

Close Protection

Maintenance

Physical Fitness Evaluation

Operations Manual

SECOND EDITION

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Canadian Forces Morale and Welfare (CFMWS)

Personnel Support Programs (PSP)

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FOREWORD

1. The Second Edition of this Operations Manual has been prepared to provide instructions and guidance for conducting the Close Protection (CP) Maintenance Physical Fitness Evaluation (PFE) for the purpose of fitness assessment standard for the Close Protection Operator Assessment Centre (CPOAC) and the Close Protection Operators Course (CPOC).
2. CP Maintenance PFE was developed under the supervision of the Canadian Forces Morale and Welfare Services (CFMWS), Director of Programs (D Prog), Personnel Support Program (PSP).
3. This new version of the manual replaces the First Edition (2018). This updated Operations Manual is now the only reference for conducting the CP Maintenance PFE for the CPOAC and CPOC.
4. Revisions to this Operations Manual may occur by D Prog when required. The updated Operations Manual will be distributed formally after any review.
5. It is essential that the evaluation protocol and instructions provided in this Operations Manual be strictly adhered to and administered with care and attention in order to ensure valid and reliable results.
6. Evaluators must familiarize themselves with the instructions and ensure that each evaluation is conducted in the safest manner and environment possible.
7. Should you have any questions with the protocols or descriptions found within this Operations Manual, we ask that you contact your Manager, Fitness, Sports & Recreation (Mgr FS&R) (or equivalent) or the D Prog office at dfit-cphysd@cfmws.com.

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CHAPTER 1: INTRODUCTION

Background

1. The Close Protection (CP) Maintenance Evaluation Physical Fitness (PFE) is a measure of the complex and physically demanding job tasks of Close Protection Operator (CPO). The CP Maintenance PFE has been developed to assess the specific physical abilities that are required to safely and efficiently perform as a CPO.
2. The CP Maintenance PFE tasks all refer to four (4) unique components of the CPO duties.
 - a. Reaction to Attack (RTA)
 - i. Sprinting and bounding between points of cover while under contact.
 - b. Casualty Evacuation (CasEvac)
 - i. Evacuating a casualty from a dangerous area by any means necessary (for example, dragging, carrying, etc.).
 - c. Escalation of Aggression (EoA)
 - i. Physically controlling, restraining, and/or handling a hostile person(s).
 - d. Vehicle Emergency (VE)
 - i. Manual Materials Handling (MMH) of equipment during an emergency situation.
3. The CP Maintenance PFE is the annual physical fitness standard for all CPO positions and taskings and is required for employment within the Canadian Forces Protective Services Unit (CFPSU).
4. The CP Maintenance PFE is also a requirement as part of the deployment Departure Assistance Group (DAG) process for CP Operations (Ops) and incremental tasking. For this reason, CPOs must pass the CP Maintenance PFE prior to, or upon reporting to, a Lead Mounting Unit (LMU).
5. Currently, the CP Maintenance PFE does not waive the Canadian Armed Forces (CAF) requirement to maintain a valid Fitness for Operational Requirements of Canadian Armed Forces Employment (FORCE) Evaluation. That said, individuals must have successfully completed their FORCE Evaluation within 12 months of their attempt on the CP Maintenance PFE.

General

Evaluation summary

6. The CP Maintenance PFE is **comprised of eight (8) evaluation tasks**. The CP Operator must complete the following eight (8) tasks to be successful at the CP Maintenance PFE.

a. **Task 1: 40 Metre Walk (40mW)**

i. The purpose of the 40mW is to assess the CP Operator's ability to perform the movement patterns and physical demands of escorting a Very Important Person (VIP) to an undisclosed venue.

b. **Task 2: 80 Metre Bound (80mB)**

i. The purpose of the 80mB is to assess the CPO's ability to move quickly over short distances while changing body position every 10 m. This task is a simulation of a CPO initiating an RTA after coming under contact with small arms fire.

c. **Task 3: Intermittent Casualty Drag (ICD)**

i. The purpose of the ICD task is to assess the CP Operator's ability to drag a load, specifically a fellow CP Operator, continuously over a 10 m distance and take cover.

d. **Task 4: Consolidation Pause**

i. The purpose of the Consolidation Pause is to simulate a pause to allow the CPO to consolidate and establish communications.

e. **Task 5: Crowd Control (CC)**

i. The purpose of the CC task component is to simulate the movement patterns and physical demands of an EoA during a CP Operation. This task assesses the CP Operator's ability to clear a path through a crowd by moving people out of the way.

f. **Task 6: Intermittent Casualty Carry (ICC)**

i. The ICC task simulates performing a two-person carry of a CP Operator casualty while alternating between carrying and providing security.

g. **Task 7: Barricade (Br)**

i. Material handling, such as the use of sandbags, is an important aspect of military service. This task is designed to assess the CP Operator's physical capability with MMH tasks such as moving and piling rubble to build up and barricade a defensive position.

h. **Task 8: 40 Metre Walk (40mW)**

- i. The final 40mW component simulates the movement patterns of a CP Operator clearing the area after completing the barricade.

Evaluation timelines

7. The CP Maintenance PFE must be **completed yearly**.

Evaluation validity period

8. The CP Maintenance PFE is **valid for 365 days**.

Evaluation duration

9. The CP Maintenance PFE should take approximately **10 minutes to administer per CP Operator**.

Performance standards

10. The Minimum Physical Fitness Standard (MPFS) for the CP Maintenance PFE completion is **in 9 minutes (min) 15.0 seconds (sec) or less**.

Evaluation attempts and failure

11. In the event the CP Operator completes the evaluation **anytime between 9 min 15.1 sec and 9 min 20.0 sec**, they can request a re-evaluation that **must take place within seven (7) calendar days from the previous evaluation attempt**. This represents the biological variability, which is the day-to-day difference in performance of five (5) seconds.

12. In the event the CP Operator completes the evaluation in **a time of 9 min 20.1 sec or greater, it is considered a failure**.

- a. In that event, the CP Evaluator will refer the CP Operator to local PSP Fitness Staff for support with a physical fitness training program in order to re-attempt the evaluation.
 - i. It is highly recommended that the CP Operator go through a 12-week fitness preparation program before re-attempting the CP Maintenance PFE. The CP Operator should allow for proper preparation and recovery in between evaluation attempts and Evaluators should be mindful of the time and resources used to administer such an evaluation.

Aim

13. This Operations Manual provides guidance and direction to Evaluators on how to administer the CP Maintenance PFE to the CPO. The protocols of this Operations Manual have been detailed to ensure that the evaluation results are valid and reliable for all candidates.

Requirement and Responsibilities

14. The following orders, directives, and publications are associated with the CP Maintenance PFE and this Operations Manual.

- a. [DAOD 5045-0, Canadian Forces Personnel Support Programs](#);
- b. Latest active version of the [FORCE Evaluation Operations Manual](#).

CP Maintenance PFE Evaluator's responsibilities

15. The CP Maintenance PFE can be administered by qualified PSP Fitness Staff, or a qualified CAF member designated by their Chain of Command (CoC) when PSP Fitness Staff are not present at the unit.

16. The evaluator must verify that the applicant with a chronic or recurrent medical condition requiring the use of a brace for the evaluation has a Medical Disposition Note (MDN) or Medical Employment Limitation (MEL) indicating the approved device. Annual renewal of this documentation is not required unless there is a change in medical status.

17. Evaluators must ensure that the facility has all the required equipment and space to administer the CP Maintenance PFE, prior to the evaluation using [Tool 2: CP Maintenance PFE – Equipment List](#).

18. It is recommended that Evaluators are organized in such a manner as to ensure that the maximum ratio of one-to-one (1:1) Evaluator-Participant is achieved to ensure a standardized delivery process.

19. Evaluators are also responsible for the completion and accuracy of all sections of [Tool 1: CP Maintenance PFE – Reporting Form](#).

20. Evaluators must process the CP Maintenance PFE Reporting Form of all completed evaluations as per the Processing results steps of this Ops Manual.

- a. Ensure all data are verified and managed.
- b. For CFPSU CPO, results will be managed internally.

CPO responsibilities

21. The CPO attempting the CP Maintenance PFE should be aware that this evaluation does not replace the FORCE evaluation.
22. The CPO must bring all necessary equipment and follow pre-evaluation guidelines.
23. The CPO should prepare for the CP Maintenance PFE following the Physical Fitness Preparation Program available to all candidates available on the [CFMWS website](#).
24. The CPO must comply with the evaluation's protocol as directed by the Evaluator.
25. Members with a chronic or recurrent medical condition requiring the use of a brace for the evaluation may present a Medical Disposition Note (MDN) or Medical Employment Limitation (MEL) indicating the approved device. Annual renewal of this documentation is not required unless there is a change in medical status.

DRAFT

CHAPTER 2: REGISTRATION

Evaluation Scheduling

1. Evaluation schedules will vary based on location. To register for a CP Maintenance PFE, the CPO should contact their Unit Coordinator or local PSP Fitness Staff.
2. The evaluation should be scheduled ahead of time to ensure its duration is respected.
3. All CPOs should be aware of the importance of the CP Maintenance PFE, along with the standardized procedures and protocols. [**Tool 6: CP Maintenance PFE – Overview Poster**](#) and [**Tool 7: CP Maintenance PFE – Pre-evaluation instructions for CPO**](#) provide a concise summary of the information that all CPOs should be familiar with before beginning their evaluation registration.

Information Protection

4. Test results will be recorded on the **CP Maintenance PFE Reporting Form (DND 6052)** and must be treated as Protected A once completed.
5. Firmly and legibly print all service particulars in the boxes located on the applicable Reporting Form. If a number has fewer digits than the allocated spaces on the form, use zeros, beginning at the left side. For example, record MOS ID of 00010 as 0001000000).

