



VCDS Group Physical Fitness Program

1. Identification

- 1.1 Date of Issue **2011-12-08**
- 1.2 Application This is an order that applies to members of the Canadian Forces (CF) and a directive that applies to employees of the Department of National Defence employed within the Vice-Chief of the Defence Staff Group (VCDS Gp).
- 1.3 Supersession n/a
- 1.4 Approval Authority This order is issued under the authority of the Chief of Staff (COS) VCDS.
- 1.5 Office of Primary Interest (OPI) COS VCDS / GMS / [Mil Pers Svcs 5](#)
- 1.6 Content
- [Policy Direction](#)
 - [VCDS Group Physical Fitness Program](#)
 - [Evaluation Results](#)
 - [Publication](#)
 - [References](#)

2. Policy Direction

- 2.1 Context Members must possess the level of physical fitness needed to function in complex and demanding environments. They must be able to perform general military, common defence and security duties, as well as meet the demands of their military occupation. The VCDS Gp physical fitness program provides members with the opportunity to participate in regular fitness activities and remain physically fit for duty. It is an integral part of generating a force that is operationally ready.
- 2.2 Policy Statement VCDS Gp Members shall attain and maintain the minimum fitness levels as set out in DAOD 5023-1, *Minimum Operational Standards Related to Universality of Service*. Failure to maintain these standards or allowing a fitness result to expire will result in remedial measures. Members are expected to maintain their currency with respect to CF EXPRES testing and shall schedule testing prior to the expiry of their current result.
- 2.3 Guidelines It is the responsibility of the VCDS Gp leadership to embrace fitness personally, to promote optimum levels of fitness and health for all members and to facilitate the achievement of those levels.
- This document shall be read in conjunction with references listed in [Section 6](#).

3. VCDS Gp Physical Fitness Program

3.1 General

The VCDS Gp Physical Fitness Program includes the delivery of fitness evaluations and exercise prescriptions for each member, thus ensuring that fitness levels are maintained. PSP staff are responsible for providing physical fitness evaluations and training programs; physical fitness education and awareness programs; and remedial physical fitness programs when required.

There are supplemental [Orders](#) for OUTCAN and Remote Location physical fitness programs.

3.2 CF EXPRES Program

The CF EXPRES Program is the primary physical fitness evaluation and exercise prescription program for the VCDS Gp.

The results for the evaluation are valid for a period of:

- 365 days beginning on the date the CF minimum physical fitness standard is achieved; or
- 730 days beginning on the date an incentive standard is achieved under the EXPRES incentive program.

3.3 LFCPFS

VCDS Gp members are authorized to complete the LFCPFS in lieu of the CF EXPRESS test for **employment** purposes only. The following conditions apply:

- when required to deploy with a Force Employing Command (Operational Command)
- members who work for Canadian Army unit (e.g. All Military Police belong to VCDS Gp but some work for Canadian Army Units)

When the LFCPFS is directed, arrangements will be made for the required weapons, clothing, equipment and training / evaluating staff. Results are valid for a period of 365 days from the date the LFCPFS was successfully completed. Testing results are also valid for members newly posted to the VCDS Gp.

3.4 Online Exercise Prescription

In addition to the exercise prescription given as part of the CF EXPRES evaluation, members may also access a physical fitness program at the [CF Online Exercise Prescription web-site](#). The website is an interactive tool that provides fitness recommendations to individuals who have recently completed the CF EXPRES evaluation and is available over the intranet or internet.

Members may consult with [PSP coordinators](#) for specific physical fitness programs including:

- Pre-Selection Training;
- Environmental and Occupational Fitness Programs; and
- Other Physical Fitness Programs.

3.5 Commanding Officers / Chain of Command

Commanding Officers must provide oversight in the planning and implementation of physical fitness evaluations and training for personnel under their command. Furthermore, they shall ensure members are provided with opportunities to conduct physical fitness activities during working hours when circumstances permit.

