

Canadian Armed Forces Pre-Basic Military Training (PRE-BMT) Self-Assessment



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About PSP

PSP – THE PREFERRED CHOICE FOR FITNESS, SPORTS AND RECREATION!

The Personnel Support Programs (PSP) division of Canadian Forces Morale and Welfare Services (CFMWS) contributes to the operational readiness and effectiveness of the Canadian Armed Forces (CAF). Through its programs and services, PSP strives to build a strong and healthy military community for all beneficiaries that make up the “One Community – One Million Strong”. PSP has over 300 highly trained specialized professionals who are committed to creating a culture of fitness in the CAF and play a key role in the development and delivery of leading edge occupational fitness, sport and wellness programs and services. PSP Fitness is focused on ensuring the operational readiness of the CAF personnel, with access capacity of our fitness facilities being available to the wider military community, as well as access to quality recreational programming and activities. PSP invests in the leadership of its workforce to ensure they are well trained, innovative and responsive to the needs of the CAF community. Find more about PSP [here](#).

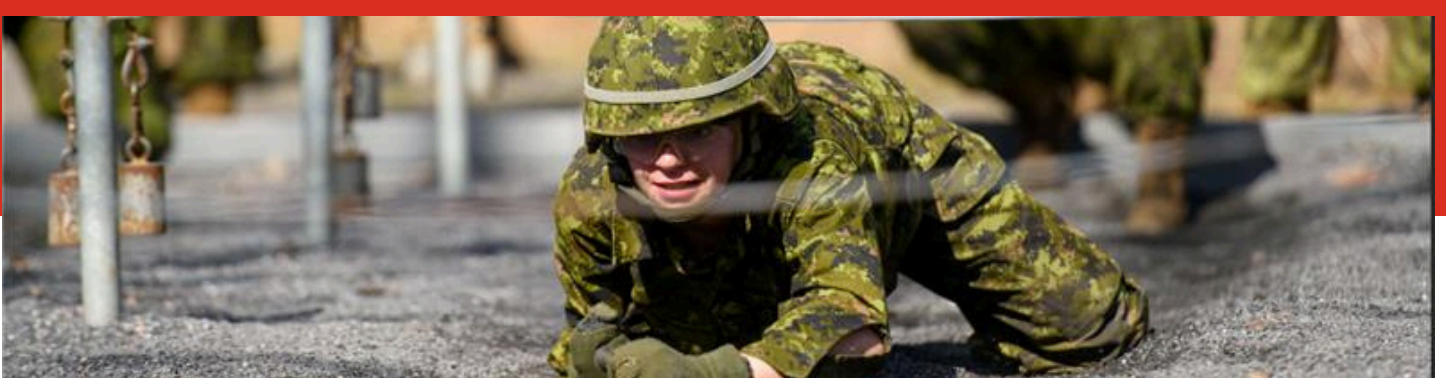


Physical Requirement of BMT

The aim of the Basic Military Training (BMT) is to graduate CAF members who are physically robust, mentally focused and resilient, able to function effectively as a member of a small team in basic operations in both garrison/home based and austere field conditions, and who understand their duties within the Profession of Arms in Canada. You will be asked to complete several tasks to help you understand your mental resilience and develop your leadership skills:

1. Rappel tower;
2. Zip line;
3. Obstacle courses including climbing in a cargo net, crawling under logs, jumping over walls, arm ladder, etc.;
4. Forced marches of varying distances (up to 5 km) at a pace of about 11 min/km, wearing a rucksack (up to 20 kg) to develop physical resilience;
5. Tasks in a small group;
6. Climbing up and down up to 1500 stairs daily.

During the first few days, you will have to perform the [Basic Training Fitness Test](#) that includes 3 components: walking ([mRockport](#)), speed/agility ([20mRushes](#)), strength/power ([Sandbag Drag](#)) (further described in the '[Pre-BMT Self-Assessment Procedures](#)' section of this document). Additionally, you will be required to meet the standard of the [FORCE evaluation](#) during week 5 of your BMT.



Purpose of the Pre-BMT Package

The Pre-BMT package is the official resource to guide your physical preparation ahead of the BMT. Completing the Pre-BMT package is a crucial step towards your physical preparation for Basic Military Training as it will track your progress, identify strengths and weaknesses, and guide your focus effectively.