CP Maintenance PFE Reporting Form – Section A: Service Particulars

Section A: Service Particulars - Détails du service

Surname - Nom												Init.	Rank - Grade				Military ID - Pièce d'identité militaire					
																	<input type="checkbox"/> Yes - Oui <input type="checkbox"/> No - Non					
DOB - DN (YYAA)			/		(MM)		/		(DJ)		Age - Âge		SN - NM			UIC - CIU			MOS ID - ID SGMP			
Location - Lieu			/		Unit - Unité																	

Figure 2.1 Section A: Service Particulars

CP Maintenance PFE Reporting Form – Section B: Health Appraisal

6. Prior to attempting the CP Maintenance PFE, the CP Operator must complete Section B: Health Appraisal. The Health Appraisal consists of questions that the CP Operator must carefully read and answer honestly, and to the best of their

knowledge. This procedure is necessary to identify potential health issues that require a medical consultation prior to the evaluation.

- a. Please note that once the CP Operator e-signs Section B, it will automatically lock Sections A and B.

Section B: Health Appraisal - Évaluation de la santé

This questionnaire is a screening tool to identify personnel for whom fitness evaluation and physical activity might be contraindicated at this time.		Yes Oui	No Non	Ce questionnaire est un outil visant à identifier les personnes pour lesquelles une évaluation de la condition physique et l'activité physique sont actuellement contre-indiqués.
1. To the best of your knowledge do you have a medical condition or Medical Employment Limitation (MEL) which restricts you from participating in a maximal fitness evaluation or a progressive training program?		<input type="checkbox"/>	<input type="checkbox"/>	1. À votre connaissance, souffrez-vous d'un trouble médical ou avez-vous une contrainte à l'emploi pour raisons médicales (CERM) qui vous empêchent de participer à une évaluation de la condition physique avec effort maximal ou à un programme de conditionnement physique progressif?
2. Is there any other reason you should consult with a physician prior to your fitness evaluation or training program?		<input type="checkbox"/>	<input type="checkbox"/>	2. Y a-t-il d'autres raisons pour lesquelles vous devriez consulter un médecin avant de participer à l'évaluation de la condition physique ou d'entreprendre un programme de conditionnement physique?
2 0 / / 		Date - (YYAA) (MM) (DJ)		Name (print) - Nom (en lettre moulées) _____
				Signature _____

Figure 2.2 Section B: Health Appraisal

CHAPTER 3: PRE-EVALUATION ADMINISTRATION

Evaluation Set-up

1. The set-up for the CP Maintenance PFE is to remain completely standardized to ensure evaluations are fair and impartial regardless of the evaluation location. Mgr FS&R and CAF CP Operator Units are responsible for ensuring that the following set-up instructions are not modified at their location(s).

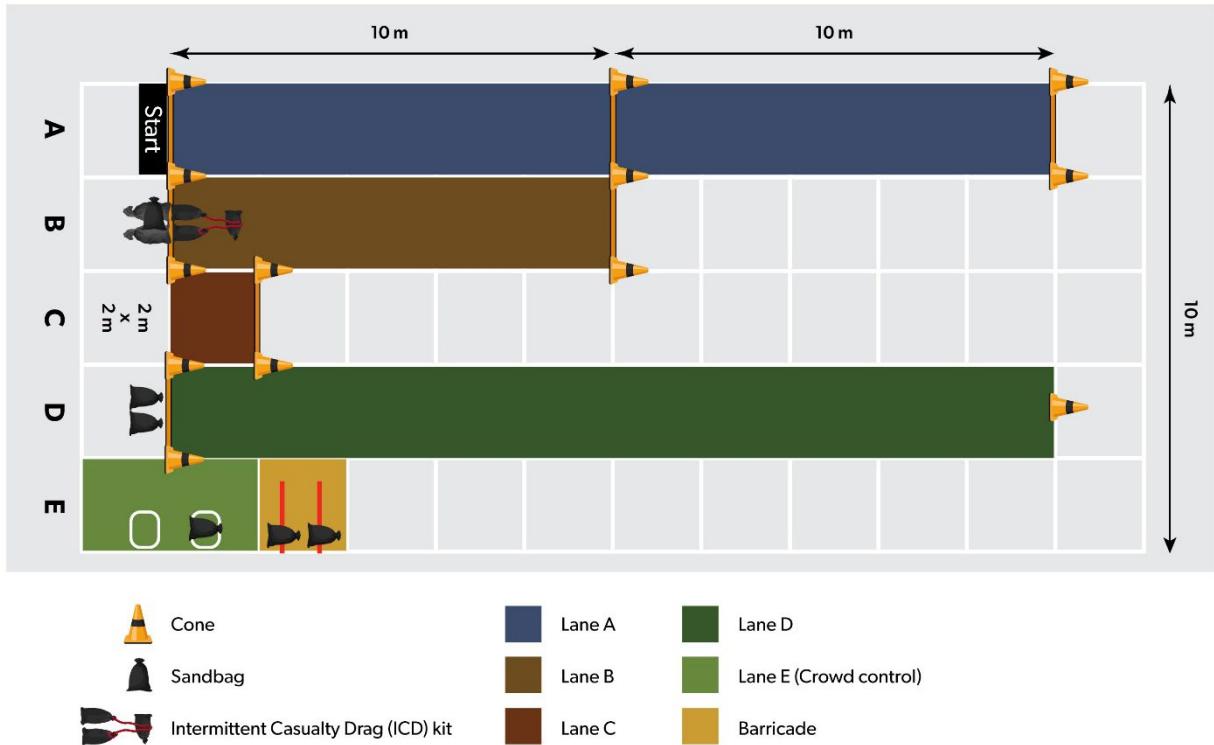
General set-up instructions

2. Prior to the CP Maintenance PFE, each Lead Evaluator will:
 - a. Complete an inspection of the facility, equipment, and floor surface to eliminate any tripping / slipping hazards, equipment malfunctions, obstacles, inappropriate surfaces, and other general safety risks.
 - b. Ensure that all sandbags are calibrated prior to every evaluation or anytime there is a change to the integrity of the sandbag(s). Calibrate FORCE sandbags to $20 \text{ kg} \pm 0.2 \text{ kg}$. If there is a difference greater than $\pm 0.2 \text{ kg}$, the Lead Evaluator will ensure the weight is adjusted. For this process, see the [latest valid FORCE Evaluation Operations Manual; Tool 2: Sandbag Filling Process](#).
 - c. Ensure that the sandbags kit used for the Intermittent Casualty Drag (ICD) task is recalibrated before each CP Maintenance PFE. For this process, see the [latest valid FORCE Evaluation Operations Manual; Tool 3: Sandbag Drag Floor Surface Calibrations](#).
 - i. As per regular processes, all calibration information must be recorded. See [latest valid FORCE Evaluation Operations Manual; Tool 4: Sandbag Drag Calibration Tracking Sheet](#).

Note: Environmental conditions, such as high humidity, and/or continued, repetitive use of the drag equipment, such as the evaluation of large groups, may have an effect on the calibration. In these instances, the Lead Evaluator is responsible to ensure that the ICD is being recalibrated throughout the evaluation to ensure that every Participant is evaluated in a standardized manner.

- d. Ensure the CP Operator's weighted vest of 10.44 kg (23 lb) is adequately loaded and securely fitted.
 - i. Once verified by the Evaluator at the beginning of the evaluation, it is the CP Operator's responsibility to ensure that the vest is correctly worn for the entirety of the CP Maintenance PFE. If the CP Operator

stops to re-adjust their weighted vest during the evaluation, the time will not be stopped. In the event the Evaluator is concerned for the CP Operator's safety regarding the weighted vest, they are allowed to stop them and help them re-adjust the vest as well. Time will not be stopped either way.



Lane A

Task 1: 40 metre Walk (40mW)

Task 2: 80 metre Bound (80mB)

3. Characteristics of Lane A:

- 20 m long and 2 m wide.
- Three (3) parallel lines that are each 2 m wide: a start, center (10 m away from start line), and end line (20 m away from start line).

4. This set-up is an exact replica of the [FORCE Evaluation 20 m Rushes \(20mR\) set-up](#).

- Measure out a 20 m distance over a flat and hard surface with a minimum lane width of at least 2 m.

- b. Mark each end of the 20 m course with a line of floor tape and pylons (take the 20 m measurement from the middle of the start line to the middle of the opposite 20 m line).
- c. From the middle of the start line, measure a 10 m distance lengthwise and place a line with floor tape and pylons at 10 m from the start line.

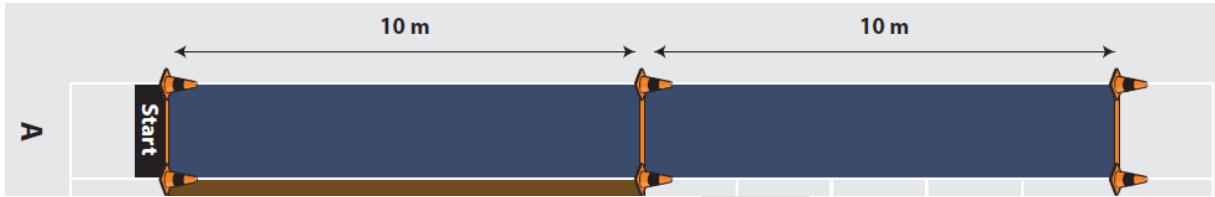


Figure 3.2: Lane A

Lane B

Task 3: Intermittent Casualty Drag (ICD)

- 5. Characteristics of Lane B:
 - a. Runs parallel to Lane A.
 - b. 10 m long and 2 m wide.
 - c. Two (2) parallel lines that are each 2 m wide: a start and end line (10 m from the start line).

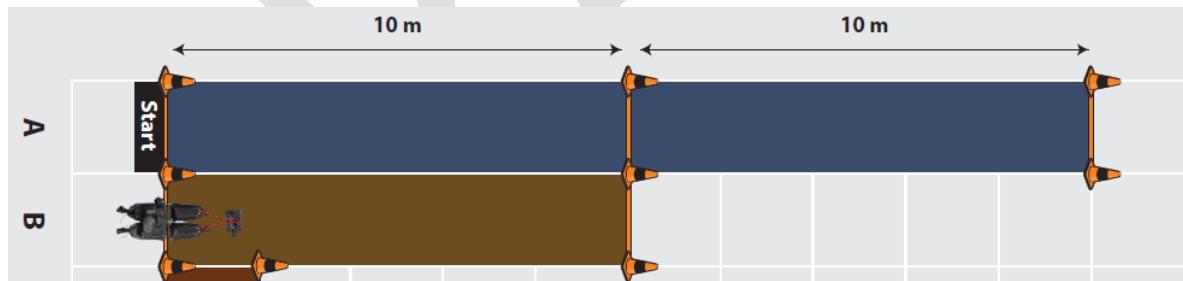


Figure 3.3: Lane A and B

- 6. This set-up is very similar to the [FORCE Evaluation Sandbag Drag \(SBD\) set-up](#).
 - a. To create the start line, extend the start line from Lane A by 2 m and mark it with floor tape. Place a pylon on the end of the tape.
 - b. To create the end line, extend the centerline line (10 m) from Lane A by 2 m and mark it with floor tape. Place a pylon on the end of the tape.



