



# An Interim Operations Manual for the JTF 2 Physical Fitness Selection Test



(2nd Edition)

CFPSA/DPE  
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## **FOREWORD**

This Interim Operations Manual has been prepared to provide CFPSA fitness instructors with the interim physical fitness selection standards, and specific instructions with respect to conducting the JTF 2 Physical Fitness Selection Test.

In order to ensure valid and reliable evaluation results, it is essential that the evaluation protocols and instructions provided in this manual be adhered to.

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## **INTERIM OPERATIONS MANUAL FOR THE JTF 2 PHYSICAL FITNESS SELECTION TEST**

### **BACKGROUND**

The Special Emergency Response Team (S.E.R.T.) was formed by the Royal Canadian Mounted Police (R.C.M.P.) in 1986. Volunteers for S.E.R.T. were selected from regular members of the R.C.M.P. and underwent a rigorous screening and training process at the Dwyer Hill Training Centre (DHTC). In 1992, the Canadian Forces (CF) took over S.E.R.T.'s mandate from the R.C.M.P., and the unit was renamed Joint Task Force (JTF) 2.

In the fall of 1998, the Commanding Officer (CO) of Dwyer Hill Training Centre (DHTC) requested the assistance of the Canadian Forces Personnel Support Agency (CFPSA), Directorate of Human Performance and Health Promotion (DHPHP) to research and develop bona fide physical fitness selection standards for JTF 2 assaulters. This request for assistance was based upon the fact that the current physical fitness evaluation and selection standards being utilized for JTF 2 were developed by the R.C.M.P. for the selection of S.E.R.T. personnel. In order to comply with the Canadian Human Rights Act, physical fitness selection standards based on JTF 2 occupational and training requirements are being developed. Pending the completion of this process, the current evaluation and physical fitness standards will remain in effect.

### **SELECTION PROCESS**

Volunteers for JTF 2 are selected from CF regular and reserve force members, and undergo a rigorous selection process prior to being trained as an assaulter. The current selection process for the JTF 2 assaulter encompasses four phases. In Phase I, the CF member completes the "Application for Service with JTF 2" form. Upon completion of the application form, the applicant is administered a physical fitness selection test and the Canadian Forces (CF) Basic Military Swim Test by a qualified Personnel Support Programs (PSP) fitness instructor (Phase II). Following successful completion of the physical fitness test, the members' commanding officer (CO) provides his/her comments and recommendations, and forwards the applicant's file to the Base/Wing personnel Selection Officer (PSO) who conducts an interview and completes a CF 285 report. The PSO provides the CO DHTC with an overall recommendation with respect to the suitability of the applicant for undertaking Phase III of the selection process. Phase III of the selection process is conducted at DHTC for those applicants who have successfully completed Phases I and II, and have been invited by the unit to attempt Phase III. Phase III is a structured seven day assessment that features a variety of

practical stands and measures performance in a variety of job-related domains while placing the candidate under physical and mental stress. Upon completion of the Phase III selection process, a Selection Board is convened where the results of the candidates are reviewed. Selected Phase III candidates are invited to attend a Special Operations Assaulter Course (SOAC) (Phase IV) held at DHTC. Upon successful completion of Phase IV, members are posted to JTF 2.

## **REQUIREMENTS AND RESPONSIBILITY**

CF member's who have completed the "Application for Service with JTF 2" form and who have met the minimum medical category for service with JTF 2, must successfully complete all components of the JTF 2 Physical Fitness Selection Test. As well they must meet the established physical fitness standards in order to proceed to Phase III of the selection process. In order to ensure that assessment procedures are not given on a selective and discriminatory basis, the CF Basic Military Swim Test and the JTF 2 Physical Fitness Selection Test are to be administered to all applicants in the same manner. PSP physical fitness staffs are responsible for administering the physical fitness selection test according to the protocols contained within this operations manual, and for the accurate reporting of the results. Only PSP fitness instructors who are qualified as Certified Personal Trainers (CPT's) or Certified Exercise Physiologist (CEP's), are authorized to conduct this evaluation. The CF Basic Military Swim Test should be administered by a qualified lifeguard and to the standards promulgated in the CF Aquatic and Water Safety Policy.

## **EVALUATION SCHEDULE**

Phases I and II of the selection process are open to CF members throughout the year, with Phase III of the selection process typically being conducted during the fall. A requirement exists for PSP fitness staffs to conduct the JTF 2 physical fitness selection test throughout the year, however the majority of test will be scheduled in the February to August timeframe.

## **PRE-EVALUATION INSTRUCTIONS FOR ASSESSORS**

It is recommended that the CF Basic Military Swim test be administered to applicants prior to the administration of the JTF 2 Physical Fitness Selection Test. It is further recommended that the CF Basic Military Swim Test be administered to applicants a minimum of 24 hrs prior to the JTF 2 Physical Fitness Selection Test in order to permit adequate recovery time between tests. The evaluation protocols and standards for the CF Basic Military Swim Test are contained in the CF Aquatics and Water Safety Policy. However, a brief summary of the evaluation protocols and standards are contained in this interim operations manual.

The evaluation protocols for the JTF 2 physical fitness selection test are different than other CF physical fitness evaluation protocols, thus the evaluation procedures contained within this manual have been standardized to ensure safety and consistent results. Clinical judgment and common sense must, nevertheless, be exercised throughout the evaluation. The JTF 2 Physical Fitness Selection Test Reporting Form - DND2473 (Annex B) shall be the only form utilized to record evaluation results. The purpose of the JTF 2 Physical Fitness Selection Test Scoring Sheet (Annex C) is to assist the PSP fitness assessor in determining the JTF 2 applicant's aggregate test score, and is not to be utilized to record evaluation results.

