



**CANFORGEN 168/10 VCDS 022/10 021754Z SEP 10
FITNESS TESTING EXCUSAL OF SPECIFIC OUTCAN
CF MEMBERS**

UNCLASSIFIED

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- REF: A. [CANFORGEN 042/08 CMP 020/08 REVISED PHYSICAL FITNESS TESTING POLICIES](#)
- B. [CANFORGEN 156/08 CDS 022/08 CF HEALTH AND PHYSICAL FITNESS STRATEGY](#)
- C. [CANADIAN FORCES SELECTION BOARD GUIDANCE MANUAL \(15 MAY 10\)](#)
- D. [CANFORGEN 087/06 CMP 040 NEW DAOD S ON UNIVERSALITY OF SERVICE, MINIMUM OPERATIONAL STANDARDS RELATED TO UNIVERSALITY OF SERVICE, AND CF PHYSICAL FITNESS PROGRAM](#)
- E. [DAOD 5023-2 PHYSICAL FITNESS PROGRAM](#)

1. REF A CANCELLED POSTING LOCATION EXEMPTIONS FROM ANNUAL FITNESS TESTING AND REF B ITERATED THAT OUTCAN AND REMOTELY POSTED PERSONNEL WILL ALL COMPLETE ANNUAL FITNESS EVALUATIONS.
2. OUTCAN CF MEMBERS POSTED TO THE USA AND EUROPE, WHERE THE FITNESS TESTING PROGRAM CAN BE EFFECTIVELY CONDUCTED, WILL CONTINUE WITH ANNUAL FITNESS EVALUATIONS AND ARE NOT AFFECTED BY THIS CANFORGEN.
3. OUTCAN CF MEMBERS OUTSIDE OF THE USA AND EUROPE, ARE POSTED TO WHAT ARE NOW TERMED QUOTE REMOTE LOCATIONS UNQUOTE. FOR THE MOST PART, REMOTE LOCATIONS ARE CONSIDERED TO BE SOUTH AMERICA, AFRICA, ASIA, AND AUSTRALIA WHERE CF MEMBERS ARE NORMALLY SCATTERED IN SMALL POSTING GROUPS OF ONE TO FIVE MEMBERS. FITNESS TESTING OF THESE MEMBERS POSE PARTICULAR CHALLENGES GIVEN TIME, GEOGRAPHICAL, FINANCIAL AND OPERATIONAL CONSIDERATIONS.
4. EFFECTIVE IMMEDIATELY, THE VCDS GP WILL MAKE MINOR MODIFICATIONS TO THE MANDATORY TESTING PROTOCOLS FOR OUTCAN CF MEMBERS LOCATED IN REMOTE LOCATIONS. REMOTE LOCATION CF MEMBERS SHOULD NOTE THAT THEY ARE NOT EXEMPT FROM FITNESS TESTING REQUIREMENTS AND RELATED CAREER MANAGEMENT POLICIES. THEY CONTINUE TO BE SUBJECT TO MANDATORY FITNESS TESTING AND SHOULD AVAIL THEMSELVES OF PSP TESTING STAFF WHEN AND WHERE POSSIBLE. REMOTE LOCATION CF MEMBERS SHALL ARRANGE FITNESS TESTING WHENEVER TRAVELLING ON TD TO CANADA, EUROPE OR THE USA IF FITNESS TESTING STAFF ARE AVAILABLE.
5. REMOTE LOCATIONS ARE SUB-DESIGNATED AS QUOTE ACCESSIBLE REMOTE LOCATIONS UNQUOTE AND QUOTE DESIGNATED REMOTE LOCATIONS UNQUOTE. EACH SUB-DESIGNATION HAS DIFFERENT MODIFICATIONS TO THEIR

CDS SITE



FITNESS TESTING PROTOCOLS AS DESCRIBED BELOW. WHEN CF MEMBERS IN DESIGNATED OR ACCESSIBLE REMOTE LOCATIONS ARE SUBSEQUENTLY POSTED TO CANADA OR OUTCAN CROSS-POSTED TO A POSITION IN THE USA OR EUROPE, THEY IMMEDIATELY REVERT TO THE STANDARD ANNUAL FITNESS TESTING PROTOCOLS AS DETAILED AT DAOD 5023-2.