The Pre-BMT package is not intended to develop sports athletes but to highly prepare your capacity for walking, jogging, drill classes, physical training sessions and other military physical demands. This will allow you to develop a sense of control over your course preparation, your commitment to the training process and your confidence in achieving your goals.

The Pre-BMT package includes the following resources:

1. [Pre-BMT Self-Assessment](#) (this document)
2. [Pre-BMT 12-week Fitness Training Program](#)
3. [Pre-BMT 6-week Advanced Fitness Training Program](#)
4. [Pre-BMT Injury Prevention Movement Screen](#) (coming soon)
5. [Pre-BMT Nutrition Information](#) (coming soon)

In order to use the Pre-BMT package, you are recommended to follow these steps:

1. Complete the [Get Active Questionnaire](#).
2. Complete the [Self-Assessment](#). This will serve as a baseline and guide you to the appropriate fitness training program.
3. Use the [Guidance Survey](#) to determine your starting point in the fitness training programs.
4. Use the [Pre-BMT Injury Prevention Movement Screen Package](#) to evaluate your movement quality and determine if complementary exercises (Stretching and Mobility) are required.
5. Re-test yourself with the [Self-Assessment](#) every 4 to 6 weeks to ensure you are progressing.
6. Use the [Pre-BMT Nutrition Package](#) to support your fitness progression during the completion of the pre-BMT fitness training program, and to prepare yourself for the nutritional context of the BMT.

If there is no progression when following the training program or for questions, please contact pre-emb.bmt@cfmws.com.

Balance: The Canadian Armed Forces Physical Performance Strategy

Physical performance is an essential component of operational readiness. Research indicates that, to perform at your best, you need to be trained and fit, properly fueled, well-rested, and free from injury. The decision to be active, eat healthy, adopt proper sleep habits or train safely lies with you. Small changes, like cycling or walking to work, getting an extra hour of sleep per night, eliminating junk food from your diet, proper warm-up to avoid injury can make a big difference. Infrastructure, like new bicycle racks and walking paths on bases, and policies that support healthy, safe, active living will make it easier for you.

Injury Prevention / Recovery

Musculoskeletal injuries are one of the main reasons for delayed BMT graduation. Injury prevention involves the effort to prevent or reduce the severity of bodily injuries caused by external circumstances before they occur. Injury prevention is at the forefront of this PRE-BMT training package. Gradual and progressive increase in physical stress imposed on the body by participating in regular physical training ahead of BMT is one of the best ways to prepare for the rigours of the BMT. Recovery days are integrated into the PRE-BMT fitness training program to favor recovery and ensure your body can maximise the training effect. Here are some tips and tricks on injury prevention and physical recovery:

- Always warm up at the beginning of a training session;
- Respect your body. If you feel pain, take a day off physical training and consult a medical professional if the pain persists;
- Wear protective equipment and appropriate clothing when it is required (running shoes, exercise clothing, helmet, mouth guard, protective pads, and other).

For more information, visit the [Canadian Armed Forces Physical Performance Strategy: Balance.](#)

Virtual Training by CAF Fitness

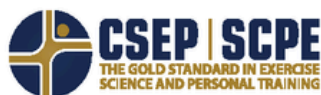
Canadian Armed Forces Fitness aka CAF Fitness is the place of choice for virtual fitness programming! It's the Canadian military and defense community's #1 resource for engaging, effective, and safe tactical online fitness training programs. It caters to all levels of fitness and provides evidence-based training techniques.

Join the *CAF Fitness* community if you are looking for ways to complement and/or upgrade your training program. Live and prerecorded workouts are available at your fingertips!

[Click here](#) to learn more about CAF Fitness.

Get Active Questionnaire

Before initiating this Self-Assessment, it is recommended to complete the [GET ACTIVE QUESTIONNAIRE](#)



Get Active Questionnaire

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY –
PHYSICAL ACTIVITY TRAINING FOR HEALTH (CSEP-PATH®)

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certification in the area – see csep.ca/certifications) or health care provider is advisable. This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.

- ☐ I am completing this questionnaire for myself.
- ☐ I am completing this questionnaire for my child/dependent as parent/guardian.