## **EQUIPMENT**

The equipment required for the conduct of the JTF 2 physical fitness selection test is as follows:

- a. stethoscope;
- b. aneroid sphygmomanometer;
- c. chair with arm rests;
- d. stop watch;
- e. gym mat;
- f. chin-up bar;
- g. Olympic weight bar and weights;
- h. Flat weight bench; and
- i. Measured 1.5 mile route (flat) or 400 metre track.

## **PRELIMINARY INSTRUCTIONS TO THE JTF 2 APPLICANT**

In order to ensure accurate evaluation results, the JTF 2 applicant shall be given preliminary instructions at least 48 hours prior to their evaluation. These preliminary instructions may be provided to the JTF 2 applicant when their appointment is booked. The preliminary instructions (Annex A) shall advise the JTF 2 applicant that prior to their evaluation, they should not:

- a. exercise the same day;
- b. consume alcohol for at least six hours; and
- c. eat, smoke, or drink tea, coffee or other caffeine beverages for at least two hours.

The preliminary instructions shall advise the JTF 2 applicant to bring the following personal gear with them to the evaluation:

- a. gym shorts and tee shirt;
- b. running shoes;
- c. (seasonal) outdoor running gear; and
- d. weight gloves and weight belt (optional).

All JTF 2 applicants shall be advised that failure to adhere to these preliminary instructions will result in the cancellation of their evaluation. All JTF 2 applicants shall sign, in the appropriate space, that they have read and understood these preliminary instructions. The completed and signed form (Annex A) shall be retained on the applicant's CF EXPRES file.

## **SERVICE PARTICULARS**

The applicant's surname, initials, SN, Unit, UIC, telephone number, rank, date of birth, age and gender shall be recorded in Section A of the JTF 2 Physical Fitness Selection Test Reporting Form - DND 2473 (Annex B).

## **PRE-TEST SCREENING**

### **General**

Although applicants reporting for physical fitness testing should have already met the minimum medical category for service with JTF 2, it is CF policy that all members be appropriately pre-screened prior to undertaking a physical fitness evaluation. Further, the American College of Sports Medicine and the Canadian Society for Exercise Physiology guidelines for exercise testing clearly indicate that all personnel undergoing physical fitness testing should be pre-screened. Therefore, all JTF 2 applicants shall complete the CF Health Appraisal Questionnaire, and the PSP fitness assessor shall measure the applicant's resting heart rate and resting blood pressure immediately prior to the evaluation.



### **Health Appraisal Questionnaire**

All JTF 2 applicants shall complete the CF Health Appraisal Questionnaire in Section B of the DND2473 immediately prior to their evaluation. This questionnaire is a screening device to identify personnel for whom evaluation and physical activity might be currently inappropriate. Encourage all applicants to read the CF Health Appraisal Questionnaire carefully and to answer both questions honestly. Applicants with only **NO** responses are cleared for evaluation. Applicants with one or more **YES** responses shall not be evaluated, and will be referred to a CF Medical Officer (MO) using a DND 582 - Medical Round Trip Memorandum. The MO will then determine if the applicant is medically fit for evaluation and/or physical fitness training. **DO NOT ATTEMPT** to diagnose or discuss why the applicant has a **YES** response.

Questions pertaining to what kinds of medication may affect an individual's ability to undertake a physical fitness evaluation have always existed and caused concern for the evaluator. To alleviate this concern, a list of medications, which may affect a member's ability to undertake a physical fitness evaluation has been developed by the Director General Health Services. If an applicant indicates that he/she is taking medication, ask the applicant to write the name of the drug(s) that he/she is taking in the space provided under question 2. Check the list of medications provided at Annex D, and if the drug appears on the list, refer the applicant to the MO using a DND 582 - Medical Round Trip Memorandum. **DO NOT EVALUATE** applicants who are taking drugs that appear on the list. If the drug(s) that the applicant is (are) taking does not appear on the list, the applicant may proceed with the evaluation. If you, the evaluator, are in doubt, the applicant must be referred to the MO. Upon completion of the CF Health Appraisal Questionnaire, the applicant must date and sign in the appropriate place provided at the bottom of the questionnaire.

### **Observations**

Although the Health Appraisal Questionnaire will identify most concerns that would make the evaluation inappropriate, the evaluator must also make some general observations during the screening process. The JTF 2 Physical Fitness Selection Test shall be postponed and rescheduled if applicants:

- a. demonstrate difficulty breathing at rest.
- b. cough persistently;
- c. are ill or have a fever;
- d. have lower-extremity swelling; and
- e. have clearly ignored the preliminary instructions (i.e. have just eaten a heavy meal, alcohol on breath, have just finished a cigarette etc).



## **Vital Signs**

The CF EXPRES protocols for the measurement of resting heart rate and resting blood pressure will be utilized. The applicant should be seated comfortably in a chair with arm supports and rest with their feet flat on the floor for at least five minutes before the resting heart rate is measured. During this period, a few minutes of informal chatting can do much to calm apprehensive applicants.

To determine the resting heart rate, a stethoscope shall be utilized. The stethoscope should be positioned so that the earpieces point forward. The diaphragm of the stethoscope should be placed either on the sternum or over the second intercostal space on the left side of the sternum. Should it not be possible to utilize a stethoscope, resting heart rate may be measured by palpating the radial artery. For this procedure, the index and middle fingers should be used to gently apply pressure on the inside of the wrist just above the thumb. The resting heart rate (RHR) is determined using a 15 second count, and the first beat is counted as "zero". The total number of beats in the 15 second count is then multiplied by 4, and recorded in beats/ minute in the appropriate space provided in Section B of the DND 2473. In the event that the RHR exceeds 100 beats/minute, wait an additional five minutes and repeat the procedure. Should the RHR still exceed 100 beats/minute on the second reading, the applicants shall be referred to a MO utilizing a DND 582 - Medical Round Trip Memorandum. The applicants shall not perform the physical fitness test or receive any sort of a training program until appropriate medical clearance is received.

