



# Remote Location – Fitness Testing Excusal

## 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) posted outside of Canada (OUTCAN) to Remote Locations who are supported by the Vice-Chief of the Defence Staff Group (VCDS Gp).  
Members outside of Canada, who are on operations commanded and or controlled by an operational command, are not OUTCAN CF members.
- 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
- [Definitions](#)
  - [Policy Direction](#)
  - [Remote Locations](#)
  - [Accessible Remote Locations](#)
  - [Designated Remote Locations](#)
  - [Remote Location List](#)
  - [Publication](#)
  - [References](#)

## 2. Definitions

- 2.1 HRMS Human Resources Management System: Results from fitness testing are inputted to the HRMS System.
- 2.2 [MFSS](#) Military Foreign Services Section: The MFSS provides administrative and financial support to CF members posted outside Canada to locations not already supported by: CFSU Europe (E) and their Detachments: CFSU Colorado Springs (CS); CDLS Washington (W); and CDLS London (L).
- 2.3 Members Refers to those OUTCAN CF members who are either under the command of the VCDS Gp or who are sponsored by any L1 and receive their support base personnel administration including PSP support from a VCDS Gp Support unit such as OUTCAN Coord MFSS, CFSU(E) or CFSU(CS).

## 3. Policy Direction

- 3.1 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.
- 3.2 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.
- 3.3 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 9](#).

## 4. Remote Locations

- 4.1 Remote Locations** This Order does not apply to members posted to the USA and Europe, where the fitness testing program is well matured and can be easily accessed. The remaining members are posted to what are now termed “remote locations.”
- Remote locations are considered to be South America, Africa, Asia and Australia where members are normally scattered in small posting groups of one to five. Testing of these members poses particular challenges given time, space, financial and operational considerations.
- 4.2 Mandatory Fitness Testing** Members situated in remote locations are not excused from fitness testing requirements and related career management policies. They continue to be subject to mandatory fitness testing and will schedule a test when and where possible. This includes scheduling a test whenever travelling on temporary duty or leave to a designated testing site within Canada, Europe or the USA.
- Members shall consult testing schedules published on the [VCDS Gp Health & Fitness website](#). These schedules are updated regularly and provide dates, locations and contact information.
- 4.3 Sub-Divisions** Remote locations are sub-designated as “accessible remote locations” and “designated remote locations”. Each has different modifications to the fitness testing protocols outlined in section 5 and 6.

## 5. Accessible Remote Location - Fitness Test Modifications

- 5.1 General** These locations are considered accessible due to their relative proximity to fitness testing sites and staff in the USA and Europe. Testing modifications affect positions in

## VCDS Group Order 5023-3

the following countries:

|                                       |                              |  |                               |
|---------------------------------------|------------------------------|--|-------------------------------|
| Algeria<br>Cuba<br>Egypt<br>Greenland | Guatemala<br>Haiti<br>Israel | Jamaica<br>Jordan<br>Lebanon<br>Mexico | Morocco<br>Syria<br>Venezuela |
|---------------------------------------|------------------------------|--|-------------------------------|

This list is reviewed and updated annually.

### 5.2 Fitness Testing

Members shall continue with annual physical fitness evaluations and make arrangements for testing at the nearest testing site in Canada, Europe or the USA, except as follows.

- Members who are awarded the CF EXPRES incentive level (exemption) immediately prior to their OUTCAN posting have demonstrated a propensity towards maintaining their fitness levels. Accordingly, these members will be location excused to a maximum of **three** years to match the length of most postings.
- A member who is subsequently cross posted to another OUTCAN position, whether a remote location or otherwise, must be tested as part of the OUTCAN screening process.

### 5.3 Repatriation or Cross-Posted

Members repatriated to Canada or posted to an OUTCAN location within USA or Europe, immediately revert to the standard annual fitness testing protocols as detailed in [VCDS Gp Order 5023-2](#).

## 6. Designated Remote Location - Fitness Test Modifications

### 6.1 General

Testing modifications affect positions in the following countries:

|   |   |  |  |
|---|---|--|--|
| Afghanistan<br>Argentina<br>Australia<br>Bangladesh<br>Brazil<br>Chile<br>China<br>Columbia | Cote D'Ivoire<br>DR of Congo<br>Ghana<br>India<br>Indonesia<br>Iran<br>Japan<br>Kenya | Kuwait<br>Mali<br>New Zealand<br>Nigeria<br>Pakistan<br>Peru<br>Philippines<br>Senegal | Singapore<br>Saudi Arabia<br>South Africa<br>South Korea<br>Sri Lanka<br>Thailand<br>UAE |
|---|---|--|--|

\*\*\* Non-CEFCOM or CANOSCOM Controlled CF members \*\*\*

This list is reviewed and updated annually.

### 6.2 Fitness Testing

Members will have their fitness testing protocols “location excused” to a maximum of four years with the following exceptions:

- Member is posted to another OUTCAN position, remote or otherwise. The member shall be tested as part of the screening process for the new OUTCAN posting.
- Member travels on temporary duty or leave to Canada, Europe, or the USA where testing is available.
- When CF EXPRES evaluators travel to any designated remote locations for the

## VCDS Group Order 5023-3

purposes of conducting fitness testing, members either in the country to be visited or in reasonable proximity shall be tested. These members and the chain of command shall be notified by the VCDS Gp OUTCAN Fitness Coordinator and members shall make themselves available for fitness testing.

### 6.3 Repatriation or Cross-Posted

Members subsequently posted to Canada or OUTCAN cross-posted to a position in the USA or Europe immediately revert to the standard annual fitness testing protocols as detailed within [VCDS Gp O 5023-2](#).

## 7. Publication

### 7.1 Frequency

Annual or more frequent review and updates, as required.

### 7.2 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](#).

## 8. References

### 8.1 Source References

- [VCDS Group Order 5023-1](#), VCDS Group Physical Fitness Program
- [VCDS Gp O 5023-2](#), OUTCAN Physical Fitness Program
- [CANFORGEN 168/10](#) – Fitness Testing Excusal of Specific OUTCAN CF Members
- [COS VCDS Memo dated 8 Dec 2011](#) – Fitness Testing VCDS Gp

### 8.2 Related References

- [CF EXPRES Operations Manual 4<sup>th</sup> Edition, 2010](#)
- [Canadian Forces Selection Board Guidance Manual \(15 May 2010\)](#)
- [DAOD 5023-0](#) Universality of Service
- [DAOD 5023-1](#) Minimum Operational Standard Related to Universality of Service
- [DAOD 5023-2](#) Physical Fitness Program

### 8.3 Forms

- [Fitness Testing – Quarterly Returns](#)