



> CHECKLIST

Planning Safe Physical Activities QEL

Objectives of the checklist

To review the theoretical content of the leadership qualification offered by Fitness and Health Promotion.

To train members to apply safe and effective training principles, for themselves and their troops, in order to promote group progression and complete courses without injury.

> PHYSICAL SKILLS

of a versatile and operational soldier

Muscular Endurance

- Long marching, carrying equipment, repetitive tasks, prolonged standing.
- Search and rescue, building low walls, loading ammunition.

Mobility and Flexibility

- Comfort in awkward positions, reduce muscle compensation.
- Crawling under fences, bent over repairs.

Core Muscular Endurance

- Prolonged standing or sitting, carrying loads forward or on the back, running, long walks, injury prevention (back, lower body).



General Muscular strength

Strength helps improve endurance.

Minimal: Lifting 20 kg bags, performing the Test Force and wearing the FFO kit to perform the Combat Force. Handling merchandise, lifting and pushing equipment, digging trenches.

Agility, Balance, Coordination, Speed, Reaction Time

These skills can be used for running on unstable terrain, combat, unstable situations, sports performance, diving, climbing, dangerous conditions.

Cardiovascular Endurance

- Long-duration effort without excessive fatigue
- Maximize recovery between repeated or sustained efforts.
- Faster recovery from injury.

> TRAINING PRINCIPLES

SPECIFICITY

The body adapts to what is asked of it.
The physical abilities required of military personnel are unique.

OVERLOAD

You need to do a little more than usual to progress.

PROGRESSION

Gradually increases intensity or duration.

REVERSIBILITY

You lose the skills you have trained quickly if you stop (after 2 weeks).

MAINTENANCE

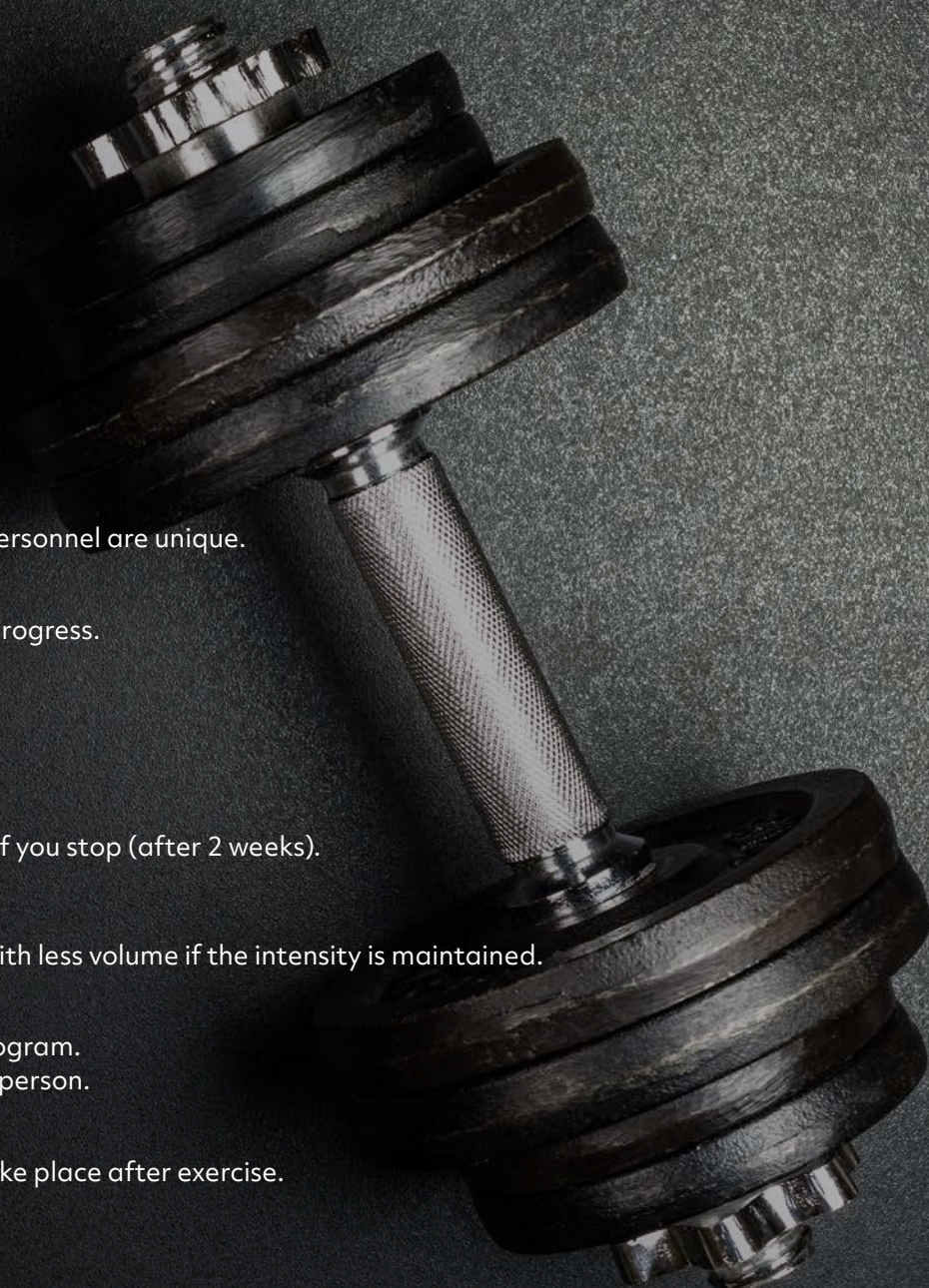
You can maintain what you have learned with less volume if the intensity is maintained.