Measurement of resting blood pressure (RBP) is an integral part of the pre-screening process. When conducting RBP, a stethoscope and sphygmomanometer shall be used. An appropriate size of blood pressure cuff should be chosen and applied to the applicant's left arm. The cuff should be firmly and smoothly wrapped around the left arm with the lower margin of the cuff two or three centimetres (cm) above the antecubital space. The left arm should be comfortably supported at an angle of 10 to 45 degrees from the trunk, with the lower edge of the cuff at heart level. The brachial artery should be located by palpitation and noted. Rapidly inflate the cuff to a level 20 to 30 mmHg above the radial palpatory pressure and quickly position the stethoscope over the brachial artery, ensuring that the diaphragm is in complete contact with the skin and not touching the cuff or its tubing. Release the cuff pressure at a rate of approximately 2 mmHg per second. The systolic pressure is determined by the first perception of sound. The diastolic pressure is determined when the sounds cease to be tapping in quality and are fully muffled. The cuff is then deflated to zero pressure and removed for the applicant's arm. The resting systolic and diastolic pressures are recorded to the nearest 2 mmHg in the appropriate space in Section B of the DND 2473. In the event

that the resting systolic blood pressure is greater than 150 mmHg and/or the resting diastolic blood pressure is greater than 100 mmHg, have the applicant rest quietly for five minutes before repeating the measurement. If after two readings, the applicant's resting systolic blood pressure is still greater than 150 mmHg and/or the resting diastolic blood pressure is greater than 100 mmHg, the applicant shall not be permitted to undertake the physical fitness test, and shall be referred to the MO utilizing a DND 582 - Medical Round Trip Memorandum.

## **EVALUATION PROTOCOLS**

### **General**

The JTF 2 Physical Fitness Selection Test conducted in Phase II is comprised of two components: (i) the CF Basic Military Swim Test; and (ii) a timed 1.5 mile run, pushups, situps, pullups, and a 1 Repetition Maximum (RM) bench press. Test items and components are to be conducted in this sequence.

### **1. CF Basic Military Swim Test**

The CF Basic Military Swim Test shall be conducted IAW CF Aquatics and Water Safety Policy. The CF Basic Military Swim Test is comprised of three components: (i) Water Safety Knowledge; (ii) "Abandon Ship" Emergencies; and (iii) Rudimentary Swimming Skills, all of which must be successfully completed during the same testing session. Results for the CF Basic Military Swim Test will be recorded in block D of the DND 2473.

#### **"Abandon Ship" Emergencies**

Dressed in combats (without boots) or coveralls and wearing a lifejacket, the applicant must jump feet first into deep water, surface, and swim a distance of 50 metres using any style (no time limit). This portion of the swim test is pass/fail.

#### **Rudimentary Swimming Skills**

Dressed in combats (without boots) or coveralls, the applicant must execute a forward roll entry into the pool, surface, and remain afloat for 2 minutes (treading water, motionless float, swimming in place, or drown proofing), then swim a distance of 20 metres using any style (no time limit). This portion of the swim test is pass/fail.

## **2. Physical Fitness Selection Test**

**Applicants must be able to meet the following established physical fitness standard for each test item, and achieve a total aggregate score of 75 points as a minimum:**

- a. 1.5 mile run - 9 minutes and 45 seconds or less;
- b. 40 continuous pushups
- c. 40 situps in one minute;
- d. 5 continuous pullups; and
- e. 1 RM bench press of 65 kg.

The JTF 2 Physical Fitness Selection Test Scoring Sheet (Annex C) provides the points to be awarded for performance on each test item.

Applicants should be encouraged to exert a **maximal effort** during all components of the test. Applicants should be advised that physical fitness is assessed by DHTC staff as a critical attribute during the selection process, and that their physical fitness selection test results will be compared by DHTC staff to the fitness test results of other applicants. It is important to point out that applicants who meet the minimum physical requirements will not be competitive with other applicants during the selection process.

### **Warm Up**

A series of warm up exercises is appropriate prior to commencing the physical fitness selection test. A proper warm up will exercise all the major muscle groups of the body, increase body temperature, raise heart and respiration rates, and generally prepare the body for the physical fitness test. The warm up should be a gradual process, and approximately 10 minutes in length. To increase the blood circulation, the applicant should begin with some easy jogging, brisk walk or other activities conducted in an easy manner. A series of rhythmic and static flexibility exercises should then be performed. These exercises can be organized by simply working the parts of the body from top to bottom or bottom to top. Applicants should be permitted to perform their own specific warm up after the instructor-led general warm up.