3.6 Strengthening the

Living an active and healthy lifestyle is a proactive means to meet the applicable

Forces physical fitness standard, and will help to set the conditions for success in operations. [Strengthening the Forces](#) is a campaign to promote health as a fundamental value in the CF and to ensure that the workplace supports healthy lifestyle choices. There are 4 core programs:

- Injury Prevention and Active Living
- Nutritional Wellness
- Addictions Awareness and Prevention
- Social Wellness

Members may consult with their support base, health promotion staff to access support and programming that will help them adopt a healthy lifestyle.

3.7 VCDS Gp Physical Fitness and Health Website

All members of the VCDS Gp are encouraged to regularly visit the Physical Fitness and Health Website at:

- Intranet: <http://vcds.mil.ca/sites/healthandfitness>; or
- Internet: <http://www.vcds-vcemd.forces.gc.ca/sites/healthandfitness>.

3.8 Reserve Force Members – Class A or B

All Reserve Force Members employed by the VCDS Gp, shall comply with the VCDS Gp Physical Fitness Program in the same manner and within the same parameters as for Regular Force members.

Reserve Force members on Class A service with VCDS Gp shall be provided with opportunities to participate in physical fitness activities during their scheduled work days pending operational tempo. Class A members will complete testing during their regularly scheduled days.

3.9 Environmental Commands

Reserve Force members belonging to a unit in an environmental command may be required to meet the fitness standards of their parent unit. Reserve Force members shall only attempt and complete one test not both.

3.10 Canadian Army Performance Standards

For those members who must complete the LFCPFS as a requirement for postings, promotion and courses, shall arrange to complete this performance standard **in addition** to the CF EXPRES test. LFCPFS results achieved for performance criteria rather than fitness shall not be entered into the HRMS.

4. Evaluation Results

4.1 HRMS Fitness Panel

Commanding Officers will ensure physical fitness results are entered into the HRMS fitness panel after the test is completed. Leadership at all levels must maintain the capability to accurately track and report the fitness level of their members.

4.2 Expired Results

Commanding Officers shall ensure all members are tested and shall be prepared to provide substantiation for those members who are without a HRMS entry and without a valid fitness evaluation.

4.3 Quarterly Reporting

Commanding Officers will submit a report outlining testing results on a quarterly basis. Reports shall indicate whether or not remedial measures have been initiated for those members failing or having expired results. Reports are to be forwarded to [Mil Pers](#)

[Svcs 7.](#)

4.4 Remedial Fitness Training

If the Commanding Officer determines that the failure was for reasons within the members' control, remedial measures will be initiated and the member directed to remedial physical fitness training where applicable. Members ordered to undergo remedial fitness training shall contact PSP Staff to obtain a prescribed physical fitness training program.

4.5 LFCPFS

Members who attempt the LFCPFS in lieu of the CF EXPRES test and are unsuccessful shall, where the Commanding Officer determines the failure was due to factors within their control, be placed on remedial measures for a performance deficiency. Members shall be directed to PSP staff for remedial fitness training and shall schedule a CF EXPRES test 90 days from the date of failure of the LFCPFS.

5. Publication

5.1 Frequency of Publication

Annual or more frequent review and updates, as required.

5.2 Errors / Omissions or Suggestions

Users of VCDS Group Orders are encouraged to bring any errors, omissions or suggestions to the attention of [Mil Pers Svcs 7.](#)

6. References

6.1 Source References

- [DAOD 5019-4](#), Remedial Measures
- [DAOD 5023-0](#) Universality of Service
- [DAOD 5023-1](#) Minimum Operational Standard Related to Universality of Service
- [DAOD 5023-2](#) Physical Fitness Program
- [COS VCDS Memo dated 8 Dec 2011](#), Fitness Testing - VCDS Gp

6.2 Related References

- [VCDS Gp O 5023-2](#), OUTCAN Physical Fitness Program
- [VCDS Gp O 5023-3](#), Remote Location – Fitness Testing Excusal
- [CF EXPRES Operations Manual 4th Edition, 2010](#)
- [The CF Health & Physical Fitness Strategy](#), 1 Apr 08
- [Army Fitness Manual](#)

6.3 Forms

- [Fitness Testing – Quarterly Returns](#)