INDIVIDUALITY

Everyone reacts differently to the same program.
Needs and limitations vary from person to person.

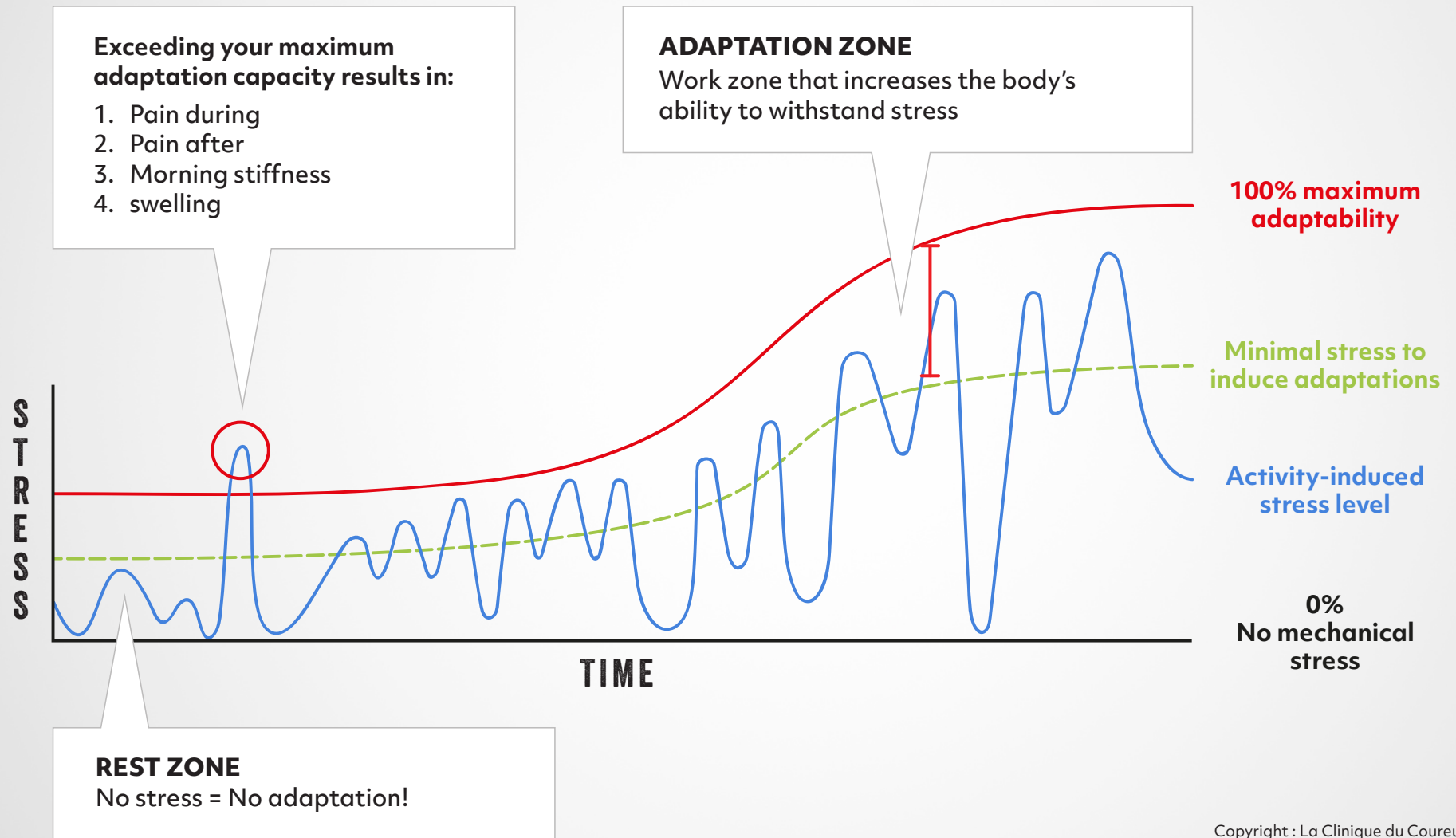
REST

Essential for improvement. Adaptations take place after exercise.



> MODULATING LOAD/OVERLOAD

The body adapts when the applied stress (load) exceeds the adaptation threshold, but remains below the maximum capacity of tendons, bones, muscles and cartilage.



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> STRESS FACTORS

influencing training load

IMPACTS	INTENSITY	VOLUME	CHANGES
Jumps	Speed	Duration	Shoes
Running	Load	Distance	Techniques
Walking with a load	Types of exercises	Sets	Surface (asphalt, concrete, roots, snow)
Elevation gain	Pace	Repetitions	



Only one of these factors should be modified at a time to avoid overloading the body.

Do not forget that everyday stresses such as lack of sleep, mental load, illness or conflict also affect the ability to tolerate mechanical stress.

> PERIODIZATION

Diversify your activities, alternating high and low impact.

Goal: At least 3 high-impact exercises per week

Intensity: only a few activities at PE (5/10 +)

Ex: Cardiovascular activity: 20% intense (5/10+) VS 80% low intensity (- 4/10)

HIGH-IMPACT days	LOW-IMPACT days
• Running • Jumps • Changes of direction • Walking with load • Sports: basketball, soccer, field hockey deck	• Swimming • Weight training • Cycling • Elliptical