Figure 3.4: Lane B

7. Characteristics of the ICD kit:

- a. The ICD kit is slightly different than the [FORCE Evaluation Sandbag Drag kit](#).
- b. The initial steps to build the base of the ICD kit are the same as for the SBD (four (4) sandbags attached together and dragged on the floor) (Figure 3.5).
 - i. Place four (4) sandbags on the ground.
 1. Line up two (2) sandbags lengthwise so that their “pigtails” are both facing the left.
 2. Place the other two (2) sandbags directly opposite to the first set, so that their “pigtails” are facing the right.
 - ii. Attach the four (4) sandbags that will be dragged on the floor together as follows:
 1. Use the four (4) oval carabiners to secure the four (4) dragging sandbags together by the eyelets
 2. Connect the outside eyelets of the front sandbags by looping the carabiners through the outside eyelets of the rear sandbags
 3. Connect the inside eyelets of the sandbag by criss-crossing the carabiners in order to stop sideways movement.



Figure 3.5: ICD base kit configuration

- c. The calibration of the ICD kit can also be completed the same way as the Sandbag Drag detailed in the [latest active FORCE Evaluation Operations Manual - TOOL 3: Sandbag Drag Floor Surface Calibrations](#).
 - i. Using the Heys xScale Pro model luggage scale, calibrate the four (4) sandbags dragged on the floor at **330 N (33.6 kg \pm 1 kg)**.
- d. **The remaining steps are different than the FORCE Evaluation Sandbag Drag.** There must be two (2) carrying sandbags attached to the ICD base kit with shortened straps.
 - i. The FORCE Evaluation straps can be used. However, they will require adjustment to be shorter than for the FORCE Evaluation Sandbag Drag.

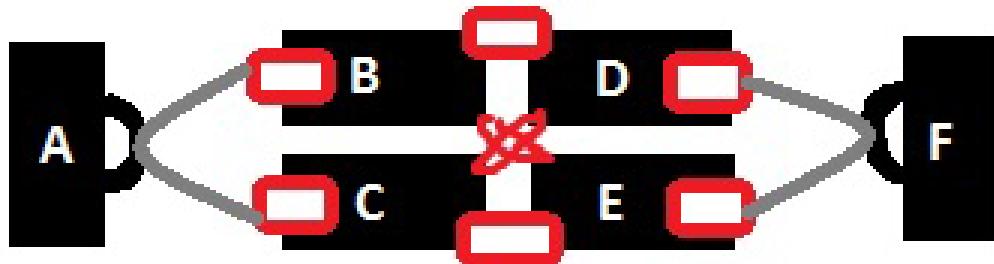


Figure 3.6: Complete configuration of ICD kit

- ii. Follow the steps below to ensure that the length of the straps is accurate and standardized at **40 cm \pm 2 cm**.
 1. Loop one end of the strap through Carabiner B.

2. Clip Carabiner B onto the handle of Sandbag B.
3. Pass the other end of the strap through the handle of Sandbag A.
4. Clip Carabiner C onto Sandbag C and loop the strap through Carabiner C.
5. Pull the strap back to the handle of Sandbag A and pull again to reach Carabiner B, where you will clip the end of the strap to Carabiner B.
6. Once correctly attached, the length of the strap between Carabiner C and Sandbag A, as well as Carabiner B and Sandbag A should be **40 cm ± 2 cm**, if the strap is pulled taut.
7. Place Sandbag A on top of Sandbag B and C.
8. Repeat these steps for the other side of the drag kit (Carabiner D and E, Sandbag F).



Figure 3.7: ICD carabiners and strap

- e. Place the ICD kit on the floor so that the center of the base kit is aligned with the start line and pylons in Lane B (Figure 3.8). The front pair of sandbags is always dragged with the “pigtails” facing towards the CP Operator.



Figure 3.8: Starting position for the ICD

Lane C

Task 4: Consolidation Pause

8. Characteristics of Lane C:
 - a. Runs parallel to Lane B and D.
 - b. Forms a square of 2 m by 2 m.
9. Characteristics of the Consolidation Pause set-up:
 - a. Extend the start line from Lane B by 2 m and mark it with floor tape. Place a pylon on the end of the tape.
 - b. Measure a 2 m distance lengthwise from the backline, place a line with floor tape and pylons at each end. This should create a 2 m by 2 m square (Figure 3.9).

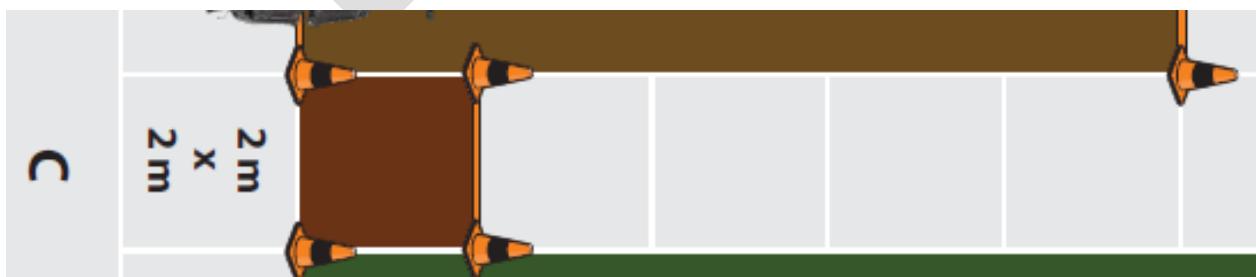


Figure 3.9: Set-up Lane C

Lane D

Task 6: Intermittent Casualty Carry (ICC)

Task 8: 40 Metre Walk (40mW)

10. Characteristics of Lane D:

- a. Runs parallel to Lane C.
- b. 20 m long and 2 m wide.
- c. Two (2) parallel lines that are each 2 m wide: a start line and an end line (20 m from the start line).

11. This set-up is very similar to the [FORCE Evaluation Intermittent Loaded Shuttle \(ILS\) set-up.](#)

- a. To create the start line, extend the start line from Lane C by 2 m and mark it with floor tape. Place a pylon on the end of the tape.
- b. To create the end line, measure a 20 m distance from the start line, mark it with floor tape and add pylons (take the 20 m measurement from the middle of the start line to the middle of the opposite 20 m line).
- c. Place one pylon on the middle of each lane's 20 m line. The CPO will have to walk around this pylon during the ICC.
- d. **Unlike the FORCE Evaluation ILS (only one sandbag),** perpendicularly lay **two (2) 20 kg sandbags** shoulder-width apart behind the start line. Ensure the sandbag "pigtails" are secure and will not come loose during the evaluation.



Figure 3.10: Set-up Lane D

Lane E

Task 5: Crowd Control (CC)

Task 7: Barricade (Br)

12. Characteristics of Lane E:

- a. Runs parallel to Lane D.
- b. Runs next to the wall.

c. Composed of the Crowd Control (CC) task and the Barricade (Br) Task.

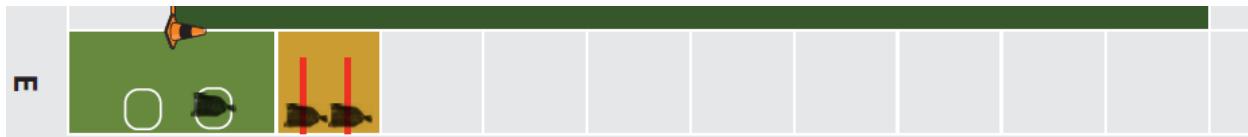


Figure 3.11 Set-up Lane E

13. Characteristics of the Crowd Control (CC) set-up:

- In Lane E along the wall, tape a 1.83 m long line parallel to the floor (Figure 3.12: Line C2) at a height of 1.0 m (Figure 3.12: Line C1).
- At 0.25 m from the ends of the 1.83 m line, place two lines extending upwards 1.54 m from the floor (Figure 3.12: Lines A1 and B1). Extend those lines to the floor to a minimum of 1.0 m from the wall (Figure 3.12: Lines A2 and B2).
- You can use any color of tape to identify the lines as long as it contrasts with the background.
- Centre a 90 cm high ± 2 cm platform on each line (lines A2 and B2).
- Place one (1) 20 kg sandbag on one of the platforms. Check the tie on the sandbag's "pigtails" to ensure it is tight and will not come loose during the evaluation.

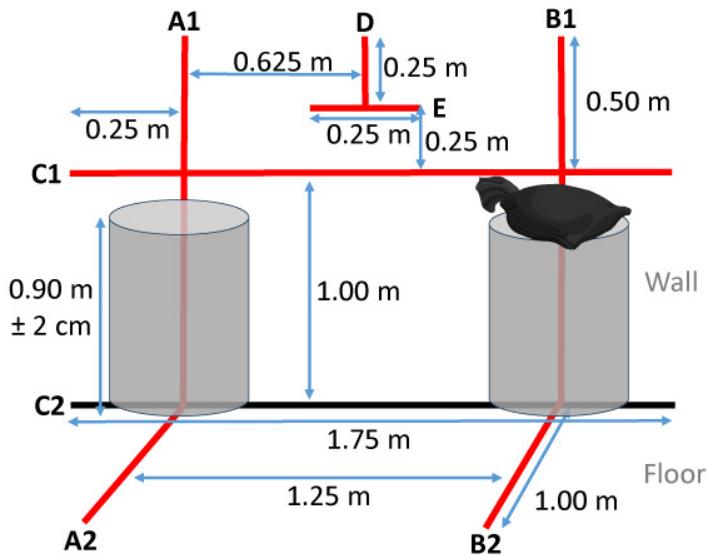


Figure 3.12: CC Platform and Inverted T Set-up

- To create the "Inverted T" of the Crowd Control Task (Figure 3.12; lines D and E), follow the steps below. Ensure measurements are taken from the middle of one tape to the middle of the second tape:

- i. Begin by measuring a distance of 0.625 m between A1 and B1 on the line C1 and make a mark.
- ii. Measure an upward distance of 0.25 m at the 0.625 m mark completed above. This mark will act as the bottom center of the “Inverted T” design.
- iii. To create line E, measure a 0.25 m tape and center it on the 0.625 m mark, parallel to line C2, but 0.25 m higher on the wall.
- iv. To create line D, measure an upward distance of 0.25 m from the center of line E and mark the total length with tape (total length of line D is 0.25 m).
- v. Ensure that line D is vertical and is directly at the middle point of line A1 and B1.