### **1.5 Mile Timed Run**

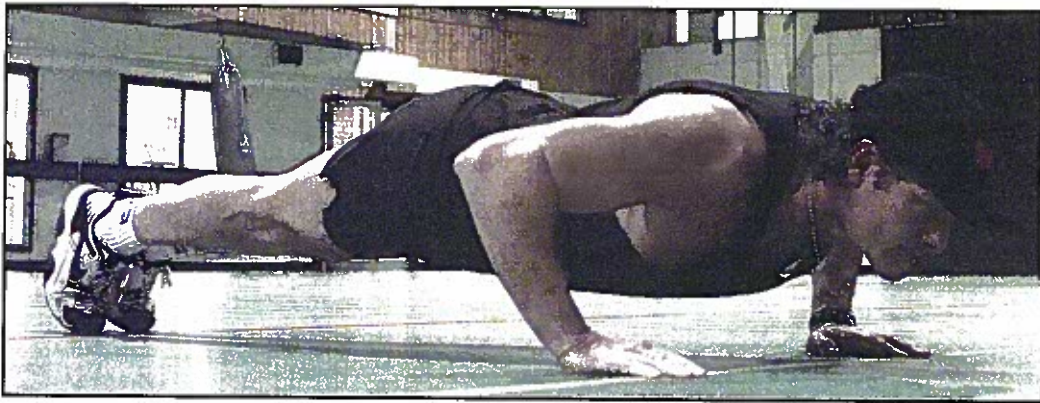
The 1.5 mile timed run is utilized to assess the applicant's aerobic capacity. A measured 1.5 mile flat course (outdoors), a 200 or 400 metre track may used. On the command "GO", the applicant will commence the 1.5 mile run, and the PSP fitness assessor will start his/her stopwatch. The PSP fitness assessor will stop his/her watch when the applicant has completed the 1.5 mile run. Total time taken to complete the 1.5 mile run will be recorded in the appropriate space in Section C of the DND 2473. The applicant must complete the 1.5 mile timed run in 9 minutes and 45 seconds or less. Applicants failing



to meet this standard shall not be permitted to continue with the rest of the physical fitness selection test. For applicants who complete the 1.5 mile run in 9:45 or faster, the PSP fitness assessor shall refer to the JTF 2 Physical Fitness Test Scoring Sheet (Annex C) to determine the number of points to be awarded to the applicant for his/her performance on the timed 1.5 mile run. For example, if an applicant completes the 1.5 mile run in 9 minutes and 45 seconds (9:45) he/she would be awarded 11 points for this test item. Applicants who meet or exceed the minimum standard shall be provided with an active recovery period, and shall not be permitted to continue with rest of the test until their HR drops below pre-screening criteria ( $\leq 100$  b/min).

### **Pushups**

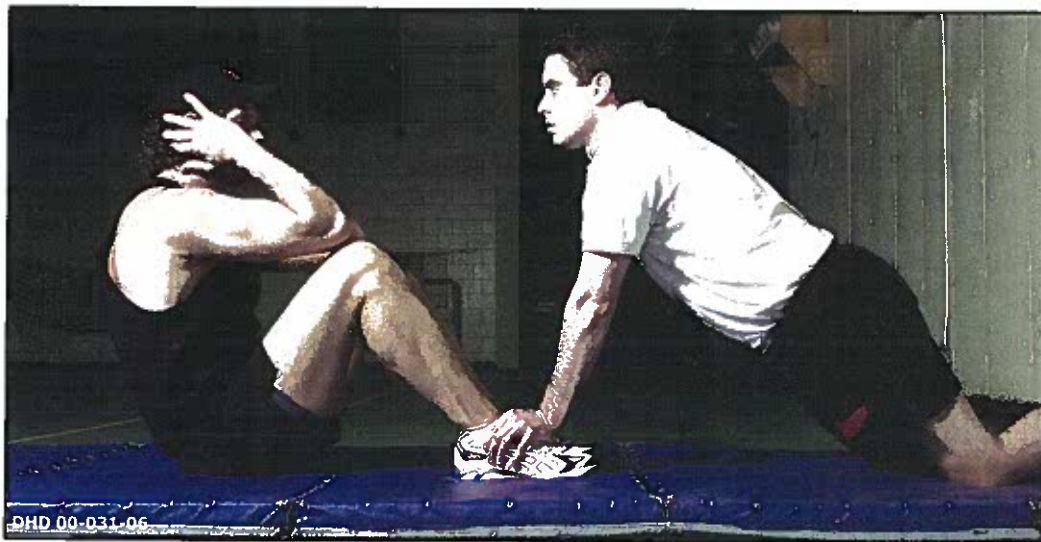
The applicant is to place their hands shoulder width apart with their fingers pointing forward. Applicants shall not be permitted to place their hands more or less than shoulder width apart. The applicant will start this exercise in the UP position, with the back straight, heels together, and head up.



In the mid-point of the exercise, the applicant's elbows will be bent to an angle of 90 degrees so that their elbows, shoulders, and shoulder blades are in line. (See photo). The applicant will then push up to full arms extensions, completing one repetition. The applicant should be advised to breath out while fully extending their arms, and informed not to hold their breath during this exercise. This exercise is to be completed in a continuous manner. Applicants failing to adhere to the proper technique are to be warned and provided with an opportunity to correct their technique without pausing or stopping the exercise. A pause or break in the exercise in any position will immediately terminate the test. The number of correct repetitions completed will be recorded, and any pushups completed incorrectly will not be counted or recorded. The minimum standard for this exercise is 40 continuous pushups.