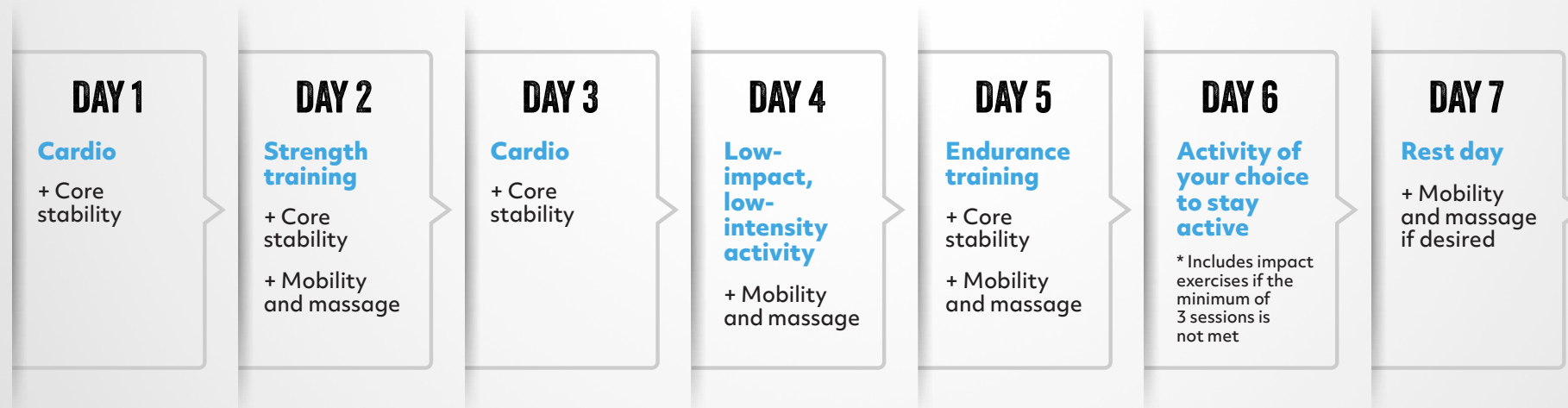


KEY CONCEPTS

- 2 or more cardiovascular endurance activities
- 2 or more total muscle activities
- Abdominal stability almost every day
- Mobility and massage 1 day / 2
- Alternate high and low impact

STRUCTURE OF AN ACTIVITY WEEK

aligned with versatility and operability

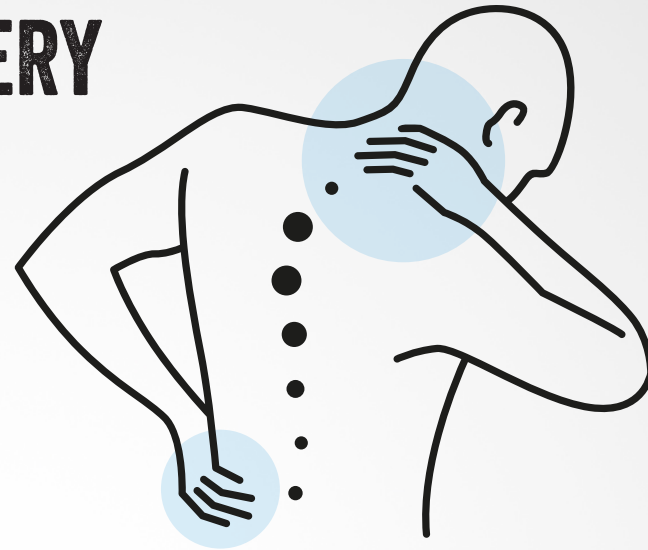


> THE IMPORTANCE OF RECOVERY

Rest is the key to progress, especially after intense effort.

The most effective strategies:

- Quality of **sleep**.
- Balanced and sufficient **nutrition**.
- **Active rest:** 20-30 minutes light.
- **Avoid using the same muscle groups** for 24-48 hours after exercise if you have muscle soreness.



> MUSCLE SORENESS

- Indicates that you have exceeded your comfort zone.
- Normal, but should not be sought at all costs for every activity.
- Useful for muscle growth. Too frequent, and with insufficient recovery, they can impair the quality of other activities and increase the risk of injury.

To distinguish muscle soreness from injury (see table)

	MUSCLE SORENESS	INJURY
Sensation	Stiffness / Severe muscle tension Difficulty straightening a limb Pain on touch Diffuse pain	Most often affects joints and tendons Pinch or stabbing pain Swelling Redness, warmth Localized pain