Figure 3.13: Inverted T & CC Starting Hand Position

14. Characteristics of the Barricade Set-up.

- a. This set-up is a replica of the [FORCE Evaluation Sandbag Lift \(SBL\) set-up](#).
 - i. In Lane E along the wall, next to the CC set-up, tape a 1.83 m long line parallel to the floor at a height of 1.0 m (floor to the bottom edge of the tape).

- ii. At 0.25 m from the ends of the 1.83 m line, place two lines extending upwards 1.54 m from the floor. Extend those lines to the floor to a minimum of 1.0 m from the wall.
- iii. Place the sandbags over the floor lines, “pigtails” facing outward.
- iv. Check the ties on the sandbags’ “pigtails” to ensure they are tight and will not come loose during the evaluation.
- v. You can use any color of tape to identify the lines as long as it contrasts with the background.

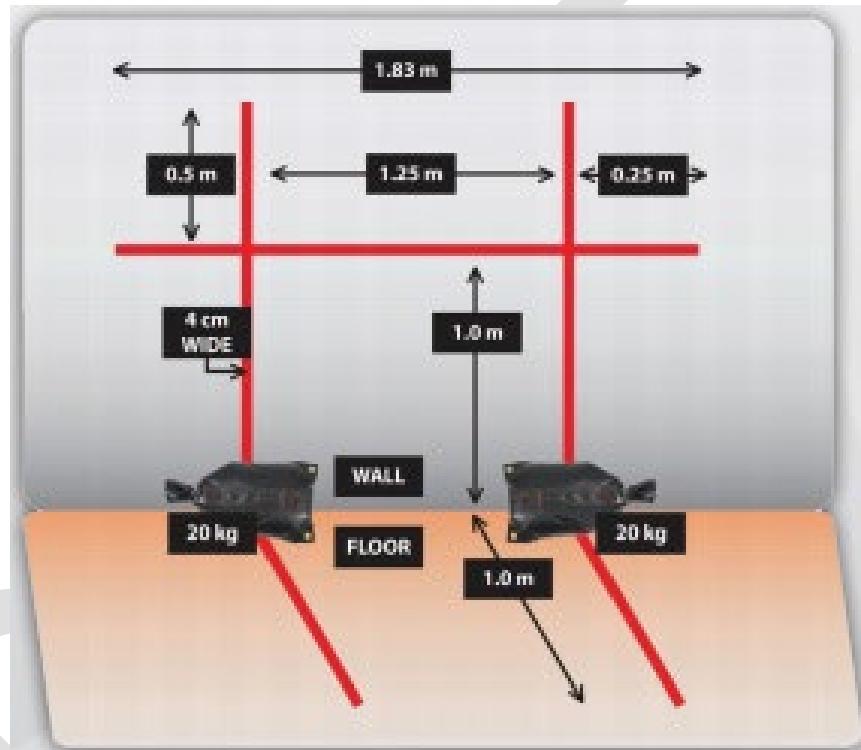


Figure 3.14: Barricade set-up

Information Briefing

15. The Lead CP Maintenance PFE Evaluator will provide an overview of the objectives to the CP Operator(s), which includes: the time standard, safe lifting techniques, the Emergency Action Plan (EAP) and an opportunity for them to ask questions.
16. The Lead Evaluator will provide a clear explanation of each task using the provided scripts (see [Tool 4: CP Maintenance PFE - Script](#)).
17. During the explanation, the Lead Evaluator or an assistant (if available), will demonstrate each task as mentioned in the script. The assistant demonstrating the

tasks must be physically capable of accurately performing each evaluation protocol while:

- a. Maintaining a neutral spine and proper knee alignment during the movements (refer [to FORCE Evaluation Manual - TOOL 18: BACK INJURY PREVENTION](#));
- b. Conducting the tasks at an appropriate pace to accurately reflect the protocol; and
- c. Maintaining various isometric positions within the protocol for explanatory purposes.

18. The demonstration will include **a minimum of:**

- a. Task 1: The full 40 m of the 40mW (Lane A)
- b. Task 2: 40 m of the 80mB (Lane A)
- c. Task 3: 10 m of the ICD (Lane B)
- d. Task 4: “Ready Position” in the Consolidation Pause area (Lane C)
- e. Task 5: Two (2) sandbag presses for the CC (Lane E)
- f. Task 6: One (1) ICC (Lane D)
- g. Task 7: Four (4) sandbag lifts for the Br (Lane E)
- h. Task 8: The full 40 m of the 40mW (Lane D)

CHAPTER 4: THE EVALUATION

Protocols

Task 1: 40 Metre Walk (40mW)

1. **This portion of the evaluation is not timed.**
2. The CP Operator must perform the following steps in order to successfully complete the 40mW:

Mandatory steps	
a. The CP Operator will begin behind the start line in Lane A.	
b. The CP Operator will cross the start line and walk 20 m to the far end of Lane A.	
c. After crossing the far 20 m line, the CP Operator will immediately turn around and walk back to the start line.	
Fault(s) Self-correcting needed and/or standard not met	
Stopping or resting during this task	d. The CP Operator may not stop or rest during this task ("No stopping/resting").
Running during this task	e. The CP Operator may not run during this task ("No running").
Termination of the task	
The 40m Walk task is terminated once the CPO crosses the start line (Lane A) after walking the required 40 m, without pause or rest.	

Task 2: 80 Metre Bound (80mB)

3. The CP Operator must perform the following steps in order to successfully complete the 80mB task:

Mandatory steps

- a. Once the CP Operator makes contact with the start line (line touch with foot) at the end of the 40mW, the timer will begin.
- b. The CP Operator will immediately go to the ground inside Lane A, assuming a prone position facing away from course with their shoulders and hands not touching the start line (Figure 4.1).
- c. The CP Operator must perform a hand release by raising their hands and forearms off the floor to ensure their body weight is completely unsupported (Figure 4.1).
- d. Once the CP Operator finishes their hand release, they will immediately get up, turn around to face Lane A and sprint to the 10 m line indicated by the pylons.



Figure 4.1: Task 2: 80mB – Hand Release Position

- e. At the 10 m mark, the CP Operator crosses the line, turns around 180 degrees (facing the start line), and drops down into the prone position, perpendicular to the line, with their hands and shoulders on or behind the line.
- f. Once in the prone position, and perpendicular to the line, the CP Operator will perform another hand release.
- g. The CP Operator gets up, turns around 180 degrees, and sprints another 10 m to the 20 m line. At the 20 m line, the CP Operator crosses the line, turns around 180

degrees (facing the start line), and drops down into the prone position perpendicular to the line, with shoulders and hands on or behind the line. The CP Operator then performs another hand release.

- h. The CP Operator will then get up and sprint back to the 10 m line, cross the line, turn around 180 degrees (facing the end line), and drop down into the prone position perpendicular to the line, with shoulders and hands on or behind the line. The CP Operator then performs another hand release.
- i. The CP Operator repeats these steps until they have covered 4 x 20 m and completed eight (8) prone positions with hand releases, including the first one. **Important note:** **The first prone position is the only one not requiring the CP Operator to cross the line before dropping down to the prone position.**
- j. When returning to the start line on the final 10 m bound, the CP Operator does not need to get into the prone position. They must only cross the start line before moving on to the ICD.

Fault(s)

Self-correcting needed and time not stopped

Not touching the line or crossing the line as per protocol	<p>k. If the CP Operator does not touch the line with their foot or cross the line, when need be, then will be required to self-correct their movement before continuing the task. The Evaluator can shout: “<i>Touch/cross the line</i>”.</p>
Hands and shoulders not on or behind the line during the prone position	<p>l. If the CP Operator has their hands and shoulders over the line during the prone position, then they will be required to self-correct their movement before continuing the task. The Evaluator can shout: “<i>Hands/shoulders behind the line</i>”.</p>
Not lifting hands from the floor for the hand release	<p>m. If the CP Operator does not lift their hands off the floor after each prone positions, then they will be required to self-correct their movement before continuing the task. The Evaluator can shout: “<i>Hand Release</i>”.</p>
Diving or sliding in an uncontrolled	<p>n. If the CP Operator dives or slides into a prone position in an uncontrolled manner, then they will be required to self-</p>

manner into the prone position	correct their movement before continuing the task. The Evaluator can shout: “No diving/sliding”.
Termination of the task	
<p>The 80m Bound task is terminated once the CPO crosses the start line (Lane A) after running the required 80 m, as well as completing all the required prone positions and hand releases correctly.</p>	

Task 3: Intermittent Casualty Drag (ICD)

4. The CP Operator must perform the following steps in order to successfully complete the ICD task:

Mandatory steps
a. Immediately after crossing the start line in Lane A, the CP Operator moves to Lane B.
b. The CP Operator picks up the “carry” sandbag by the handle. The CP Operator then walks backwards.
c. Once started, the CP Operator must drag (backpedal) the ICD kit (“casualty”), without stopping, to the opposite end of the 10 m lane indicated by two pylons.
d. Once the front pair of sandbags of the ICD base kit completely cross the finish line, the Evaluator calls out, “Clear”.
e. The CP Operator must place - and not drop the “carry” sandbag - down on the “casualty” and run back to the start line in Lane B.
f. Once the CP Operator’s foot touches the start line of Lane B, they must turn around and run back to the casualty at the 10 m line.