### **Sit-ups**

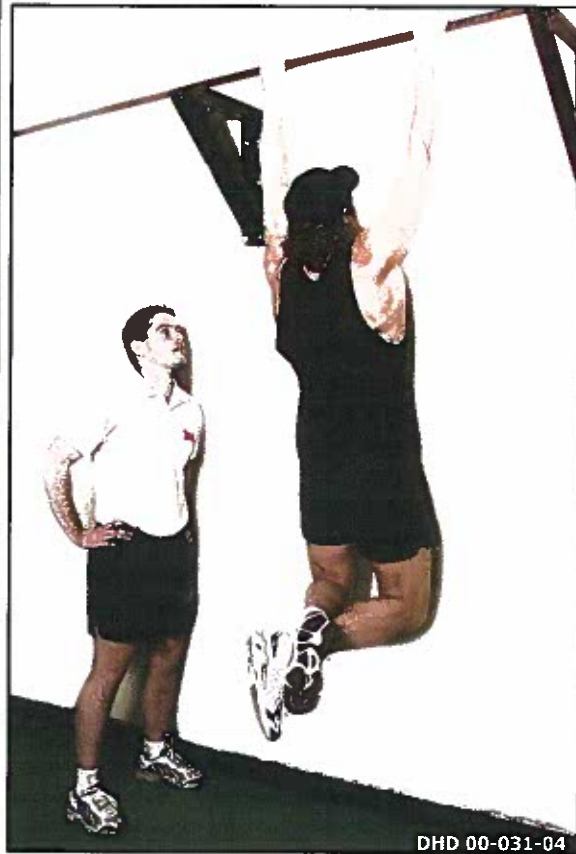
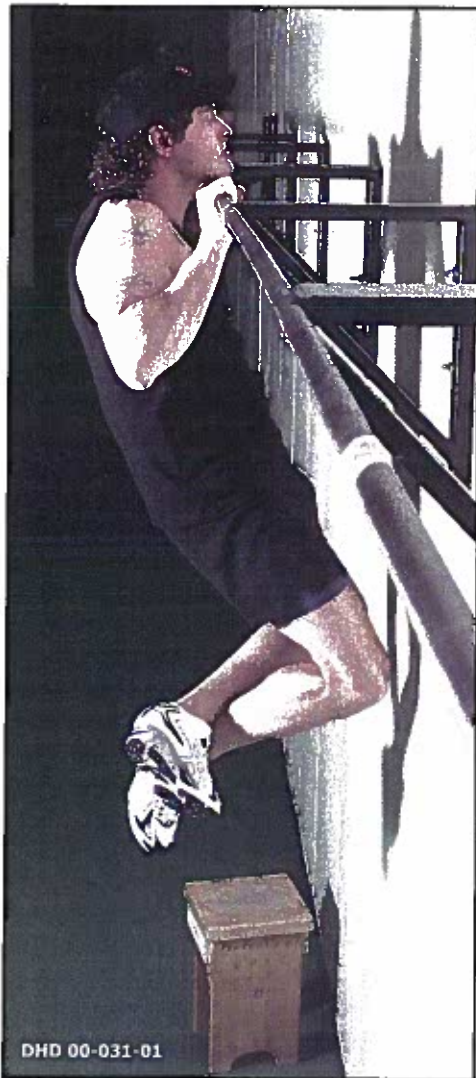
This exercise commences with the applicant lying flat on their back with their knees bent at 90 degree, feet flat on the floor, and hands cupped behind their ears with the elbows point forward. An assistant will hold the applicant's ankles, but otherwise will not provide any assistance. Sitting on top of the applicants' feet or holding their legs/knees is not permissible. On the command "GO", the applicant will be required to situp, bringing the tips of their elbows to the top of their knees, then back down so that their shoulder blades touch the mat. Applicants will not be permitted to flap their arms, remove their hands from their ears, or lift their hips off of the mat. (See photo). The applicant is to be advised that incorrectly performed repetitions will not be counted, and the evaluator will count the repetitions completed aloud. Applicants may stop and rest at any time during this exercise. This exercise will be timed for 60 seconds, and the total number of situps performed correctly in 60 seconds will be counted and recorded in Section C of the DND 2473.





### **Pull-ups**

The applicant shall be instructed to grasp the chinup bar with an overhand grip (palms facing away from the body), hands shoulder width apart, legs crossed and bent at the knees. (See photo). Commencing in the down position, the applicant will pull themselves up until their chin is completely over the bar, and then lower themselves back down to full extension of the arms. Applicants will not be permitted to swing their body while pulling up, or be permitted to stop/pause at the top or bottom, or to rest on the bar. Incorrect repetitions will not be counted, and the applicant should be advised to correct their technique without stopping or pausing during the exercise. The consecutive number of correct pullups completed will be counted and recorded. The minimum standard is 5 consecutive pullups.





### **1 RM Bench Press**

Applicants are to be instructed to lie flat on the weight bench with their feet flat on either the floor or the bench. Each subject shall be instructed to warmup by completing 3-5 repetitions of approximately 50% of their estimated 1 RM. After the warmup, each applicant shall select the starting weight for the test. The applicant will be instructed to "test the bar". The purpose of testing the bar is to ensure even distribution of the hands and to permit the applicant to correctly position their body for the lift. The applicant will then be asked if he/she is "ready to lift" the bar. (See photo). If the applicant acknowledges that he/she is ready to lift the bar, the bar will be lowered by two assistants to the top of the applicants' chest. The applicant is not to resist the bar while it is being lowered by the two assistants. Applicants shall be given a "prepare to lift" command, then a "lift" command. On the "lift" command, the applicant will be required to lift the weight as hard and as fast as possible, until his/her arms are fully extended. Bouncing the bar off of the chest, or stopping/pausing during the lift will not be permitted. The applicant will then be told "good lift" or "fail" by the evaluator. The bench press lift will be considered as a "good lift" if the applicant fully extends their arms with the weight, while keeping their buttocks in contact with the bench, and their feet flat on either the floor or the bench (dependent upon their starting position). Applicants will not be permitted to lift their buttocks off of the bench or to arch their back during the lift. (See photo). Applicants will then be required to lift a succession of heavier and heavier weights until 1 RM weight is determined. Applicants shall be advised to exhale while pushing the weight, and inhale while the bar is being lowered to the top of their chest. Applicants will be permitted to select the weight for each trial, and up to two minutes of rest shall be allowed between each lift. A second trial will be permitted at the weight which an applicant fails to complete the lift. A second failure at the same weight will terminate this test. Applicant's shall be permitted to wear a weight belt and/or gloves if desired.