YES	NO	PREPARE TO BECOME MORE ACTIVE
		The following questions will help to ensure that you have a safe physical activity experience. Please answer YES or NO to each question <u>before</u> you become more physically active. If you are unsure about any question, answer YES .
		1 Have you experienced ANY of the following (A to F) within the past six months ?
		A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?
		B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?
		C Dizziness or lightheadedness during physical activity?
		D Shortness of breath at rest?
		E Loss of consciousness/fainting for any reason?
		F Concussion?
		2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?
		3 Has a health care provider told you that you should avoid or modify certain types of physical activity?
		4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?
	 ➤ NO to all questions: go to Page 2 – ASSESS YOUR CURRENT PHYSICAL ACTIVITY ➤
		YES to any question: go to Reference Document – ADVICE ON WHAT TO DO IF YOU HAVE A YES RESPONSE ... ➤➤

Get Active Questionnaire - continued



Get Active Questionnaire

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

- 1 During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)? DAYS/WEEK
 - 2 On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity? MINUTES/DAY
- For adults, please multiply your average number of days/week by the average number of minutes/day: MINUTES/WEEK

Canadian 24-Hour Movement Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended (see csep.ca/guidelines).

GENERAL ADVICE FOR BECOMING MORE ACTIVE

Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behaviour (e.g., prolonged sitting).

If you want to do **vigorous-intensity physical activity** (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult a Qualified Exercise Professional (QEP) beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.

Physical activity is also an important part of a healthy pregnancy.

Delay becoming more active if you are not feeling well because of a temporary illness.

DECLARATION

To the best of my knowledge, all of the information I have supplied on this questionnaire is correct.
If my health changes, I will complete this questionnaire again.

I answered **NO** to all questions on Page 1



Sign and date the Declaration below



I answered **YES** to any question on Page 1

Check the box below that applies to you:

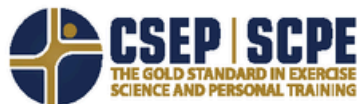
- ☐ I have consulted a health care provider or Qualified Exercise Professional (QEP) who has recommended that I become more physically active.
- ☐ I am comfortable with becoming more physically active on my own without consulting a health care provider or QEP.

<input type="text"/>	<input type="text"/>	<input type="text"/>
Name (+ Name of Parent/Guardian if applicable) [Please print]	Signature (or Signature of Parent/Guardian if applicable)	Date of Birth
<input type="text"/>	<input type="text"/>	<input type="text"/>
Date	Email (optional)	Telephone (optional)

With planning and support you can enjoy the benefits of becoming more physically active. A QEP can help.

- ☐ Check this box if you would like to consult a QEP about becoming more physically active.
(This completed questionnaire will help the QEP get to know you and understand your needs.)

Get Active Questionnaire - continued



Get Active Questionnaire – Reference Document ADVICE ON WHAT TO DO IF YOU HAVE A **YES** RESPONSE

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

1 Have you experienced ANY of the following (A to F) within the past six months?

A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?

☐ **YES**

Physical activity is likely to be beneficial. If you have been treated for heart disease but have not completed a cardiac rehabilitation program within the past 6 months, consult a doctor – a supervised cardiac rehabilitation program is strongly recommended. If you are resuming physical activity after more than 6 months of inactivity, begin slowly with light- to moderate-intensity physical activity. If you have pain/discomfort/pressure in your chest and it is new for you, talk to a doctor. Describe the symptom and what activities bring it on.

B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?

☐ **YES**

Physical activity is likely to be beneficial if you have been diagnosed and treated for high blood pressure (BP). If you are unsure of your resting BP, consult a health care provider or a Qualified Exercise Professional (QEP) to have it measured. If you are taking BP medication and your BP is under good control, regular physical activity is recommended as it may help to lower your BP. Your doctor should be aware of your physical activity level so your medication needs can be monitored. If your BP is 160/90 or higher, you should receive medical clearance and consult a QEP about safe and appropriate physical activity.

C Dizziness or lightheadedness during physical activity

☐ **YES**

There are several possible reasons for feeling this way and many are not worrisome. Before becoming more active, consult a health care provider to identify reasons and minimize risk. Until then, refrain from increasing the intensity of your physical activity.

