

LFCO 24-02

PHYSICAL FITNESS

APPLICABLE TO: Land Force Command Personnel

- References:** A. DAOD 5023-2 Physical Fitness Program
B. DAOD 5023-1 Minimum Operational Standards Related to Universality of Service
C. CANLANDGEN 011/06 22Dec 06
D. B-GL-382-003/PT-001 Army Fitness Manual (AFM)
E. CFAO 50-3
F. LFC 5585-1 (G1 Svcs), 14 July 2008
G. CBI 210.72, Compensation During a Period of Injury, Disease or Illness – Reserve Force
H. CANFORGEN 115/08 231759Z JAN 09

AIM

1. The aim of this order is to prescribe the Army fitness policy in order to ensure that all Command personnel, Regular and Reserve, are physically fit for operations.

BACKGROUND

2. DAOD 5023-1 states a CF member of the Regular Force or Primary Reserve is required to be physically fit in order to meet the minimum operational standard.
3. IAW with Reference C, an interim fitness policy for all Regular and Reserve members of Land Force Command was promulgated. The CLS directed that every CF member serving in the command, including those CF members who are affiliated with other services, be subject to annual fitness evaluation using the Land Force Command Physical Fitness Standard (LFCPFS). In essence, all military personnel serving in LFC will be evaluated using the LFCPFS as the primary test.
4. Reference D is the Army Fitness Manual (AFM) that governs fitness training and testing for all LFC personnel.

GENERAL

5. Fitness is fundamental to the operational readiness of Land Force Command. Current operations continue to reinforce the need to ensure that all members are physically fit. In order to be effective, fitness training must be ingrained into the Army culture and into all facets of how we generate forces for operations. Therefore fitness training must be well led and organised on a year round basis and must include regular

fitness evaluations as outlined in the AFM. Although every individual is responsible to attain and maintain the requisite level of fitness, it is incumbent upon military leadership to ensure that group fitness training is conducted on a routine basis. The AFM is an excellent starting point that clearly articulates a functional approach to fitness training and testing which will continue to be refined periodically. The LFC physical fitness standard remains the fitness prerequisite for all LFC members prior to operational deployment overseas, for Senior Officer appointments and for the appointment to Commanding Officer and Regimental Sergeants Major/Unit Sergeants Major positions.

RESPONSIBILITY

6. IAW reference A, Commanding Officers are responsible for the planning and conduct of physical fitness training and the fitness evaluation of all personnel under their command.

PHYSICAL FITNESS STANDARDS

7. The CF EXPRES will continue to function as the CF minimum physical fitness standard (CF MPFS). Therefore, CF EXPRES testing remains the basis for promotion and administrative action. IAW Reference A, CF MPFS applies to all Regular Force and Reserve Force personnel.

8. As detailed in the AFM, LFC has developed its own physical fitness program that includes both training guidance and a functional fitness evaluation test and standard: the LFCPFS. All personnel serving within LFC, Regular and Reserve alike will be expected to undertake and pass the LFCPFS test annually.

9. LFC personnel must be physically fit to deploy on operations. Therefore, all LFC personnel will conduct the LFCPFS evaluation as their primary fitness evaluation. LFC personnel will only be subject to EXPRES testing following two unsuccessful attempts of the LFCPFS. Land personnel serving outside of LFC will remain authorized to use CF EXPRES (CF MPFS) in lieu of LFCPFS. Those personnel who are medically restricted from attempting the LFCPFS may use the CF EXPRES if sanctioned by an appropriate medical authority.

LFCPFS TEST

10. IAW the AFM, the LFCPFS fitness test consists of the three-task standard: the 13 km weight-load march, the casualty evacuation task, and the trench dig task. Where facilities do not exist for the trench dig task, personnel will only be required to complete the weight-load march and casualty evacuation tasks. The AFM remains the key reference.