Figure 4.2: Task 3: ICD – Picking up sandbag on “casualty” position

- g. The CP Operator will grab the opposite “carry” sandbag and continuously drag the “casualty” backwards to the start line of Lane B (Figure 4.3).
- h. The Evaluator will call out “Clear” once the front pair of sandbags of the ICD base kit completely cross the start line. Once again, the CP Operator must place and not drop the “carry” sandbag down on the “casualty”.
- i. It is acceptable if the CP Operator chooses to lift part of the drag kit off the floor while performing the task. It simply means that because the CP Operator is dragging less, they are lifting more.



Figure 4.3: Task 3: ICD – Final drag position

Faults Self-correcting needed and/or standard not met	
Slip or fall	<p>j. If the CP Operator slips or falls, they can get up and continue dragging, while the time is not stopped.</p> <p>i. However, if the CP Operator stops deliberately, they will not meet the standard for this task.</p>
Not dragging entire prescribed distances	<p>k. If the CP Operator does not drag the front pair of sandbags of the ICD kit over the line, then they will be required to self-correct their movement before continuing the task. The Evaluator can shout: “<i>Drag to the line</i>”.</p>

Dropping carry sandbag on the casualty	<p>l. If the CP Operator drops the “carry” sandbag on the casualty instead of placing it gently, then they will be required to self-correct their movement before continuing the task. The Evaluator can shout: “Sandbag. Place it gently”.</p>
Not touching the line	<p>m. If the CP Operator does not touch the line with their foot when required, then they will be required to self-correct their movement before continuing the task. The Evaluator can shout: “Touch the line”.</p>
Termination of task	
<p>The Intermittent Casualty Drag (ICD) task is terminated once the CPO crosses the start line (Lane B) after dragging the ICD kit and running the 40 m distance without stopping.</p>	

Task 4: Consolidation Pause

5. The CP Operator must perform the following steps in order to successfully complete the Consolidation Pause task:

Mandatory steps
a. The CP Operator will move into the Consolidation Pause area as indicated by the pylons in Lane C immediately after completing the ICD task.
b. Once the CP Operator is standing in the Consolidation Pause task area, the Evaluator starts a one-minute timer.
c. During the one-minute pause, the CP Operator is only permitted to stand in “Ready position” (Figure 4.4). The CP Operator may not sit, kneel or rest their hands on their knees, hips or on their vest.
d. The CP Operator may not leave the Consolidation Pause task area at any point and water is not permitted during this time.

e. Prior to the completion of the one-minute pause, the Evaluator will provide the CP Operator with a final three-second countdown.

Faults

Self-correcting needed and/or standard not met

Sitting, kneeling, resting hands on body/vest	f. If the CP Operator sits, kneels or rests their hands on their knees, hips or their vest, they will not meet the standard for this task. The Evaluator can shout: <i>“Do not rest on your ___ [body, vest, knees]”</i> .
Remain in Lane C	g. The CP Operator must remain in Lane C for the entire minute (1:00). The Evaluator can shout: “Remain in lane C”.
Termination of the task	
The Consolidation Pause task is terminated once the CPO completes the one (1) minute pause in Lane C, without sitting, kneeling or resting their hands on their body or weighted vest.	



Figure 4.4: Task 4: “Ready Position”

Task 5: Crowd control (CC)

6. The CP Operator must perform the following steps in order to successfully complete the CC task:

Mandatory steps
<p>a. Once the CP Operator has completed the Consolidation Pause task, a “3-2-1-GO” command will be given, and they will move to Lane E and stand in between the two (2) platforms against the wall with both hands on either side of the “Inverted T” (Figure 4.5).</p>

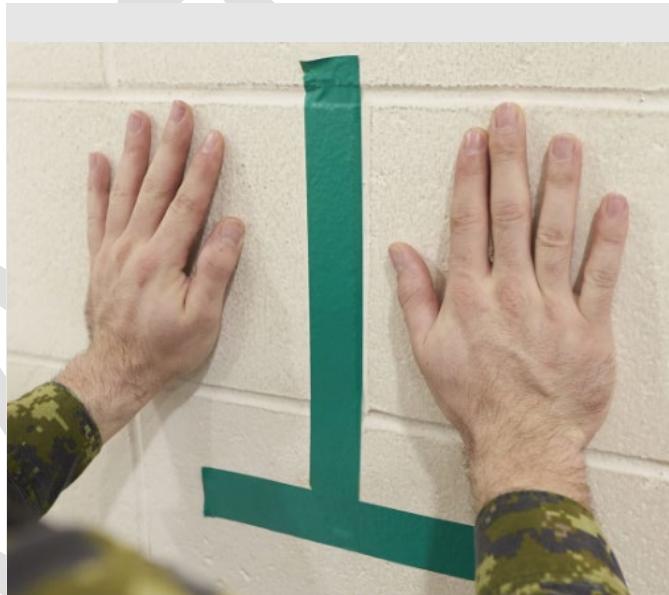


Figure 4.5: Task 5: CC Starting Hand Position

b. Once the CP Operator is in position and has made contact against the wall with both hands, they will turn to grasp the 20 kg sandbag located on the platform, lift the sandbag, press it completely above the bottom line of the “Inverted T” against the wall in front of them (Figure 4.6), and then proceed to place it on the opposite platform.

c. The CPO will compete eight (8) complete sequence (press of the sandbag; hands back on the “Inverted T”) and finish their task with their hands on the “Inverted T” on the wall.



Figure 4.6: Task 5: Correct Sandbag Position on Wall

Faults Self-correcting needed and/or repetitions not counted	
Hands position: Start, between lifts and end	<p>d. If the CP Operator does not place their hands properly on the “Inverted T”, in the start position, between lifts, or at the end, the CP Operator will rectify this by placing their hands in the proper position on the wall before continuing to their next lift. The Evaluator can shout: “<i>No rep. Hands position</i>”.</p> <p>a. Any repetition completed after the fault and before the rectifying action will not be counted.</p>
Not lifting the sandbag high enough	e. If the CP Operator does not lift the sandbag high enough above the horizontal “Inverted T” line, then the repetition

	will not count, and the CP Operator can continue to the next lift. The Evaluator can shout: “No rep. Bag higher”.
Termination of the task	
<p>The Crowd Control (CC) task is terminated once the CPO completes eight (8) adequate sandbag presses on the wall, alternating with the positioning of their hands on the “Inverted T” and finishing with their hands on the “Inverted T”.</p>	

Task 6: Intermittent Casualty Carry (ICC)

7. This task is a replica of the [FORCE Evaluation - Intermittent Loaded Shuttle \(ILS\)](#) but **executed with two (2) sandbags instead of just one (1)**.
8. The CP Operator must perform the following steps in order to successfully complete the ICC task:

Mandatory steps
a. The CP Operator will move to Lane D immediately after completing the CC task. The CP Operator will pick up the two (2) 20 kg sandbags located behind the start line of Lane D (Figure 4.7).
b. The CP Operator will carry the sandbags to the opposite end of the 20 m lane, travel around the pylon, and return back to the start line. The CP Operator must walk when carrying the sandbags – loaded trips. Walking is identified as having one foot in contact with the floor at all times. While walking, the CP Operator may place one (1) sandbag on the ground, but at no point during the loaded trips are both sandbags to make contact with the floor at the same time.
c. The CP Operator must place at least one (1) foot on or over the start line before placing the entire sandbags behind the start line. Unless it becomes a safety hazard, the Evaluator must not reposition the sandbags. The CP Operator must pick up the sandbags from wherever they placed them behind the start line.
d. Once the CP Operator has placed the sandbags past the start line, they must perform an unloaded trip to the opposite end of the 20 m lane, travel around the pylon, and return back to the start line. The CPO is only permitted to run during the unloaded trips.

e. The CPO alternates loaded and unloaded shuttles for a total of five (5) sets (each set equals the combination of one loaded shuttle and one unloaded shuttle) covering a total distance of 400 m.

f. The task is complete when the CPO crosses the start line after the final 40 m trip.



Figure 4.7 Task 6: Initiation of the ICC

Fault(s)	
Self-correcting needed and/or standard not met	
Dropping both sandbags during the loaded shuttle	<ul style="list-style-type: none">o. If the CP Operator drops or places the two (2) sandbags on the floor during one of the loaded shuttles, the CP Operator will not meet the standard for this task.

Sandbags dropped instead of gently placed on the floor	p. The CP Operator must not throw or drop the sandbags at the end of each carry. They must ensure they gently place the sandbags on the ground as it replicates the handling of a casualty. If they throw or drop a sandbag, they will need to self-correct their movement before continuing on. The Evaluator can shout: " <i>Gently place the sandbags.</i> "
Sandbags not placed behind the start line	l. The CP Operator must ensure the sandbags are both fully behind the start line before starting their unloaded shuttle. If they do not do so, they will need to self-correct their movement before continuing on. The Evaluator can shout: " <i>Bags! Sandbags behind the start line.</i> "
Not going around the pylon	m. If the CP Operator does not go around the pylon at the 20 m line, they will need to self-correct their movement before continuing on by coming back around the pylon correctly before coming back. The Evaluator can shout: " <i>Around the pylon.</i> "
Running during the loaded shuttle	n. The CP Operator must not run during the loaded shuttle. If they do so, they will be required to come to a complete stop before continuing on. The Evaluator can shout: " <i>Stop. No running... GO.</i> "
Termination of the task	
The Intermittent Casualty Carry (ICC) task is terminated once the CPO completes the total distance of 400 m alternating between the loaded and unloaded shuttles.	



Figure 4.8 Task 6: Picking up the “casualty” (sandbags)

Task 7: Barricade (Br)

9. This task is identical to the [FORCE Evaluation Sandbag Lift](#).
10. The CP Operator must perform the following steps in order to successfully complete the Barricade task:

Mandatory steps
a. After completing the ICC task, the CP Operator will move back to Lane E and will stand directly behind one of the sandbags, facing the wall, so that the line on the floor is positioned between both feet.
b. Once in position, the CP Operator will use both hands to pick up the first sandbag (Figure 4.9) and touch the midline of the bag on, or above, the intersecting lines on

the wall at 1.0 m above the floor (Figure 4.10). If the sandbag is not horizontal when it touches the wall, the entire sandbag must clear the horizontal 1.0 m line on the wall.