## **REPORTING PROCEDURES**

The JTF 2 Physical Fitness Selection Test Reporting Form - DND 2473 (Annex B) shall be completed, and signed by the evaluator in the appropriate space provided. A photocopy shall be made and placed on the member's CF EXPRES file for future reference, and the original copy shall be forwarded to the applicants' Commanding Officer. A copy may be given to the applicant if requested, however, the original form shall be forwarded to the member's unit for inclusion in the applicant's file.

## **ADDITIONAL PROCEDURES FOR FAILURES**

Applicants who fail to meet the established minimum standards for the CF Basic Military Swim Test shall be provided with a retest not less than 24 hrs after the initial failure. In all cases, common sense with respect to administering retests for swim test failures must prevail. It is recommended that applicants who fail the swim test, not be administered the physical fitness testing portion until he/she has met the CF Basic Military Swim Test Standard. With respect to the JTF 2 Physical Fitness Selection Test, applicants who fail to meet the minimum fitness scores for each test component and/or fail to achieve a total aggregate score of 75 points as a minimum, shall be provided with a retest at a future date as determined by the PSP Fitness Instructor. Once again, common sense with respect to the time between tests must prevail. For example, if an applicant is clearly not close to meeting the established standards, then that applicant should be provided with a 30-day period to train prior to being retested. For an additional example, if a candidate fails to meet the established pushup standard by one pushup, he/she may be provided with a retest within the 30-day period if an appointment is available. This is where common sense must prevail.

The **JTF 2 Pre-Selection Physical Fitness Training Program** should be made available and encouraged for all applicants, regardless of their current fitness level. Available CF/DND, Canadian Society for Exercise Physiology (CSEP) and Health Canada performance related and health related fitness materials shall be provided to applicants upon request.

**ANNEX A**  
**JTF 2 PHYSICAL FITNESS SELECTION TEST**  
**- PRELIMINARY INSTRUCTIONS TO THE APPLICANT**



**JTF 2 PHYSICAL FITNESS SELECTION TEST –  
PRELIMINARY INSTRUCTIONS TO THE APPLICANT**

**(To be Given to the Applicant at Least 48 hrs Prior to Testing)**

**Name of Applicant:** \_\_\_\_\_  
**Date of Evaluation:** \_\_\_\_\_  
**Time of Evaluation:** \_\_\_\_\_

**General Information**

The JTF 2 Physical Fitness Selection Test consists of a timed 1.5 mile run, pushups, situps, pullups, and a 1 repetition maximum (RM) bench press, and test items are evaluated in this order. You must be able to meet the following established physical fitness standards for each test item, and achieve a total aggregate score of 75 points as a minimum:

- a. 1.5 mile run – 9 minutes and 45 seconds or less;
- b. 40 continuous pushups;
- c. 40 situps in one minute;
- d. 5 continuous pullups; and
- e. 1 RM bench press of 65 kg.

You are encouraged to exert a **maximal effort** during all component of the test. Please be advised that physical fitness is assessed by Dwyer Hill Training Centre (DHTC) staff as a critical attribute during the selection process, and that your physical fitness selection test results will be compared by DHTC staff to the fitness test results of other applicants. Applicants who meet the minimum physical fitness requirements will not be competitive with other applicants during the selection process.

**CF BASIC MILITARY SWIM TEST**

The CF Basic Military Swim Test is comprised of three components: (i) Water Safety Knowledge; (ii) “Abandon Ship” Emergencies; and (iii) Rudimentary Swimming Skills.

Water Safety Knowledge:

PSP staff will cover basic water safety knowledge with you prior to the swim test.

“Abandon Ship” Emergencies:

Dressed in combats (without boots) or coveralls and wearing a lifejacket, you will be required to jump feet first into deep water, surface, and swim a distance of 50 metres using any style (no time limit). This portion of the swim test is pass/fail.

Rudimentary Swimming Skills:

Dressed in combats (without boots) or coveralls, you will be required to execute a forward roll into the pool, surface, and remain afloat for 2 minutes (treading water, motionless float, swimming in place, or drown proofing), then swim a distance of 20 metres using any style (no time limit). This portion of the swim test is pass/fail.

**Specific Information**

Please adhere to the following conditions for the evaluation:

Dress Requirements: gym shorts and tee shirt, running shoes, and (seasonal) outdoor running gear. Weight lifting gloves and belt are optional.

Food and Beverages: Do not eat for at least two hours prior to your evaluation. Also refrain from drinking caffeine beverages for two hours and alcoholic drinks for six hours prior to the evaluation.

Smoking. Do not smoke during the two hours prior to your evaluation.

Physical Activity: Do not exercise the same day (prior) to your evaluation.

\*\*Failure to adhere to these preliminary instructions will result in the cancellation of your scheduled evaluation.