Effect	Decreased range of motion and strength	Decreased range of motion and strength, fear of bearing weight
Timing of pain	Only during movement	Constant and painful
Appearance	12 to 24 hours after exertion – unless it is a cramp	Immediately after exercise
Duration	Resolves in 2–5 days Decreasing intensity	Pain remains stable or increases in the following days – variable duration
Symmetry	Often on both sides	Often on one side
After warm-up	Improves	Generally persists
Relief	Stretching, massage, and heat	Rest, ice, medication

> WARM-UP

The duration of a warm-up is directly proportional to the duration, intensity, and technical complexity of the movements.

MAIN ACTIVITY

Reproduce sports movements progressively and dynamically

Duration: 3-7 minutes

Running: high knees, heel buttocks, short accelerations, jogging directly

Muscle: training movements with progressive loads

Sports: passing, kicking, low-intensity exchanges

SPECIFIC MOVEMENTS

Improve range of motion, lubricate joints and activate muscles

Duration: 2-5 minutes

Running: ankle circuit

Muscles: rotations of joints used, elastic bands to activate targeted muscles

Sports: leg swing, trunk rotation, chassé, chassé-croisé, running backwards, jumps

SPECIFIC DYNAMIC ACTIVITIES

Gradually raise body temperature, increase blood flow and heart rate.