- c. The CP Operator may lift the sandbag using the “pigtail”; however, the CP Operator is not permitted to grasp the sandbag by the handle or put their finger through the eyelet to lift the sandbag.



Figure 4.9 Task 6: Initiation of the Barricade



Figure 4.10 Task 6: Sandbag Wall Touch Position

- d. Once the CP Operator touches the sandbag's midline on or above the intersecting lines on the wall, they can release the sandbag and let it fall to the floor.

- e. The CP Operator will then shift sideways in order to position themselves over the other line, positioning both feet on either side of the line.

f. The CP Operator will pick up the second sandbag and touch the sandbag's midline on or above the intersecting lines on the wall, release it, and shift sideways back to the first sandbag.

g. The process will be repeated for a total of thirty (30) lifts. The Evaluator will stop the time once the final lift has been completed (that is, the bag is pressed onto the wall). Time must be recorded to the nearest tenth of a second.

h. The CP Operator will move to the final task.

Faults

Self-correcting needed and/or repetitions not counted

Midline of sandbag not lifted on or above the intersecting lines	i. The CP Operator must ensure to lift at least the midline of the sandbag above the intersecting lines, for each repetition to count. If a sandbag is not lifted high enough, the Evaluator can shout: <i>"No rep. Lift the bag higher"</i> and that repetition will not count.
Throwing the sandbag at the wall	j. The CP Operator must ensure to not throw the sandbag at the wall and should make sure to have both hands in contact with the sandbag when pressing on the wall. If this is not the case, the Evaluator can shout: <i>"No rep. Don't throw the sandbag"</i> and that repetition will not count.
Feet not straddling the line	k. The CP Operator must ensure to have their feet straddling the line when they complete each lift. If not, the Evaluator can shout: <i>"No rep. Straddle the line"</i> and that repetition will not count.
Using eyelets or handles to lift bag	l. The CP Operator must not use the eyelets or the handles of the sandbag when completing the lifts. If they do so, the Evaluator can shout: <i>"No rep. Do not grab the sandbag by the eyelets/handle"</i> and that repetition will not count.

Termination of the task

The Barricade (Br) task is terminated once the CPO completes the 30 sandbag lifts adequately.

Task 8: 40 Metre Walk (40mW)

11. This portion of the evaluation is not timed.

12. The CP Operator must perform the following steps in order to successfully complete the 40mW:

Mandatory steps	
a. The CP Operator will begin behind the start line in Lane A.	
b. The CP Operator will cross the start line and walk 20 m to the far end of Lane A.	
c. After crossing the far 20 m line, the CP Operator will immediately turn around and walk back to the start line.	
Fault(s)	
Stopping or resting during this task	d. The CP Operator may not stop or rest during this task (“ <i>No stopping/resting</i> ”).
Running during this task	e. The CP Operator may not run during this task (“ <i>No running</i> ”).
Termination of the task	
The 40mW task is terminated once the CPO crosses the start line (Lane D) after walking the required 40 m, without pause or rest.	

CHAPTER 5: POST-EVALUATION ADMINISTRATION

Cool-down

1. A supervised cool-down within the evaluation area should take place following completion of the CP Maintenance PFE in order to allow the CP Operator's heart rate (HR) to decrease.
2. When the CPO has completed the evaluation, they will remove the weighted vest and perform the cool-down detailed on [Tool 5: CP Maintenance PFE - Cool down](#) under the direction of the Evaluator.

Evaluation Results

3. The CP Maintenance PFE Reporting Form (**DND 6052**) will be the only form used to record the CP Operator's CP Maintenance PFE results.

CP Maintenance PFE – Section C: Results

4. Fill out Section C with the CP Operator's results.
 - a. Include the attempt number the CP Operator is attempting at the time of the evaluation (1 or 2) as well as the date.
 - i. For example, if it is the candidate's second attempt within the same cycle, check off box "2".
 - b. Check off only one (1) of the boxes depending on the total completion time for the Timed Tasks:
 - i. **Met standard for the CP Maintenance PFE Timed Tasks** (\leq 09:15 mm:ss)
 - ii. **Results within re-evaluation range for the CP Maintenance PFE Timed Tasks** (between 09:15.1 and 09:20 mm:ss)
 - iii. **Did NOT meet standard for the CP Maintenance PFE Timed Tasks** (\geq 09:20.1 mm:ss)
 - c. Enter each split time, as well as the Total completion time of the Timed Tasks, and any valuable feedback on the evaluation.

Section C: Test Results - Résultat de l'évaluation

Attempt # - # de la tentative : <input type="checkbox"/> 1 <input type="checkbox"/> 2	2 0 / / 																
<input type="checkbox"/> Met standard for the CP Maintenance Timed Tasks (\leq 9:15 mm:ss) <input type="checkbox"/> Satisfait à la norme de Protection rapprochée (\leq 9:15 mm:ss)																	
<input type="checkbox"/> Results within the re-evaluation range (between 9:15.1 and 9:20 mm:ss) <input type="checkbox"/> Résultat dans l'intervalle de ré-évaluation (entre 9:15.1 et 9:20 mm:ss)																	
<input type="checkbox"/> Did NOT meet standard for the CP Maintenance Timed Tasks (\geq 09:20.1) <input type="checkbox"/> N'a PAS satisfait à la norme de Protection rapprochée (\geq 09:20.1)																	
<table border="1"> <tr> <td>Not timed</td> <td>1) 40m Walk split time Temps fractionné Marche 40m</td> <td><input type="checkbox"/> : <input type="checkbox"/></td> <td>5) Crowd Control split time Temps fractionné du contrôle de la foule</td> </tr> <tr> <td><input type="checkbox"/> : <input type="checkbox"/></td> <td>2) 80m Bound split time Temps fractionné de la course précipitée sur 80m</td> <td><input type="checkbox"/> : <input type="checkbox"/></td> <td>6) Intermittent Casualty Carry split time Temps fractionné du transport intermittent de la victime</td> </tr> <tr> <td><input type="checkbox"/> : <input type="checkbox"/></td> <td>3) Intermittent Casualty Drag split time Temps fractionné de la traction intermittente d'une victime</td> <td><input type="checkbox"/> : <input type="checkbox"/></td> <td>7) Barricade split time Temps fractionné de la barricade</td> </tr> <tr> <td><input type="checkbox"/> : <input type="checkbox"/></td> <td>4) Consolidation Pause split time Temps fractionné de la pause consolidée</td> <td>Not timed</td> <td>8) 40m Walk split time Temps fractionné Marche 40m</td> </tr> </table>		Not timed	1) 40m Walk split time Temps fractionné Marche 40m	<input type="checkbox"/> : <input type="checkbox"/>	5) Crowd Control split time Temps fractionné du contrôle de la foule	<input type="checkbox"/> : <input type="checkbox"/>	2) 80m Bound split time Temps fractionné de la course précipitée sur 80m	<input type="checkbox"/> : <input type="checkbox"/>	6) Intermittent Casualty Carry split time Temps fractionné du transport intermittent de la victime	<input type="checkbox"/> : <input type="checkbox"/>	3) Intermittent Casualty Drag split time Temps fractionné de la traction intermittente d'une victime	<input type="checkbox"/> : <input type="checkbox"/>	7) Barricade split time Temps fractionné de la barricade	<input type="checkbox"/> : <input type="checkbox"/>	4) Consolidation Pause split time Temps fractionné de la pause consolidée	Not timed	8) 40m Walk split time Temps fractionné Marche 40m
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Comments - Commentaires: _____																	

Figure 5.1: Section C – Test Results

CP Maintenance PFE – Section D: Certification of Evaluation

5. Fill out Section D with your signature to attest that the evaluation was administered following this Operations Manual's instructions.
 - a. Please note that once you e-sign Section D, it will automatically lock Sections C and D.

Section D: Certification of Evaluation - Attestation d'évaluation

The above results are valid until - Les résultats ci-haut sont valides jusqu'à:	2 0 / /
Date - (YYAA) (MM) (DJ)	
Results are valid for 365 days, if standard is met. - Les résultats sont valides pour 365 jours s'ils satisfont la norme.	
	
Evaluator name (print) - Nom de l'évaluatrice ou de l'évaluateur (en lettres moulées)	Evaluator signature - Signature de l'évaluatrice ou de l'évaluateur

Figure 5.2: Section D – Certification of Evaluation

CP Maintenance PFE – Section E: Certification of Understanding

6. Have the CP Operator fill out Section E to attest that they are aware of their evaluation's results.
 - a. Please note that once the CP Operator e-signs Section E, it will automatically lock Sections E as well as the entire form.
 - b. If they decide not to sign the form, write down "Member refused to sign".

Section E: Certification of Understanding - Attestation de reconnaissance

I acknowledge the above fitness evaluation results - J'ai pris connaissance des résultats de l'évaluation.		
2 0 / / 		
Date - (YYAA) (MM) (DJ)	Signature of member - Signature du membre	

Figure 5.2: Section E – Certification of Understanding

Performance Standard

Success

7. The Minimum Physical Fitness Standard (MPFS) for the CP Maintenance PFE completion is **in 9 minutes (min) 15.0 seconds (sec) or less.**

Re-evaluation

8. Biological variability, which is the day-to-day difference in performance, is 5 seconds. Therefore, if a CP Operator completes the evaluation anytime between 9 min 15.1 seconds and 9 min 20.0 seconds, the CP Operator can request a re-evaluation. This re-evaluation must take place within seven (7) calendar days from the first evaluation attempt. A time of 9 min 20.1 seconds or greater is a failure.

Failure

9. In the event of a failure (completion time of 9 min 20.1 seconds or greater), the Evaluator will refer the CP Operator to Local PSP Fitness Staff for support with a physical fitness training program.
 - It is highly recommended that the CP Operator is supported by Local PSP Fitness Staff for at least 12 weeks**, in order to allow for proper preparation and recovery in between evaluation attempts and for everyone involved to be mindful of the time and resources used to administer such evaluation.