D Shortness of breath at rest

☐ **YES**

If you have asthma and this is relieved with medication, light to moderate physical activity is safe. If your shortness of breath is not relieved with medication, consult a doctor.

E Loss of consciousness/fainting for any reason

☐ **YES**

Before becoming more active, consult a doctor to identify reasons and minimize risk. Once you are medically cleared, consult a Qualified Exercise Professional (QEP) about types of physical activity suitable for your condition.

F Concussion

☐ **YES**

A concussion is an injury to the brain that requires time to recover. Increasing physical activity while still experiencing symptoms may worsen your symptoms, lengthen your recovery, and increase your risk for another concussion. A health care provider will let you know when you can start becoming more physically active, and a Qualified Exercise Professional (QEP) can help get you started.

After reading the ADVICE for your YES response, go to Page 2 of the
Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Get Active Questionnaire - continued



Get Active Questionnaire – Reference Document ADVICE ON WHAT TO DO IF YOU HAVE A **YES** RESPONSE

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

☐ **YES**

If this swelling or pain is new, consult a health care provider. Otherwise, keep joints healthy and reduce pain by moving your joints slowly and gently through the entire pain-free range of motion. If you have hip, knee or ankle pain, choose low-impact activities such as swimming or cycling. As the pain subsides, gradually resume your normal physical activities starting at a level lower than before the flare-up. Consult a Qualified Exercise Professional (QEP) in follow-up to help you become more active and prevent or minimize future pain.

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

☐ **YES**

Listen to the advice of your health care provider. A Qualified Exercise Professional (QEP) will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and health care provider's advice into account.

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

☐ **YES**

Some people may worry if they have a medical or physical condition that physical activity might be unsafe. In fact, regular physical activity can help to manage and improve many conditions. Physical activity can also reduce the risk of complications. A Qualified Exercise Professional (QEP) can help with specific advice for physical activity that is safe and that takes your medical history and lifestyle into account.

After reading the ADVICE for your YES response, go to Page 2 of the
Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY

WANT ADDITIONAL INFORMATION ON BECOMING MORE PHYSICALLY ACTIVE?

► csep.ca/certificationscsep.ca/guidelines

CSEP Certified members can help you with your physical activity goals.

Canadian 24-Hour Movement Guidelines for all ages.

Basic Training Fitness Test (BTFT)

The **BTFT** will need to be succeeded in week 1 of your basic military training (BMT). Giving its importance, you want to prepare and assess your readiness with this Self-Assessment.

What is the BTFT :

mRockport: The aim of the **mRockport** component is to assess the ability to walk for 15 minutes at a steady pace in sports shoes and exercise clothes on a flat, even, indoor surface, without additional load. The performance objective is to complete ≥ 1600 m in 15 min.

20mRushes: The aim of the **20mR** is to assess the candidate's ability to move quickly over short distances while changing position every 10 m. This task is directly linked to the assessment of the six Common Military Tasks Fitness Evaluation (CMTFE). The performance objective is to complete the event in ≤ 45.9 sec.

Sandbag Drag: The aim of the **SBD** is to assess a candidate's ability to pull a load continuously over a distance of 20 m. This task is linked to the six (6) tasks of the CMTFE. The performance objective is to complete the event in ≤ 34.9 sec.



ÉCOLE DE LEADERSHIP ET DE RECRUES DES FORCES CANADIENNES / CANADIAN FORCES LEADERSHIP AND RECRUIT SCHOOL

ÉVALUATION DE CONDITION PHYSIQUE DE L'ENTRAÎNEMENT DE BASE (ECPEB) BASIC TRAINING FITNESS TEST (BTFT)



	TEST MODIFIÉ DE MARCHE ROCKPORT SUR 15 MIN 15 MIN MODIFIED ROCKPORT WALK TEST	COURSE PRÉCIPITÉE SUR 20 MÈTRES 20-METRE RUSHES	TRACTION DE SACS DE SABLE SANDBAG DRAG
ZONE VERTE GREEN ZONE	≥ 1600 m	$\leq 45,9s$	$\leq 34,9s$
ZONE JAUNE YELLOW ZONE	1400 - 1599 m	46 - 51s	$\geq 35s$
ZONE ROUGE RED ZONE	≤ 1399 m	$\geq 51,1s$	ÉCHEC FAIL

