e. Medical standards:

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| 4 | 3 | 3 | 2 | 2 | 5 |
8. Funding: Local CO's budget are responsible for all TD costs associated with travel, accommodations, meals and incidentals. Expected costs include 6 full days of TD inclusive of travel days to and from Colorado Springs.
9. Closing Remarks: PSP Staff delivering the BFTA Course are fully bilingual. The course will be taught in English. For more information please contact the undersigned.

Todd Cirka
PSP OUTCAN Coordinator
Cirka.Todd@cfmws.com

Distribution List

Action

CO's OUTCAN

Information

USM's OUTCAN



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Annex A

| OUTCAN BFTA CALL FOR INTEREST FORM | | | |
|--|---|-----------------------------------|--------------------------|
| GENERAL INFORMATION | | | |
| RANK: | | FIRST NAME & INITIALS: | |
| LAST NAME: | | UNIT: | |
| EMAIL: | | PHONE: | |
| ATTESTATION | | | |
| I, _____, attest to have met the pre-requisite requirements to attend the BFTA training and am requesting approval from my CoC & CO/OC to attend the training: | | | Checklist (Circle) |
| a. | I have a valid FORCE Evaluation, and | | YES NO |
| b. | I am a rank of Cpl, LS or above, and | | YES NO |
| c. | I am currently qualified in Standard First Aid and CPR, and | | YES NO |
| d. | I meet the medical standards | | YES NO |
| | V | CV | H |
| | 4 | 3 | 3 |
| | | G | O |
| | | 2 | 2 |
| | | A | 5 |
| Member Signature: | | | Date of signature |
| SUPERVISOR Recommendation | | | |
| Direct CoC (RANK & NAME): | | EMAIL: | |
| <i>I support my member in completing the BFTA training. I understand that they will be required to complete approximately 13 hours of DLN modules and attend an in-person workshop at Peterson AFB, CO lasting 6 business days inclusive of travel. I understand that they will subsequently be tasked with secondary duties including, but not limited to: Planning and delivering regular unit PT sessions in collaboration with PSP and assisting members in my unit with their individual PSP Fitness and Sports programs.</i> | | | Recommended |
| | | | Not recommended |
| Supervisor's Signature: | | | Date of signature |
| UNIT CO/OC APPROVAL | | | |
| Unit CO/OC (RANK & NAME): | | EMAIL: | |
| <i>I will fully fund 6 days of TD for my member to attend the BFTA in-person workshop. I understand that this member, being our BFTA, will be responsible for collaborating with PSP to organize and deliver all unit PT sessions and assisting members in my unit with their individual fitness and sports training..</i> | | | Approved |
| | | | Not Approved |
| Unit CO/OC Signature: | | | Date of signature |

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