

## Close Protection Pre-Selection Fitness Evaluation

**Members should have successfully completed a FORCE evaluation prior to attempting the Close Protection Pre-Selection Fitness Evaluation. This evaluation cannot be used for a FORCE evaluation.**

**CP Pre-Selection Evaluation includes 2 parts separated by a 5 min rest recovery**

1. FORCE Evaluation Circuit
2. 100m Fireman's carry

### **Part 1 - FORCE Circuit Evaluation**

#### **Overview**

The FORCE test is delivered as a continuous circuit with a 10 seconds transition between each test component, in the following order SBL-ILS-20mR-SBD.

Note that the FORCE Evaluation MUST follow the sequence below:

1. Sandbag Lift
2. 10 sec transition
3. Intermittent Loaded Shuttle
4. 10 sec transition
5. 20m Rushes
6. 10 sec transition
7. 20m Sandbag Drag

#### **Standard**

The minimum standard is 6 minutes 6 secs or less for the FORCE Evaluation performed as a circuit, including the 3 x 10 seconds transitions between events.

#### **Set-up**

FORCE evaluation stations should be set-up as per FORCE Operation Manual (1<sup>st</sup> edition 2014) AND to allow for a 10s walking transition between each task.

#### **Administration/staffing**

- Evaluators test one candidate at a time and follow them through the full test.
- Upon completion of the full evaluation, times should be immediately recorded.
- Use a stop watch to record each test component time, each transition time, and total time.

#### **Test sequence and explanation to candidate**

- The FORCE Evaluation will be performed as a circuit, in the order SBL-ILS-20mR-SBD.
- A 10s transition will be counted down, after which the next evaluation component will immediately begin.

#### **Pre-testing Demonstration**

- Provide a full review of FORCE evaluation components as per Operation Manual (1<sup>st</sup> edition 2014).
- Provide an explanation and demonstration of transition:
  - Immediately upon completion of each component walk to start position of next component,
  - 20mR: prone position to get ready to run for 20mR,
  - SBD: hold sandbags in preparation for SBD.

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- Demonstrate the 10s transition where evaluator counts down using stop watch 10-9-8-... 2-1 GO.

### Test Delivery

- Evaluator will provide a warm –up as per FORCE Operation Manual (1<sup>st</sup> edition 2014), observe and correct movement mechanics.
- Administer evaluation as a circuit in following order SBL-ILS-20mR-SBD with 10s transition - counted down.
- Test results are recorded by evaluator immediately upon completion of FORCE evaluation, for each of SBL, ILS, 20mR, SBD, 3 transitions and total time.

It is expected that some locations will need to slightly revise their lay-out allowing the conduct of the Close Protection Pre-Selection Fitness Evaluation with the mandatory 10 second transitions. It is strongly recommend trying the evaluation before administering it to CAF members. This will serve to confirm that the transition of 10 seconds can be respected.

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## Part 2 CP Pre-Selection test

### Overview

The Fireman carry must be performed for a distance of 100m carrying a ~86kg casualty.

### Standard

100 metre Fireman carry of an 86 kg casualty in 60 secs or less.

### Pre-testing Preparation and Demonstration

- If a casualty of 86kg is not available, have a casualty wear a weighted vest or similar approach to increase weight as close as possible to 86kg. Weights should be worn on the back. Adaptation used should not affect comfort or feel for candidate.
- Lift should be reviewed prior to FORCE Evaluation.

### Test

- It is recommended that candidate demonstrate a safe initial lift of casualty.
- Candidate carries casualty 100m without stopping while demonstrating safe technique. Casualty cannot assist.
- Candidate must safely return casualty to standing position.

### Reporting

Test results will be recorded on a DND 279- FORCE program form and MUST include each evaluation component time, as well as the total evaluation time (including the 3 x 10 seconds transitions). The recording of the Firemen’s Carry must be added manually on the DND 279 in Section C by writing either:

- “Successfully completed the 100 m Fireman Carry”
- “Did not successfully complete the 100 m Fireman Carry”