6. ACCESSIBLE REMOTE LOCATIONS ARE POSITIONS IN THE FOLLOWING COUNTRIES: ALGERIA, CUBA, EGYPT, GREENLAND, GUATEMALA, HAITI, ISRAEL, JAMAICA, JORDAN, LEBANON, MEXICO, MORROCO, SYRIA AND VENEZUELA. THESE LOCATIONS ARE CONSIDERED ACCESSIBLE DUE TO THEIR RELATIVE PROXIMITY TO FITNESS TESTING SITES AND STAFF IN EUROPE AND THE US. COUNTRIES INCLUDED IN THIS LIST WILL BE ANNUALLY REVIEWED AND MAY BE ADJUSTED.
7. OUTCAN CF MEMBERS IN ACCESSIBLE REMOTE LOCATIONS SHALL CONTINUE WITH ANNUAL FITNESS TESTING AND SHALL MAKE ARRANGEMENTS TO BE TESTED AT THE NEAREST CONVENIENT PSP FITNESS TESTING SITE IN CANADA, EUROPE OR THE USA EXCEPT AS FOLLOWS: CF MEMBERS WHO ARE AWARDED THE CF EXPRES INCENTIVE LEVEL (EXEMPTION) IMMEDIATELY PRIOR TO THEIR OUTCAN POSTING AS PART OF THEIR OUTCAN SCREENING WILL BE LOCATION EXCUSED TO A MAXIMUM OF 3 YEARS TO MATCH THE LENGTH OF MOST OUTCAN TOURS. IF THE CF MEMBER IS SUBSEQUENTLY CROSS-POSTED TO ANOTHER OUTCAN POSITION, WHETHER A REMOTE LOCATION OR OTHERWISE, THEY MUST BE FITNESS TESTED AS PART OF THEIR OUTCAN RE-SCREENING PROCESS.
8. DESIGNATED REMOTE LOCATIONS ARE POSITIONS IN THE FOLLOWING COUNTRIES AFGHANISTAN (NON-CEFCOM OR CANOSCOM CONTROLLED CF MEMBERS) ARGENTINA, AUSTRALIA, BANGLADESH, BRAZIL, CHILE, CHINA, COLUMBIA, COTE D'IVOIRE, DR OF CONGO, GHANA, INDIA, INDONESIA, IRAN, JAPAN, KENYA, KUWAIT, MALI, NEW ZEALAND, NIGERIA, PAKISTAN, PERU, PHILIPPINES, SENEGAL, SINGAPORE, SAUDIA ARABIA, SOUTH AFRICA, SOUTH KOREA, SRI LANKA, THAILAND AND THE UAE (NON-CEFCOM OR CANOSCOM CONTROLLED CF MEMBERS).
9. OUTCAN CF MEMBERS IN THESE DESIGNATED REMOTE LOCATION POSITIONS WILL HAVE THEIR FITNESS TESTING PROTOCOLS QUOTE LOCATION EXCUSED UNQUOTE TO A MAXIMUM OF FOUR YEARS EXCEPT AS FOLLOWS:
 - A. IF THE CF MEMBER IS CROSS-POSTED TO ANOTHER OUTCAN POSITION, WHETHER A REMOTE LOCATION OR OTHERWISE THEY MUST BE FITNESS TESTED AS PART OF THEIR OUTCAN RESCREENING PROCESS.
 - B. IF THE CF MEMBER TRAVELS ON TD TO CANADA, EUROPE OR THE USA WHEN AND WHERE THERE ARE PSP TESTERS, THE CF MEMBER SHALL MAKE ARRANGEMENTS TO BE FITNESS TESTED AND SHALL INFORM THE VCDS GP PSP OUTCAN FITNESS COORDINATOR.
 - C. LASTLY, IN THE EVENT PSP STAFF TRAVEL TO ANY DESIGNATED REMOTE LOCATION FOR THE PURPOSES OF CONDUCTING FITNESS TESTING THE CF MEMBERS EITHER IN THE COUNTRY TO BE VISITED OR IN CLOSE PROXIMITY SHALL BE FITNESS TESTED. THESE CF MEMBERS AND THEIR CHAIN OF COMMAND WILL BE

ADVISED BY THE VCDS GP OUTCAN FITNESS COORDINATOR THAT THEY SHOULD MAKE THEMSELVES AVAILABLE FOR FITNESS TESTING.