PHYSICAL FITNESS PROGRAM ADMINISTRATION

11. Personnel on course or on temporary duty shall not be excused from physical fitness evaluations.

12. The CFPAS annual Personnel Evaluation Report (PER) remains the primary reporting tool for the reporting of fitness testing. In general, the LFCPFS is accepted as a higher standard than the CF EXPRES test which is the CF MPFS. Unlike the CF EXPRES test, the LFCPFS is a pass-fail test, and there is no provision to be fitness test exempted for the following reporting period while serving within LFC. Successful completion of the LFCPFS will continue to be reflected as equivalent to exempt status for the purpose of Sect 4 of the PER. The following table provides a summary of the options to complete this box:

Outcome	Section 4 Fitness Test
Pass EXPRES Test	Pass
Achieve Exempt Standard EXPRES test	Exempt
Fail EXPRES Test	Fail
Pass LFPFS	Exempt
Fail LFPFS but pass EXPRES test	Pass

13. LFC personnel must pass the LFCPFS in order to be deployable for operations. Personnel failing to meet the required LFCPFS will be placed on remedial physical fitness training prior to being given a second attempt. IAW reference A, successful or failed subsequent attempts shall determine the course of action to be followed. Ultimate failure of the LFCPFS and the MPFS will result in an administrative review (AR) and probable release.

14. All Regular and Reserve Force Senior Appointment designates, Commanding Officer designates and unit Regimental Sergeants Majors/Unit Sergeants Major designates must meet the LFCPFS not more than six months before the date of their change of command or appointment. Those designates who do not successfully complete the LFCPFS will not be permitted to take up their Senior, Command or RSM appointment within LFC.

15. IAW Reference A, all CF members shall complete a health appraisal questionnaire prior to attempting a physical fitness evaluation. LFC has adopted the LFCPFS Evaluation Form (Annex A, App 1 & 2) as the approved command physical fitness form. Section B, on both the English and French forms, contains the health appraisal and prescription areas.

16. Prior to work-up training, the LFCPFS Evaluation Form at appendix 1 (English) or appendix 2 (French) to Annex A of this order shall be filled out by all pers and signed

by the unit Commanding Officer or delegated officer. The form has been approved by DGPFS, DMCPG, Army G1, Army medical Advisor and Veterans Affairs Canada. IAW Reference A , it is considered to be equivalent to the CF EXPRES 279 document in support of an injury attributable to military service, provided that the LFCPFS fitness Evaluation form has been properly completed and programs have been applied IAW the fitness principles of reference D. A personal training record is available within reference D, and when filled out properly, can be included as documentation in support of the injury claim process. This is of particular importance if the accident occurs while members are conducting physical fitness training outside normal working hours. Annex A of this LFCO offers guidance and outlines the instructions pertaining to the completion of the LFCPFS evaluation form.

17. Participation in an operational mission or any advanced physical fitness competition does not exempt personnel from completing the LFCPFS. There is no authority to waive the annual physical fitness testing requirement.

18. IAW references F, G and H a Reservist who suffers an injury, disease or illness as a result of participating in an approved physical fitness training activity while not in receipt of pay will be deemed to be on Class A reserve service for the purposes of being eligible for disability compensation under reference G. Those CF members participating in the LFCPFS will be required to complete the LFCPFS evaluation form as indicated in paragraph 16. Class A Reservists must be on duty and in receipt of pay to be covered while participating in the sports activities described in Reference E.

19. SISIP LTD coverage and benefits will also be extended to Reserve Force members whose injury and illness is directly attributable to a member's participation in an authorized physical fitness program. If the claim is adjudicated in favour of the member, the claimant would then be eligible to receive LTD benefits for a period of up to two years, including participation in the SISIP vocational rehabilitation program. If the member is deemed to be "totally disabled" after the 24 month period, then the benefits would continue up to age 65.

LFC FITNESS END STATE

20. Fitness is essential to mission success and is a critical enabler that permits our soldiers to operate in, and overcome, arduous and harsh operating conditions under exceptionally heavy loads. Fitness training is core to the how the Land Force functions, and it is clear that regular fitness training is crucial to promoting cohesion, teamwork and *esprit de corps*. The AFM remains the key document that outlines the training and testing of all command personnel. The AFM will continue to be periodically refined on a cyclical basis. At end state, all LFC personnel will successfully complete the LFCPFS, thereby assuring their readiness for operations.

Annexes/Appendices:

[Annex A](#)- LFC Physical Fitness Standards (LFCPFS)

[Annex B](#)- CF EXPRES Program for use in LFC

[Appendix 1](#)- LFCPFS Evaluation Form (English)

[Appendix 2](#)- LFCPFS Evaluation Form (French)

OPI: DAT (Standards), G1 (Policy)

Re-issue: April 2010