



Supplementary Physical Training Program **Statement of Understanding**

PROGRAM OBJECTIVE: To improve the CAF member's current fitness level to become fit for duty, thereby increasing their chances of successfully completing the Minimum Physical Fitness Standard (MPFS).

ROLE OF THE PSP FITNESS STAFF: To coordinate and deliver standardized, one hour, physical fitness programs five days per week for CAF personnel and to ensure that communications on the participant's progress reports are provided to both the participant and their chain of command.

SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday

PARTICIPANT'S RESPONSIBILITIES

The Participant understands that their non-compliance will be immediately communicated to their supervisor and their RSM/CO. Participants must comply with the following:

1. Arrive on time for all classes.
2. Wear the appropriate PT gear for the day's activity and bring indoor PT gear on pool days in case of pool closure.
3. Sign in.
4. Inform the SPTC as soon as possible by email of any absences, expected or otherwise. Upon the next class, the Participant must provide a copy of their med-chit or leave pass for all absences.
5. In the case of such approved absences, the Participant is still expected to complete their day's workout as prescribed on their own time, or during and alternately approved time. In the Participant's weekly report they must attach an electronic copy of their completed workout logs.
6. Comply with the program, and put forth their best effort.

Participant's Name (Printed) Participant's Signature / /
dd / mm / yyyy