Processing Evaluation Results

10. Each respective CP Maintenance PFE Reporting Form (DND 6052) will be the only form used to record the candidate's CP Maintenance PFE results.
11. Following the *Privacy Act*, once completed, the reporting form is a Protected A document and must be treated as such.
12. Completed CP Maintenance PFE Reporting form copies will be distributed by the Local PSP Evaluator following the process below:
 - Copy 1: CP Operator**
The CPO has the responsibility to share with the appropriate authority [Unit Orderly Room (UOR)] for tracking purposes. For members testing as part of a deployment process, the evaluation result will be included in the (DAG) paperwork.
 - Copy 2: Kept by the Local PSP Staff** responsible of the Specialty Trades Evaluations and stored securely (locked) for future reference if need be.

TOOLS

Tool 1: CP Maintenance PFE – Reporting Form

 National Defence Défense nationale		CAN PROTECTED A (When completed) - CAN PROTÉGÉ A (Une fois rempli)																																								
Close Protection Maintenance Physical Fitness Evaluation Reporting Form Formulaire de l'évaluation de la condition physique de maintien des opérateurs de protection rapprochée																																										
Section A: Service Particulars - Détails du service <table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Surname - Nom</td> <td style="width: 10%;">Init.</td> <td style="width: 10%;">Rank - Grade</td> <td colspan="3" style="width: 40%;">Military ID - Pièce d'identité militaire</td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td colspan="3"> <input type="checkbox"/> Yes - Oui <input type="checkbox"/> No - Non </td> </tr> <tr> <td>DOB - DN (YYAA) / (MM) / (DJ)</td> <td>Age - Âge</td> <td> </td> <td colspan="3">SN - NM</td> </tr> <tr> <td>Location - Lieu</td> <td>Unit - Unité</td> <td> </td> <td colspan="3">UIC - CIU</td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td colspan="3">MOS ID - ID SGMP</td> </tr> </table>					Surname - Nom	Init.	Rank - Grade	Military ID - Pièce d'identité militaire						<input type="checkbox"/> Yes - Oui <input type="checkbox"/> No - Non			DOB - DN (YYAA) / (MM) / (DJ)	Age - Âge		SN - NM			Location - Lieu	Unit - Unité		UIC - CIU						MOS ID - ID SGMP										
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Copy 1 : Candidate - Copie 1: Candidat(e)
Copy 2: Local PSP Staff - Copie 2: Bureau local des PSP

DND 8052 (01-2025)
 Design - Conception :
 NationalFitnessService-ServicesdeFitnessNationaux@forces.gc.ca



CAN PROTECTED A (When completed) - CAN PROTÉGÉ A (Une fois rempli)

Figure A: Example of a CP Maintenance PFE Reporting Form

Tool 2: CP Maintenance PFE – Equipment List

1. The following list represents the minimum equipment and facility requirements for the administration of the CP Maintenance PFE:
 - a. 25 m length by 14 m wide flat floor surface
 - b. 6 m wide by 2 m high sturdy and flat wall surface
 - c. 11 x FORCE 20 kg sandbags (plus two spare sandbags, if possible)
 - d. 2 x FORCE straps
 - e. 8 x FORCE carabiners
 - f. 13 x pylons
 - g. 2 x rolls of floor tape
 - h. 2 x 90 cm \pm 2 cm tall and stable platforms
 - i. Garbage can (Brute plastic 40 gallon); or
 - ii. Plyo Box
 - i. 2 x stopwatches
 - j. 1 x 20 m measuring tape
 - k. Heys xScale PRO model luggage scale
 - l. Clipboard
 - m. Pens
 - n. Folding gym mats
 - o. CP Maintenance PFE Operations Manual, and copies of all applicable Tools (current edition)
 - p. CP Maintenance PFE Reporting Form - DND 6052 (multiple copies)
 - q. Local Incident Report Form
 - r. Automated External Defibrillator (AED) and First Aid kit

Note: Only the approved equipment listed above is to be used during the CP Maintenance PFE.

Tool 3: CP Maintenance PFE – Warm-up/Movement Preparation

1. Prior to the evaluation, all CPOs must undergo a mandatory warm-up and movement preparation led by the CP Maintenance PFE Evaluator.
2. The Evaluator will instruct the CPO not to wear their weighted vest during the warm-up and movement preparation.
3. The warm-up will include the following:
 - a. Light aerobic activity (2–3 minutes) including:
 - i. 20 m x walking: easy arm circles, 10 m forward, 10 m backwards
 - ii. 20 m x walking: 10 m arms crossovers, 10 m shoulder flexion and extension
 - iii. 20 m x walking knee lifts
 - iv. 20 m x walking butt kicks
 - v. 20 m x walking Frankenstein (alternating straight leg raise to opposite hand)
 - vi. 2 x 20 m of progressive jogging
 - vii. 20 m x side steps; 10 m on one side, 10 m on the other side
 - viii. 20 m x carioca (crossovers); 10 m on one side, 10 m on the other side
 - b. Mandatory dynamic movements (2–3 minutes), performed in a stationary position. During this phase of the warm-up, the Evaluator will use this time to coach and correct on proper lifting techniques as described in [FORCE Evaluation Operations Manual: Tool 7: Back Injury Prevention](#), including:
 - i. 5 x/side reaching side bends (knees hips unlocked)
 - ii. 5 x squats
 - iii. 3 x/side lunges forward/backward complex
 - iv. 3 x/side lateral step lunges (alternating sides)
 - v. 3 x/side Spiderman reach
 - vi. 5 x push-ups
 - c. The Evaluator will provide the CPO with an additional warm-up period (2–3 minutes), at their discretion to:

- i. Trial the tasks at a lower intensity (slower, less weight, less distance) if they wish.

DRAFT

Tool 4: CP Maintenance PFE – Script

1. *The Close Protection Maintenance Physical Fitness Evaluation is comprised of eight tasks and is completed as a circuit with no rest between components. The entire evaluation is performed with a 10.44 kg (23 lb) weighted vest.*
2. *This is a timed event. The minimum acceptable performance standard is 9 min 15 sec. The timer starts at the end of task 1, the 40 Metre Walk and stops after the last lift of the 7th task, the Barricade. Task number 1 and 8 (40 Metre Walk) are not included in the circuit total time.*
3. *I will now explain and demonstrate each component.*
4. *Task 1 is the 40 Metre Walk. You will begin behind this start line indicated by these pylons (indicate pylons). You will cross the start line and walk twenty metres to the other set of pylons (indicate pylons). Immediately after crossing the line, you will turn around and walk back to the start line.*
 - a. *You may not stop or rest during the walk.*

Demonstrate 40mW for the full 40 m.

5. *Task 2 is the 80 Metre Bound. Immediately following the 40 Metre Walk, you will assume a prone position behind the start line of Lane A, while lifting your hands off of the ground. Once you are in the prone position, you will immediately get up, turn around, and sprint to the middle pylons (indicate pylons). When you reach the middle pylons, you will step on the line with your foot, cross the line, turn around to face the direction from which you came, and then immediately assume a prone position while lifting your hands off the floor. Repeat this sequence until you have completed seven hand releases, not including the starting position. You can run through the finish line after getting up from the 7th prone position in the center of Lane B.*
6. *Remember, you will be asked to rectify your fault before continuing on if:*
 - a. *You do not touch or cross the line before assuming the prone position;*
 - b. *Your hands and shoulders are not behind the line during the prone position;*
 - c. *You do not lift your hands entirely off the floor for the hand release;*
 - d. *You dive, in an uncontrolled manner, into the prone position.*

Demonstrate the 80mB slowly, for half of the prescribed distance; 40 m (of 80 m).

7. *Task 3 is the Intermittent Casualty Drag. Immediately following completion of the 80 metre Bound, you will move to the start line of Lane B and grasp by the strap the 20-*

kg sandbag with both hands. You will drag the casualty (ICD kit) backwards for 10 m until the front pair of sandbags have completely crossed the finish line indicated by these two pylons. You will then place the sandbag down on the pile, gently. You must not drop the bag but set it down and run back to the start line. You will touch the start line with your foot and run back to the casualty (ICD kit). You will grab the opposite 20-kg sandbag by the strap and drag the casualty back (ICD kit) to the start line. Place the sandbag down on the pile, you must not drop the bag but set it down.

8. *For this task you must ensure that the sandbag strap is held with both hands at all times and that the drag is performed continuously without stopping.*
9. *Remember, you will be asked to rectify your fault before continuing on if:*
 - a. *You do not drag the front pair of the sandbags of the ICD kit over the lines (Start line and end line at 10 m).*
 - b. *You drop the bag on the pile (“casualty”) instead of placing it gently.*
 - c. *You do not touch the start line with your foot during the intermittent run.*
10. *You will not meet the standard for this task if you consciously decide to stop during the drag, as we are looking for a continuous movement.*
 - a. *However, if you fall or slip, you must get up and continue the task as the timer will not be stopped.*

Demonstrate the ICD for 10 m only.

11. *Task 4 is a Consolidation Pause. Immediately following the ICD Task, you will move to the Consolidation Pause area inside these pylons (indicate pylons) in Lane C. Wait in a “Ready position” until you hear the words of command “three, two, one, GO” before you initiate the next task.*
12. *You will not meet the standard for this task if you sit, kneel, drink water or rest on your body or vest during this period of time. You must remain in the “Ready position”.*

Demonstrate the “Ready position” of the Consolidation Pause.

13. *Task 5 is the Crowd Control. After the completion of the Consolidation Pause, you will move to the Crowd Control area by the wall, where you will stand between the two garbage cans/platforms and place both hands on the wall on either side of the “Inverted T”. As soon as both hands are in position, turn and lift the 20-kilogram sandbag and place it above the 1.25 m line on the wall. You will then turn and place the sandbag down onto the opposite platform. You will repeat this sequence a total of eight times. The task is complete when both hands are placed back in the initial*

starting position on the wall (“Inverted T”). You may pick up the sandbag with the method of your choice.