Duration: 5-7 minutes

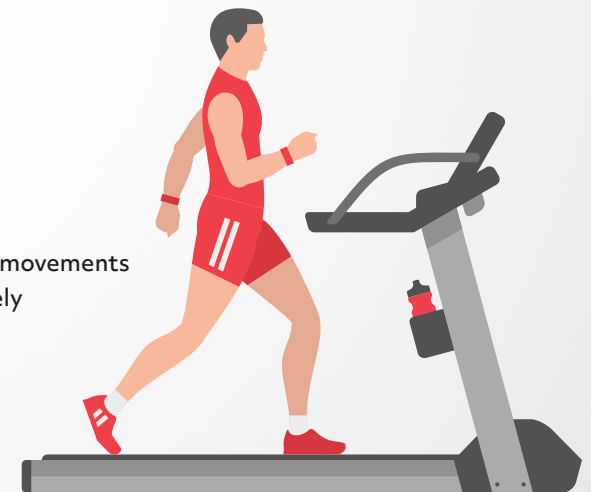
General cardio: cycling, jogging, relaxed rowing, walking, various overall movements

When training is easy (ability to speak), this part will become progressively more difficult.

LIGHT AEROBIC ACTIVITIES

**3-5-MINUTE
MESSAGE ROUTINE
(optional)**

SELF-MASSAGE



> ADAPTING EXERCISES

Choose an appropriate level to help you progress or stay in shape.

Risks of an unsuitable level:

- Muscular compensation
- Poor execution
- Risk of injury

Practical advice:

There is no such thing as a bad exercise. However, poor execution or an inappropriate level of exercise can lead to injury and demotivation.

Suggest alternatives:

- No impact
- With less amplitude
- No load
- Based on an effort time rather than repetitions or range of repetitions

> MAINTAIN A NEUTRAL BACK POSITION

Advantages:

- Maintains natural curvatures (lumbar and cervical) reduces strain on ligaments, joints and muscles.
- It optimizes overall muscle contractions and prevents back injuries.

Movements to avoid: repeated flexion and extension, twisting in lumbar flexion



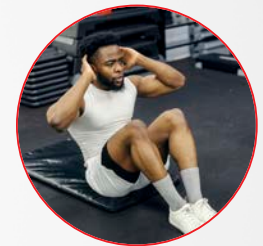
Russian twist



*Back extension
on Roman bench*



Superman



Full sit-up

CAUTION: Repeated flexion extension of the spine (such as the full sit-up) can damage discs and increase the risk of injury, especially if the neutral back is not maintained. In groups, it is difficult to guarantee their safety (risks VS benefits). If you are on your own, it is best to be supervised and vary your exercises.

To view a guide on how to adjust a military backpack.

BACKPACK



> MANAGING A RUNNING GROUP

Running is essential for some specific jobs, but for the majority of members, walking with a load is better suited to their needs.

Various rhythm groups

- Walk-jog
- Jog
- Fast jogging

Integration options

- Training circuit combining running and other exercises
- Short-distance running loops

Accordion technique

- Faster runners come back to help slower runners at set times



> MOBILITY TRAINING

Although mobility training is low intensity, it is of great value in a training week. Incorporate it into your warm-up or cooldown routine. Recommended methods include self-massage, yoga and stretching.