LOYAUTÉ
LOYALTY

INTÉGRITÉ
INTEGRITY

COURAGE

EXCELLENCE

INCLUSION

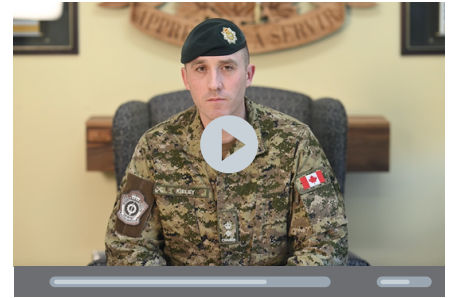
RESPONSABILITÉ
ACCOUNTABILITY

Pre-BMT Self-Assessment Procedures



GET READY!

Message from the
Commanding Officer
Canadian Forces Leadership
and Recruit School.



- ☒ Before initiating the Self-assessment, you must complete the [Get-Active Questionnaire](#) and be physically active 150 min per week for the last four weeks.
- ☒ Before starting the Self-Assessment, complete the [warm-up](#). The Self-Assessment must be completed in order, with 5-8 min rest between components.
- ☒ You should re-attempt the Self-Assessment every 4 to 6 weeks, as you complete your physical preparation for your basic military training.
- ☒ Compare your results to the [Performance Objectives](#). If performance is in 'needs improvement' and remains, even with physical training, reach to pre-emb.bmt@cfmws.com.

- ☒ The Pre-BMT Self-Assessment should be completed in a thermo-neutral environment (not too warm, not too cold). It can be completed inside or outside, as long as the temperature/environment does not affect your performance. You should dress in exercise clothes with appropriate exercise footwear. You should have a water bottle nearby and access to snacks nearby. If completed at home, ensure that you have enough space to complete safely. If completed outside, ensure that the ground is safe (non-slippery, no sharp objects/rocks).



Pre-BMT Self-Assessment Procedures

1



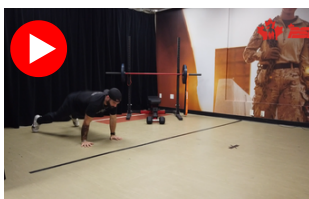
The **first component** of the Self-Assessment is the 15-min walk.

The objective is to walk with purpose for 15 min while monitoring your distance

It is suggested to use a GPS mobile application to assess the distance completed during the 15 min walk.

Rest 5 to 8 min before starting the next component.

2



The **second component** of the Self-Assessment is the Up / Down.

The objective is to complete:

4 Up/Down + *run 40 m + 4 Up/down + *run 40 m

**either 4x 10m or 2x 20m.*

Overall, there is a total of 8 up/down and 80 m of run

Rest 5 to 8 min before starting the next component.

3



The **third component** of the Self-Assessment is the Goblet Squats.

The objective is to complete:

A maximum of repetition of a goblet squats with a 45 lbs weight within 60 seconds.

45 lbs weight options: a dumbbell (DB), a kettlebell (KB), a medicine ball (MB), a sandbag or a backpack.

For the squat depth: use either an exercise bench or box of 40-45 cm (16-18 inch) height as a gauge. Or, you may gauge the depth of the squats with your elbows touching the knees when holding the goblet position at the bottom of the squat.

PERFORMANCE CRITERIA

Component	Needs Improvement	Acceptable	Good
<u>15-min walk</u>	≤ 1399 m*	1400 - 1599 m	≥ 1600 m
<u>Up / Down</u>	≥ 49 sec	48 - 41 sec	≤ 40 sec
<u>Goblet Squat</u>	≤ 19	20 - 35	≥ 36

*m=meter

For questions, please contact pre-emb.bmt@cfmws.com

Guidance Survey

Once you have completed the Pre-BMT Self-Assessment, you should complete this Guidance survey (by scanning the QR code with a smartphone/tablet) to determine which [Pre-BMT Fitness Training Program](#) you are recommended to follow.

Guidance for pre-Basic Military Training Fitness Program



Questions

For questions, please contact pre-emb.bmt@cfmws.com

