



BFTA

BASIC FITNESS TRAINING ASSISTANT

Designed for physically fit CAF personnel interested in improving their knowledge of safe and effective physical fitness training methods, leadership abilities and instructional capabilities to assist in supporting their unit's physical fitness.



UPCOMING DATES:

- JFA - Hamilton ON
- DLN: 10-14 Nov 2025
- In person: 22-23 and 29-30 Nov 2025.
- Returns: 21 Sept 2025

Scan the QR code at the top of the poster to express interest in the upcoming course or a future course.



FOR MORE INFORMATION CONTACT
FITNESS AND SPORTS COORDINATORS:
JORDAN.GEEHAN@FORCES.GC.CA; OR
HANNAH.SINCLAIR2@FORCES.GC.CA

From: Geehan J@4 CDSB Petawawa Det London@London
Sent: July 17, 2025 3:47 PM
Subject: FW: BFTA - Nominations Request - Nov 2025

CAF Members,

Ref: A. BFTA Nominations: <https://forms.office.com/r/sjssexysPZ>
B. BFTA Course Info / Prerequisites: [CFMWS | Become a Fitness and Sports Training Assistant, Force Evaluator, and Unit Fitness and Sport Officer | CFMWS](#)

PSP has set the dates for an upcoming BFTA qualification course (Guardian Course Code: 112290). I'm requesting your support in sharing this information with your unit C of C, and unit personnel. I've included an advertisement that can be posted within your unit lines (BFTA).

Details:

JFA – Hamilton ON

DLN: 10-14 Nov 2025; and

In person: 22-23 Nov and 29-30 Nov 2025 (0800-1600).

Returns: 21 Sept 2025

We still have to finalize some details with 31 CBG HQ; however, I can say that those traveling from out of town would most likely stay within JFA, and that HQ would attempt to provide rations (at minimum to those traveling from out of town). Res F Cl A pay (7 full days) and travel expenses would be a unit responsibility. More details to follow once confirmed.

Our maximum for this course is 10 personnel; however, it's our intent to request that an additional 5 pers be authorized to attend. Those who are scheduled must be available to attend all dates.

This will be the third course offered. The intent is still to qualify a minimum of 1 member from each Bde unit. We will continue to collect nominations via the link provided beyond 21 Sept 2025 to assist us in coordinating future courses.

Confirmation of CoC approval and Pay Authority (Class A only) must be provided prior to the first day of course.

For additional information contact:

Fitness and Sports Coordinator: Jordan Geehan - jordan.geehan@forces.gc.ca; or

Fitness and Sports Coordinator: Hannah Sinclair - hannah.sinclair2@forces.gc.ca.

Thanks!

Jordan Geehan

Fitness and Sports Coordinator | Coordinateur du conditionnement physique et de sports
PSP South Western Ontario | PSP Sud-ouest de l'Ontario

Canadian Forces Morale & Welfare Services | Services de bien-être et moral des Forces canadiennes

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