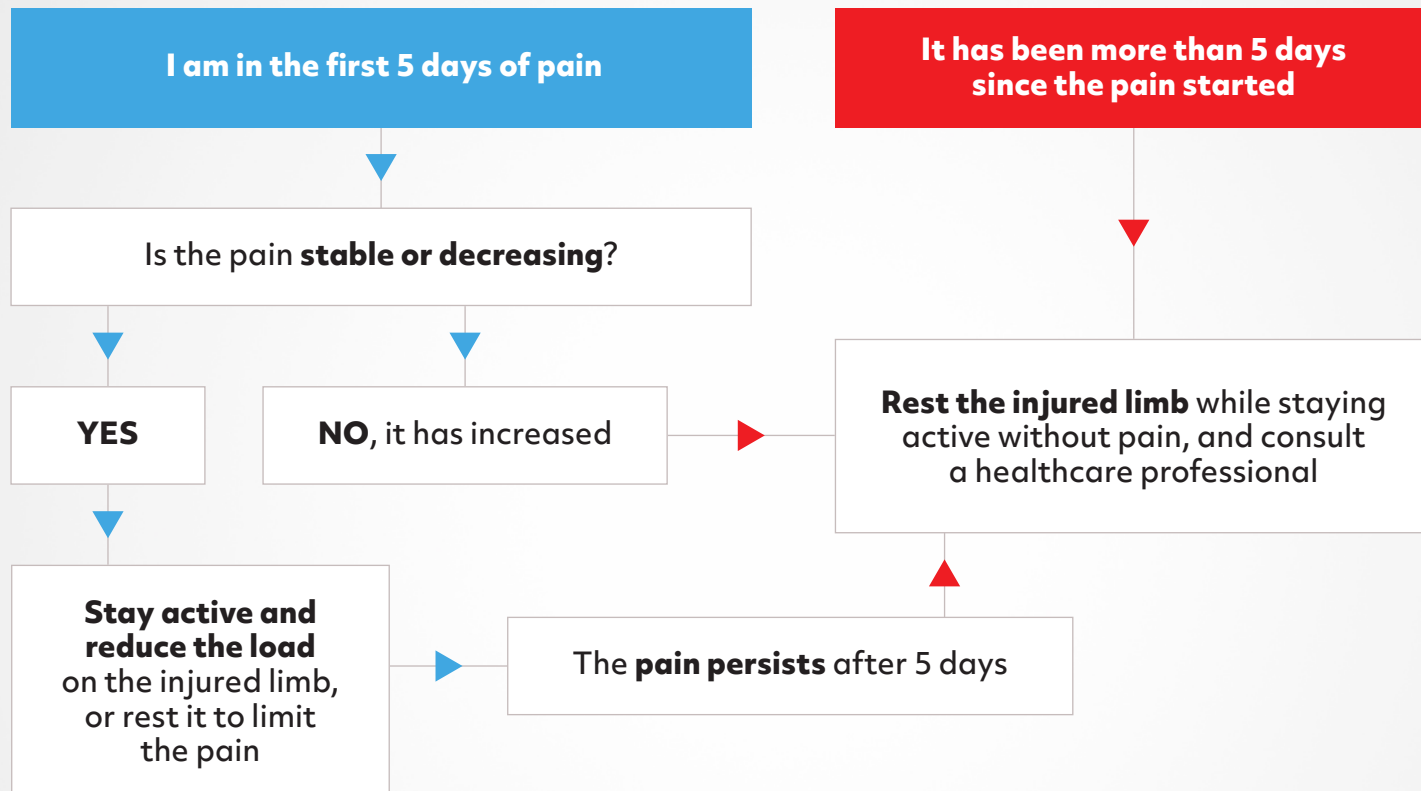
The benefits of self-massage:

- Increases joint amplitude, improving flexibility and movement.
- Reduces the perception of aches and pains, offering greater comfort.
- Activates blood circulation and is a good way to start warming up.
- Promotes relaxation, contributing to overall well-being.

To learn more about self-massage, consult the dedicated pamphlet on the CFMWS website.



> WHAT TO DO IN THE EVENT OF INJURY



Being active means:

Switch your workout to an activity that doesn't trigger pain: running, cycling, upper body, lower body, swimming

WARNING

Avoid taking pain relievers
(Tylenol or anti-inflammatories)



They mask the pain. You could worsen your injury or slow down the tissue healing process.

> WHO SHOULD I CONSULT?



Consult an adapted fitness specialist if:

- You have recurring muscular tension, but it doesn't interfere with your daily routine.
- You cannot keep up with the unit's training.
- Pain appears only during training.

To register as a volunteer candidate at Valcartier, scan the QR code



Consult a fitness instructor if:

- Your training stagnates
- Fatigue accumulates
- You have a specific military objective.

Waiting list for a training program at Valcartier:

+Fitness@Svc Ops@Valcartier

Consult a health promotion specialist if:

- You want to acquire concrete tools in injury prevention, nutrition and sleep to optimize your recovery.
- You want to better manage your stress, emotions and consumption (alcohol, substances, etc.).
- You want to quit smoking or vaping.

To request a conference or register for our courses in Valcartier:

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