10. REF C IS THE GUIDANCE FOR THE FALL 2010 ANNUAL SELECTION BOARDS. QUOTE THE BOARD SECRETARY WILL IDENTIFY THOSE PERSONNEL WHO ARE EXCUSED DUE TO THEIR LOCATION AND THEY WILL BE GRANTED APPROPRIATE POINTS REGARDLESS OF THE EXPIRATION DATE OF THE TEST UNQUOTE. FOR PER PURPOSES, THE PER SHALL BE SPECIFICALLY ANNOTATED AS QUOTE NOT TESTED UNQUOTE AND EXPLAINED IN SECTION FOUR OF THE PER.
11. THE LIST OF REMOTE LOCATIONS (ACCESSIBLE AND DESIGNATED) WILL BE ANNUALLY REVIEWED BY VCDS GP FITNESS STAFF IN CONCERT WITH ALL STAKEHOLDERS INCLUDING OUTCAN COORD, DPFL, MPSS, DMCPG 2 AND DMCSS 2. A FINALIZED LIST OF THE ANNUALLY SELECTED REMOTE LOCATION SITES WILL BE PASSED TO DMCPG 2 FOR THEIR CONCURRENCE AND APPROVAL IAW DAOD 5023-2. THE APPROVED LIST WILL BE COMMUNICATED TO THOSE SO AFFECTED AS WELL AS TO DMCSS 2 FOR SELECTION BOARD PURPOSES.
12. VCDS GP FITNESS STAFF WILL CONTINUE TO EXPLORE MEANS AND AVENUES TO HAVE REMOTE LOCATION CF MEMBERS REGULARLY TESTED. CF MEMBERS AND THEIR CHAIN OF COMMAND ARE STRONGLY REMINDED THAT ALL CF MEMBERS, REGARDLESS OF TESTING AVAILABILITY, REMAIN RESPONSIBLE FOR MAINTAINING A LEVEL OF PHYSICAL FITNESS THAT SUPPORTS THE REQUIREMENT TO MEET THE MINIMUM OPERATIONAL STANDARDS OF BEING PHYSICALLY FIT AND OPERATIONALLY EMPLOYABLE AND DEPLOYABLE. FAILURE TO DO SO WILL RESULT IN CAREER ADMINISTRATIVE ACTION AS DETAILED AT REF D AND E. THE LOCATION EXCUSAL DESIGNATION OF ALL CF MEMBERS WHO WERE IN A REMOTE LOCATION AND NOT HOLDING A CURRENT VALID FITNESS TEST RESULT SHOULD NOTE THAT THEY ARE DEEMED QUOTE EXPIRED UNQUOTE THE DAY THEY RETURN TO CANADA, THE USA OR EUROPE AND ASSUME THE DUTIES OF THEIR NEW POSITION. THESE CF MEMBERS SHALL ARRANGE A FITNESS TEST AT THE EARLIEST OPPORTUNITY.
13. FURTHER INFORMATION CONCERNING LOCATION EXCUSALS CAN BE FOUND AT [HTTP://VCDS.MIL.CA/SITES/HEALTHANDFITNESS](http://vcds.mil.ca/sites/healthandfitness). QUESTIONS SHOULD BE DIRECTED TO EITHER MAJ CM CRESSMAN, VCDS GP J1 MIL PERS SVCS OR MR GEOFF DROVER, VCDS GP HEALTH AND FITNESS MANAGER AND OR MR TODD CIRKA, OUTCAN FITNESS COORDINATOR.

Last Updated: 2010-09-03

Important notices