**I HAVE READ AND UNDERSTOOD THESE PRELIMINARY INSTRUCTIONS. ANY QUESTIONS I HAD WERE ANSWERED TO MY SATISFACTION.**

\_\_\_\_\_  
**Applicant's Signature**

\_\_\_\_\_  
**Date**

**ANNEX B**  
**JTF 2 PHYSICAL FITNESS SELECTION TEST REPORTING FORM**



JTF 2 Physical Fitness Selection Test Reporting  
Résultats de l'évaluation de la condition physique en vue de la sélection de la FOI 2

Section A - Service particulars - Détails du service					
Surname - Nom	Init. - Initiales	Rank - Grade	SN - NM	DOB - DDN (d/m/aaaa)	Age - Âge
Unit - Unité		UIC - CIU	Phone - Téléphone	Sex - Sexe <input type="checkbox"/> M <input type="checkbox"/> F	
Physical fitness standard: Standard de conditionnement physique : <input type="checkbox"/> CAT A Special Operations Assault Force d'intervention spéciale <input type="checkbox"/> CAT B Specialist (BMSM not required) Spécialiste (TRBN n'est pas un pré-requis) <input type="checkbox"/> CAT B Coastwatch OEA OS					
Section B - Health appraisal questionnaire - Questionnaire d'évaluation de la santé					
This questionnaire is a screening device to identify personnel for whom fitness evaluation and physical activity might be inappropriate at this time.			Le présent questionnaire est un outil de sélection permettant de connaître les candidats pour qui il pourrait être physiquement inapproprié de passer une évaluation de la condition physique ou de faire de l'activité physique.		
To the best of your knowledge:			Au meilleur de votre connaissance :		
1. Do you have a medical condition or Medical Employment Limitation (MEL) which restricts you from participating in a fitness evaluation or a progressive training programme?			Yes Oui	No Non	
2. Is there any other reason you would like to talk to a physician prior to your fitness evaluation or training programme?					
Medications: Médicaments :					
I have read, understood, and completed this questionnaire. Any questions I had were answered to my satisfaction.			J'ai lu, compris et rempli ce questionnaire. On a répondu à toutes mes questions de façon satisfaisante.		
Signature of JTF 2 applicant Signature du candidat à la FOI 2			Date		
Observations					
Difficulty breathing at rest - Difficulté à respirer au repos	Yes Oui	No Non	Vital signs - Signes vitaux		
Coughs persistently - Toux persistante			Resting heart rate (beats/min) Fréquence cardiaque au repos (b/min) _____		
Ill or has a fever - Malade ou avait une fièvre			Resting blood pressure - Tension artérielle au repos		
Lower extremity swelling - Enflure des membres inférieurs			Systolic: _____ Diastolic: _____ Systolique : _____ Diastolique : _____		
Ignored preliminary instructions - A ignoré les directives préliminaires					
Section C - Test results - Résultats de l'évaluation					
1.5 mile run time - Temps de la course 1,5 mille	(min/sec)	<input type="checkbox"/> Pass Réussite	<input type="checkbox"/> Fail Échec	Points	_____
Pushups - Extension des bras	(No. completed) (Nombre fait)	<input type="checkbox"/> Pass Réussite	<input type="checkbox"/> Fail Échec	Points	_____
Situps - Redressements assis	(No. completed/60s) (Nombre fait/60s)	<input type="checkbox"/> Pass Réussite	<input type="checkbox"/> Fail Échec	Points	_____
Pullups - Tractions à la barre en pronation	(No. completed) (Nombre fait)	<input type="checkbox"/> Pass Réussite	<input type="checkbox"/> Fail Échec	Points	_____
1 RM bench press - 1 RM développé couché	(Kgs)	<input type="checkbox"/> Pass Réussite	<input type="checkbox"/> Fail Échec	Points	_____
				Total points Total des points	_____
Met minimum standard on each test item and scored minimum of 75 points: A satisfait aux exigences minimales de chacun des éléments de l'évaluation et a compté un minimum de 75 points : <input type="checkbox"/> Yes Oui <input type="checkbox"/> No Non					
CFPSA fitness instructor signature Signature du moniteur d'éducation physique de l'ASPPC			Date		
Section D - Basic military swim test - Test réglementaire de base en natation à l'intention des militaires					
"Abandon ship" emergencies Abandon du navire en cas d'urgence	<input type="checkbox"/> Pass Réussite	<input type="checkbox"/> Fail Échec			
Rudimentary swimming skills Aptitudes élémentaires en natation	<input type="checkbox"/> Pass Réussite	<input type="checkbox"/> Fail Échec			
Basic military swim test Test réglementaire de base en natation à l'intention des militaires	<input type="checkbox"/> Pass Réussite	<input type="checkbox"/> Fail Échec			
Section E - Questionnaire (to be completed by CAT A applicant only - à remplir par le candidat de CAT A seulement)					
1. Did you follow the JTF 2 pre-selection physical fitness training program? Avez-vous suivi le programme d'entraînement en vue de la pré-sélection de la FOI 2? <input type="checkbox"/> Yes Oui <input type="checkbox"/> No Non					
2. If you used the JTF 2 pre-selection physical fitness program, how long did you follow the program for? Si vous avez suivi le programme d'entraînement en vue de la pré-sélection de la FOI 2, pendant combien de temps l'avez-vous suivi? _____ Weeks - Semaines					
3. If you followed the JTF 2 pre-selection physical fitness program, did you receive PSP assistance in explaining and using the published training program? Si vous avez suivi le programme d'entraînement en vue de la pré-sélection de la FOI 2, avez-vous reçu de l'aide des PSP, comme des explications sur le programme ou sur son utilisation? <input type="checkbox"/> Yes Oui <input type="checkbox"/> No Non					
Signature of applicant - Signature du candidat					

DND 2473 (06-2007)

Design: Forms Management 613-993-4020  
Conception: Gestion des formulaires 613-993-4022Copy 1 - PSO  
Copie 1 - DSPCopy 2 - PSP Fitness Section  
Copie 2 - Section de CP des PSPCopy 3 - Member  
Copie 3 - Militaire

PROTECTED B (When completed) - PROTÉGÉ B (Une fois rempli)