14. *Remember, you will be asked to rectify your fault before continuing on and your repetition will not be counted if:*

- a. *You do not place your hands properly on the “Inverted T”, at the start of the task, in between lifts as per protocol, and at the end of the task.*
- b. *You do not lift the sandbag high enough on the wall.*

Demonstrates two (2) repetitions of the CC.

15. *Task 6 is the Intermittent Casualty Carry. Immediately following the Crowd Control, you will move to the start line of Lane D and pick up two 20-kilogram sandbags. Once you have picked up the sandbags, immediately carry them down the lane, 20 metres away, travel around the pylon, and then return to the start line. When you are back at the start line, step on or over the line and place the sandbags on the ground. The sandbags must not be dropped on the floor but should be set down on the floor behind the line. You will then turn around and complete an unloaded shuttle where you will be allowed to run. Ensure you travel down the lane, around the pylon and back to the start line. You will then pick up the two sandbags again and repeat this sequence of loaded and unloaded four more times.*

16. *Remember, you will be asked to rectify your fault before continuing on if:*

- a. *You do not place the sandbags behind the start line following a loaded shuttle;*
- b. *You drop the sandbags in an uncontrolled manner at the end of a loaded shuttle instead of being placed on the floor gently;*
- c. *You do not go around the pylon at the end line;*
- d. *You run during the loaded shuttles.*

17. *You will not meet the standard for this task if you drop both sandbags during a loaded shuttle. You must always have at least one in your hands at all times.*

Demonstrate one (1) loaded and unloaded cycle of the ICC.

18. *Task 7 is the Barricade. Immediately following the intermittent casualty carry, move to the start of the barricade, and stand over one line on the floor. Pick up the first 20-kilogram sandbag by its side with both hands, lift and touch the sandbag to the intersecting lines on the wall or higher (indicate the lines). Ensure that the sandbag is not being thrown at the wall and that you remain in control of the sandbag for the entire lift. The sandbag may not be grabbed by the handle or eyelets and must remain*

horizontal throughout the lift. Once you have touched the intersecting lines with the sandbag, let the sandbag drop to the floor, and immediately move behind the other 20-kilogram sandbag. Ensure you are straddling the line with both feet (indicate the line) as this would result in the lift not being counted.

19. *Remember, you will be asked to rectify your fault before continuing on and your repetition will not be counted if:*

- a. *You do not lift the sandbag midline at least on or above the line.*
- b. *You pick up the sandbag by the handle or by the eyelets.*
- c. *You throw the sandbag on the wall.*
- d. *You do not straddle the line correctly with both feet.*

20. *Complete this sequence until you have completed a total of 30 lifts. I will be counting each repetition out loud and will give you corrective cues when the lift was not considered a good one. Make sure that you are adjusting your lifts in accordance.*

21. *The timer stops after the completion of the 30th lift.*

Demonstrate four (4) complete lifts of the Br, using a safe technique.

22. *Task 8 is the 40 Metre Walk. Immediately following the Barricade, you will move back to Lane D and repeat the same protocol as seen previously (Task 1).*

23. *Once you have completed the 40 Metre Walk, you can remove your weighted vest in preparation for the recovery phase.*

24. *The CP Maintenance PFE time does not include the 40 Metre Walks at the beginning and at the end of the evaluation. Specifically, time begins as soon as you touch the start line at the end of the first 40 Metre Walk and stops after the last bag touches the wall during the Barricade task.*

25. *Are there any questions?*

Tool 5: CP Maintenance PFE – Cool-down

1. A three (3) minute walk.
2. Stretching comprised of (each stretch will be held for 20 seconds; hold bilateral stretches for 20 seconds per side):
 - a. Standing Stretches
 - i. Neck/trapezius stretch (right, left and center)
 - ii. Chest stretch (hands together at rear-push shoulders back)
 - iii. Quad stretch
 - iv. IT band stretch
 - v. Hip flexors stretch (lunge with back knee dropped and unilateral arm reach up)
 - b. Sitting Stretches
 - i. Hamstring plus arm reach
 - ii. Unilateral hip abductor stretches (bent knee pull in across other leg at hip)
 - c. Lying Stretches
 - i. Knees to chest (lower back)
 - ii. Pretzel stretch (glutes)
 - iii. Child's pose with arms reached forward (lower back and latissimus dorsi)
 - iv. In Child's pose, unilateral arm reach under and across (lower back, rear deltoid and upper back)

Tool 6: CP Maintenance PFE – Overview Poster

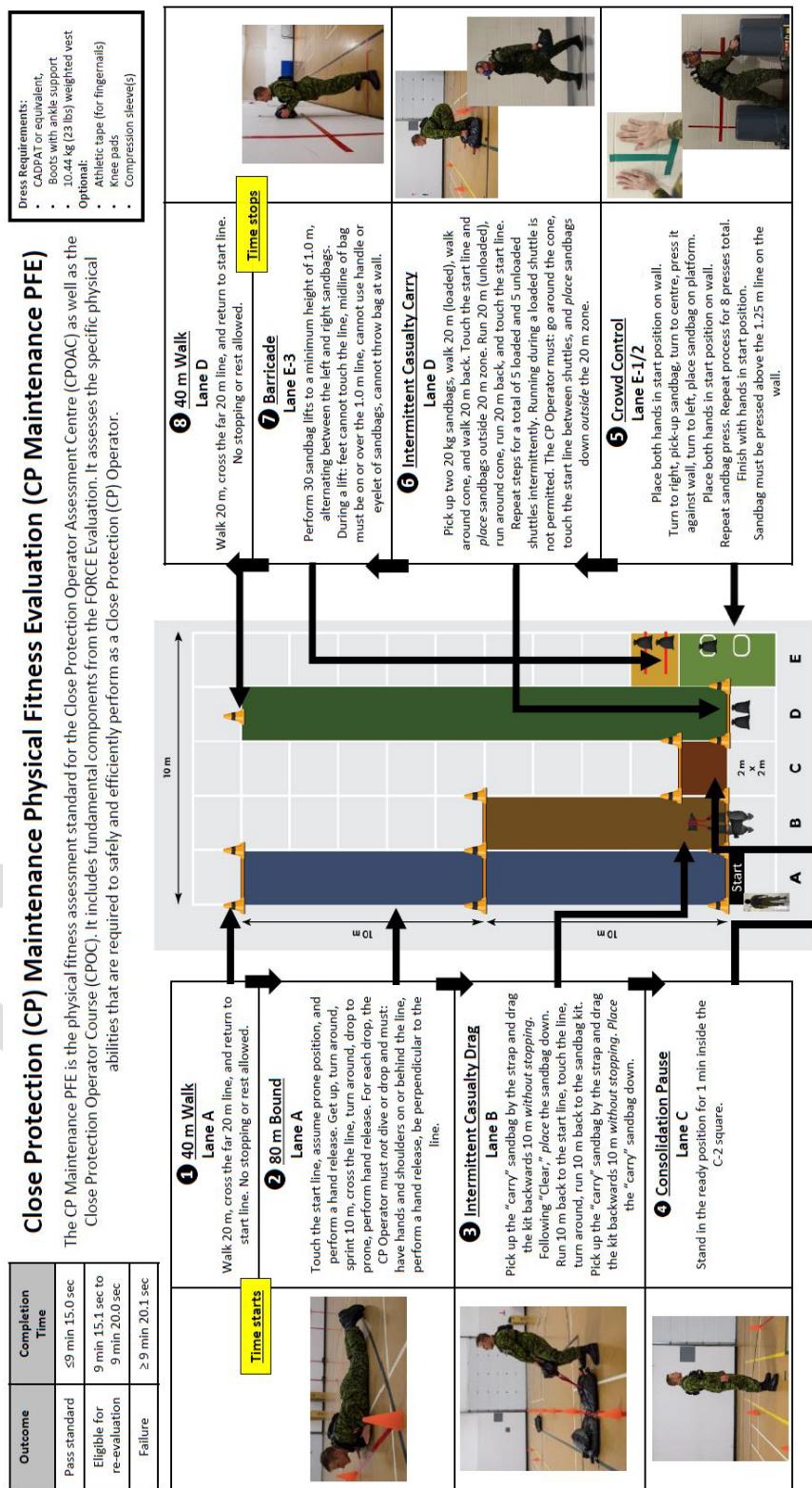


Figure B: Overview poster

Tool 7: CP Maintenance PFE – Pre-evaluation Instructions for CPO

1. A minimum of 48 hours prior to the CP Maintenance PFE, the CPO must be informed of the following guidelines and provided with the “[TOOL 6: CP Maintenance PFE Overview poster](#)” resource.
2. CPO should not:
 - a. Exercise six (6) hours prior to the evaluation;
 - b. Consume alcohol for at least six (6) hours prior to the evaluation; and/or
 - c. Eat, smoke, chew tobacco or take stimulants (tea, coffee, energy drinks, pharmaceuticals, etc.) at least two (2) hours prior to the evaluation.

Note: Non-compliance with the above instructions does not necessarily mean CP Maintenance PFE postponement; however, you must inform the CPO that it may have a negative effect on their results.

3. The dress requirement for the CP Maintenance PFE is as follows:
 - a. Canadian Disruptive Pattern (CADPAT) or equivalent;
 - b. Boots with ankle support; and
 - c. A 10.44 kg (23 lb) weighted vest.
 - i. The weighted vest should have a fit that is as close as possible to the body with weights/plates distributed in the front and in the back.



Figure C: Example of an appropriate weighted vest

4. CPO can wear:

- a. Athletic tape to protect their fingernails
- b. Knee pads
- c. Compression sleeves

5. CP Operators are **not** permitted:

- a. Weight belts
- b. Gloves
- c. Chalk

Note: Members with a chronic or recurrent medical condition requiring the use of a brace for the evaluation may present a Medical Disposition Note (MDN) or Medical Employment Limitation (MEL) indicating the approved device. Annual renewal of this documentation is not required unless there is a change in medical status.



Figure D: Dress requirement for the CP Maintenance PFE

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REFERENCES

[Latest active version of the FORCE Evaluation Operations Manual](#)

[DAOD 5045-0, Canadian Forces Personnel Support Programs](#)

DRAFT