



CANFORGEN 038/13 CDS 015/13 041728Z MAR 13 LAUNCH OF NEW CAF FITNESS EVALUATION

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1. I AM PLEASED TO ANNOUNCE THE LAUNCH OF THE FORCE PROGRAM, THE NEW CANADIAN ARMED FORCES (CAF) FITNESS PROGRAM. APPROVED BY ARMED FORCES COUNCIL ON 5 DEC 2012, THE FORCE PROGRAM WILL BE PHASED IN THROUGHOUT FY 2013/2014 AND WILL OFFICIALLY REPLACE THE CF EXPRES PROGRAM IN FY 2014/2015
2. THE FORCE PROGRAM HAS TWO KEY COMPONENTS: THE NEW FITNESS TEST, CALLED THE FORCE EVALUATION, AND THE FORCE EXERCISE PRESCRIPTION, THE OPERATIONAL FITNESS TRAINING SYSTEM AVAILABLE AT WWW.DFIT.CA
3. THE FORCE EVALUATION INVOLVES FOUR TEST COMPONENTS, EACH OF WHICH IS DIRECTLY LINKED TO PHYSICAL CHALLENGES THAT CAF PERSONNEL MAY ENCOUNTER ON ROUTINE, DOMESTIC OR EXPEDITIONARY OPERATIONS. THIS TEST WILL BE ADMINISTERED ANNUALLY AND WILL REQUIRE CAF MEMBERS TO ACHIEVE ONE COMMON STANDARD THAT IS FIRMLY ROOTED IN THE MINIMUM OPERATIONAL STANDARDS THAT THEY ARE EXPECTED TO MAINTAIN
4. THE FORCE PROGRAM HAS BEEN DEVELOPED AND SCIENTIFICALLY VALIDATED FOR THE CAF BY THE DIRECTOR GENERAL PERSONNEL FAMILY SUPPORT SERVICES/ PERSONNEL SUPPORT PROGRAMS (PSP). THE DIRECTORATE OF FITNESS STAFF PERFORMED A COMPREHENSIVE ANALYSIS OF OVER 400 PHYSICAL TASKS FACED BY PERSONNEL OVER THE PAST 20 YEARS, AND NARROWED THESE DOWN TO SIX COMMON MILITARY TASKS. THESE TASKS FORM THE NEW FITNESS COMPONENT OF THE MINIMUM OPERATIONAL STANDARDS RELATED TO UNIVERSALITY OF SERVICE. THE FORCE EVALUATION IS A QUICK, EASY AND ACCURATE PREDICTOR OF THE ABILITY OF CAF MEMBERS TO COMPLETE THE SIX COMMON MILITARY TASKS
5. STARTING 1 APR 2013, PSP FITNESS STAFF AND LOCAL CHAINS OF COMMAND WILL SCHEDULE FORCE EVALUATION FAMILIARIZATION SESSIONS TO INTRODUCE THE TEST TO LOCAL CAF PERSONNEL. THROUGHOUT FY 2013/2014, CAF PERSONNEL WILL BE REQUIRED TO ATTEMPT THE NEW FORCE EVALUATION AS THEIR FITNESS TEST ON A TRIAL BASIS. IF THEY MEET THE STANDARD, IT WILL COUNT AS THEIR FITNESS EVALUATION FOR THE NEXT 365-DAY PERIOD. IF NOT, THEY WILL BE REQUIRED TO HAVE A CURRENT CF EXPRES EVALUATION. CF EXPRES RESULTS OBTAINED IN FY 2013/2014 WILL BE VALID FOR 365 DAYS ONLY. NO EXEMPT STATUS WILL BE AWARDED. AS OF 1 APR 2014, THE FORCE EVALUATION WILL BECOME THE ONLY VALID CAF FITNESS TEST
6. EVERY CAF MEMBER HAS A RESPONSIBILITY TO MAINTAIN

PERSONAL FITNESS AND A ROLE TO PLAY IN DEVELOPING A CAF-WIDE CULTURE OF FITNESS. I EXPECT CAF LEADERS TO MAKE HEALTH AND FITNESS A PRIORITY WITHIN THEIR COMMANDS AND TO LEAD BY EXAMPLE. I AM PROUD THAT THE CAF PROVIDES ITS PERSONNEL WITH TIME FOR PHYSICAL TRAINING, ACCESS TO FIRST-RATE FITNESS FACILITIES AND EXPERT GUIDANCE FROM FITNESS PROFESSIONALS, AND NOW, ACCESS TO TAILORED, ONLINE OPERATIONAL FITNESS TRAINING THROUGH WWW.DFIT.CA. I EXPECT ALL CAF PERSONNEL TO USE THESE TOOLS IN ORDER TO PREPARE THEMSELVES FOR THE NEW FORCE EVALUATION, AND MORE IMPORTANTLY, FOR THE DEMANDS OF SERVICE

7. ON 4 MAR 2013, THE MINISTER OF NATIONAL DEFENCE AND I WILL OFFICIALLY INTRODUCE THE FORCE PROGRAM AND WILL BE GOING THROUGH THE FORCE EVALUATION. FOR COMPLETE PROGRAM INFORMATION, VISIT WWW.CFPSA.COM/FORCEPROGRAM AND CONSULT YOUR LOCAL PSP FITNESS STAFF. COMMANDING OFFICERS, IN COOPERATION WITH LOCAL PSP FITNESS STAFF, ARE HIGHLY ENCOURAGED TO COORDINATE TOWN HALL STYLE BRIEFINGS FOR THEIR PERSONNEL TO ENSURE A THOROUGH AND ACCURATE UNDERSTANDING OF THE FORCE PROGRAM

Last Updated: 2013-03-05

Important notices