FORCE combat Evaluation

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Patrick Gagnon, M.Sc  
Gestionnaire supérieur de la Performance humaine

Dr Tara Reilly, PhD  
Officier de recherche en performance humaine

Direction de la condition physique, PSP  
Services de bien-être et moral des Forces canadiennes
Army Fitness Standard - Background

• Occupational Fitness Standards (OFS) project
  – CMTFE / FORCE covers 60-90% of CA requirements, depending on MOC/role

• Combat Arms trades have a greater gap between UofS and their front line roles than support trades.
BFT to FORCE<sub>combat</sub> timeline

- 1993 LFCPFS (BFT) partially adopted
- 2009 DFIT changes Cas Evac at request of LFDTS
- 2012 BFT No longer recognized as official fitness std because lack of correlation to U of S
- 2013 adoption of the FORCE Evaluation (13km in IBTS only)
FORCE Evaluation – CA options...

TESTING STD

U of S Requirements

- FORCE

Canadian Army requirements

- FORCE (in CADPAT) + LBM (5km / 25kg)

TRAINING OBJECTIVE

Combat requirements

- Higher aerobic demands
- Load bearing activities
- Greater specificity

LBM (5km / 35kg)

RUSH

LIFT

DRAG

SHUTTLE

In Fighting Order

Not a pass/fail test

- Part of R2HR
- Tied to trg program (DFIT.ca)
- Remedial trg if necessary (PSP)
- No career sanctions

FORCE_{combat} could be a progressive set of benchmarks built in DFIT.ca
1. DFIT.ca: Changes : where to find FORCE combat
2. Ops Manual Draft
3. FORCE combat POSTER for gyms etc
4. FORCE combat video (Instructional)
5. FORCE combat Reporting Tool
6. FORCE combat FAQ
7. Housing of all PR information
8. Trademarking of FORCE combat
9. Maple Leaf Article
Role of PSP

- **Annex A** - CA Physical Fitness training and IBTS (FORCE Combat)
- **Annex D** - CA injury prevention measures and responsibilities
- REF C. [HTTP://WWW.DFIT.CA](http://WWW.DFIT.CA)

Training Programs. PSP has developed and validated a twelve week training program designed to ensure a CA soldier will succeed at FORCE Combat. This training program is available and accessible to all CA team members who have a DFIT.CA account and requires no special equipment or facilities to conduct. Training for FORCE Combat should normally be conducted at the section/team or platoon/troop level.

- All members of the CA Chain of Command should become familiar with the FORCE Combat training program and consult with local PSP staffs to understand how to most effectively conduct it within their organisations.
FAQs

1. FORCE vs FORCE combat?
2. KIT for the Evaluation?
3. PSP Staff involvement in the Evaluation?
4. Who will have to FORCE combat?
5. Where will FORCE combat be performed?
6. What is the “time” standard
FORCE combat times to date (N=90)

- After 4 wks of 12
  - 3:13 (4 to 0 DNF)
  - 2:14 (3 to 2 DNF)

- Time to Complete circuit (min:sec)
  - Support (CAHQ): 0:13:00
  - Cbt Arms (CAHQ): 0:08:13
  - Cbt Arms (CG): 0:07:46
  - Cbt Arms (Pet): 0:09:22
  - Cbt Arms (CADTC): 0:13:48
  - Support (CADTC): 0:15:51

- FORCE combat Training Trials (N=31)
  - 25 Males, 6 Females
  - Age: 46 years (26 - 56)
  - Predicted VO2max: 36.2 ml/kg/min (18.1 - 50.6)

- FORCE combat: 14:44 min:sec (7:53 - 25:18)

- DNF
  - >15:00 (8F 5M) 16%
  - >10:00 (37M 2F) 46%
  - 10:00 - 15:00 (13M 8F) 21%
  - <10:00 (37M 2F) 17%
References:

- CANARMYGEN 006/13, PHYSICAL FITNESS TESTING IN THE CA
- Reilly T, Olinek, S, Driscoll, C. (2011) Development of a new battle fitness test which captures the physical demands of conducting operations in an urban environment 2nd International Congress on Soldiers' Physical Performance May 4-7, 2011, Jyväskylä, Finland