Canada

**ANNEX C**  
**JTF 2 PHYSICAL FITNESS SELECTION TEST SCORING SHEET**

**JTF 2 PHYSICAL FITNESS SELECTION TEST SCORING SHEET**

<b>SCORE (Points)</b>	<b>1.5 MILE RUN (min/secs)</b>	<b>PUSHUPS (# continuous)</b>	<b>SITUPS (# in 60 sec)</b>	<b>PULLUPS (# continuous)</b>	<b>1 RM BENCH PRESS (kg)</b>
11	09:45 – 09:40	40 – 41	40 – 41	5	65
12	09:39 – 09:34	42 – 43	42 – 43	6	70
13	09:33 – 09:28	44 – 45	44 – 45	7	75
14	09:27 – 09:22	46 – 47	46 – 47	8	80
15	09:21 – 09:16	48 – 49	48 – 49	9	85
16	09:15 – 09:10	50 – 51	50 – 51	10	90
17	09:09 – 08:54	52 – 53	52 – 53	11	95
18	08:53 – 08:48	54 – 55	54 – 55	12	100
19	08:47 – 08:42	56 – 57	56 – 57	13	105
20	08:41 – 08:36	58 – 59	58 – 59	14	110
21	08:35 – 08:30	60 – 61	60 – 61	15	115
22	08:29 – 08:24	62 – 63	62 – 63	16	120
23	08:23 – 08:18	64 – 65	64 – 65	17	125
24	08:17 – 08:12	66 – 67	66 – 67	18	130
25	08:11 – 08:06	68 – 69	68 – 69	19	135
26	08:05 – 08:00	70 – 71	70 – 71	20	140
27	07:59 – 07:54	72 – 73	72 – 73	21	145
28	07:53 – 07:48	74 – 75	74 – 75	22	150
29	07:47 – 07:42	76 – 77	76 – 77	23	155
30	<7:41	78 +	78 +	24 +	160 +

**APPLICANTS MUST BE ABLE TO MEET THE FOLLOWING ESTABLISHED PHYSICAL FITNESS STANDARDS FOR EACH TEST ITEM, AND ACHIEVE A TOTAL AGGREGATE SCORE OF 75 POINTS AS A MINIMUM:**

- a. 1.5 mile run – 9 minutes and 45 seconds or less;
- b. 40 continuous pushups;
- c. 40 situps in one minute;
- d. 5 continuous pullups; and
- e. 1 RM bench press of 65 kg

**ANNEX D**  
**LIST OF MEDICATIONS**



## LIST OF MEDICATIONS

Members reporting for evaluation could be on a wide variety of medications. To complicate matters many medications are known by several different "Brand" names. The following list includes medications that are known to significantly hinder heart rate response to exercise and therefore make the interpretation of fitness testing results more difficult. The "Brand names" are in bold and listed in alphabetical order for ease of reference. The nonproprietary names are shown in brackets ( ) behind each brand name. Anyone on the medications should be referred to his or her medical staff prior to any fitness assessment.

**Apo-Acebutotol** (Acebutol hydrochloride)  
**Apo-Atenolol** (Atenolol)  
**Apo-Metoprolol** (Type L) (Metoprolol tartrate)  
**Apo-Metoprolol** (Metoprolol tartrate)  
**Apo-Nadolol** (Nadolol)  
**Apo-Pindolol** (Pindolol)  
**Apo-Propranolol** (Propranolol hydrochloride)  
**Apo-Timolol** (Timolol maleate)  
**Apo-Timop** (Timolol Maleate)  
**Betaloc** (Metoprolol tartrate)  
**Betaloc Durules** (Metoprolol tartrate)  
**Betapace** (Sotalol hydrochloride)  
**Beta-Tim** (Timolol maleate)  
**Blocadren** (Timolol maleate)  
**Corgard** (Nadolol)  
**Corzide** (Nadolol/ Bendroflumethiazide)  
**Detensol** (Propranolol hydrochloride)  
**Gen-Atenolol** (Atenolol)  
**Gen-Pindolol** (Pindolol)  
**Gen-Timolol** (Timolol Maleate)  
**Inderal** (Propranolol hydrochloride)  
**Inderal-LA** (Propranolol hydrochloride)  
**Inderide** (Propranolol hydrochloride/ hydrochlorothiazide)  
**Lopresor** (Metoprolol tartrate)  
**Monitan** (Acebutolol hydrochloride)  
**Novo-Atenolol** (Atenolol)  
**Novo-Metoprolol** (Metoprolol tartrate)  
**Novo-Nadolol** (Nadolol)  
**Novo-Pindolol** (Pindolol)  
**Novo-Pranolol** (Propranolol hydrochloride)  
**Novo-Timolol** (Timolol maleate)

**Nu-Atenolol** (Atenolol)  
**Nu-Metop** (Metoprolol Tartrate)  
**Nu-Pindol** (Pindolol)  
**Nu-Propranolol** (Propranolol hydrochloride)  
**Nu-Timolol** (Timolol maleate)  
**PMS-Metoprolol-B** (Metoprolol tartrate)  
**PMS-Propranolol** (Propranolol hydrochloride)  
**Rhotral** (Acebutolol Hydrochloride)  
**Sectral** (Acebutolol hydrochloride)  
**Sotacor** (Sotalol hydrochloride)  
**Syn-Nadolol** (Nadolol)  
**Syn-Pindolol** (Pindolol)  
**Taro-Atenolol** (Atenolol)  
**Tenoretic** (Atenolol/ chlorthalidone)  
**Tenormin** (Atenolol)  
**Tim-Ak** (Timolol maleate)  
**Timolide** (Timolol maleate/ hydrochlorothiazide)  
**Trasicor** (Oxprenolol hydrochloride)  
**Viskazide** (Pindolol/ hydrochlorothiazide)  
**Visken** (Pindolo)