

COMMON MILITARY TASKS FITNESS EVALUATION

OPERATIONS MANUAL

SECOND EDITION
June 2026

Canadian Forces Morale and Welfare (CFMWS)
Personnel Support Programs (PSP)



TABLE OF CONTENTS



CHAPTER 1
INTRODUCTION 04



CHAPTER 2
PRE-EVALUATION ADMINISTRATION 08



CHAPTER 3
THE TASKS 14



CHAPTER 4
POST-EVALUATION ADMINISTRATION PROCEDURES 61



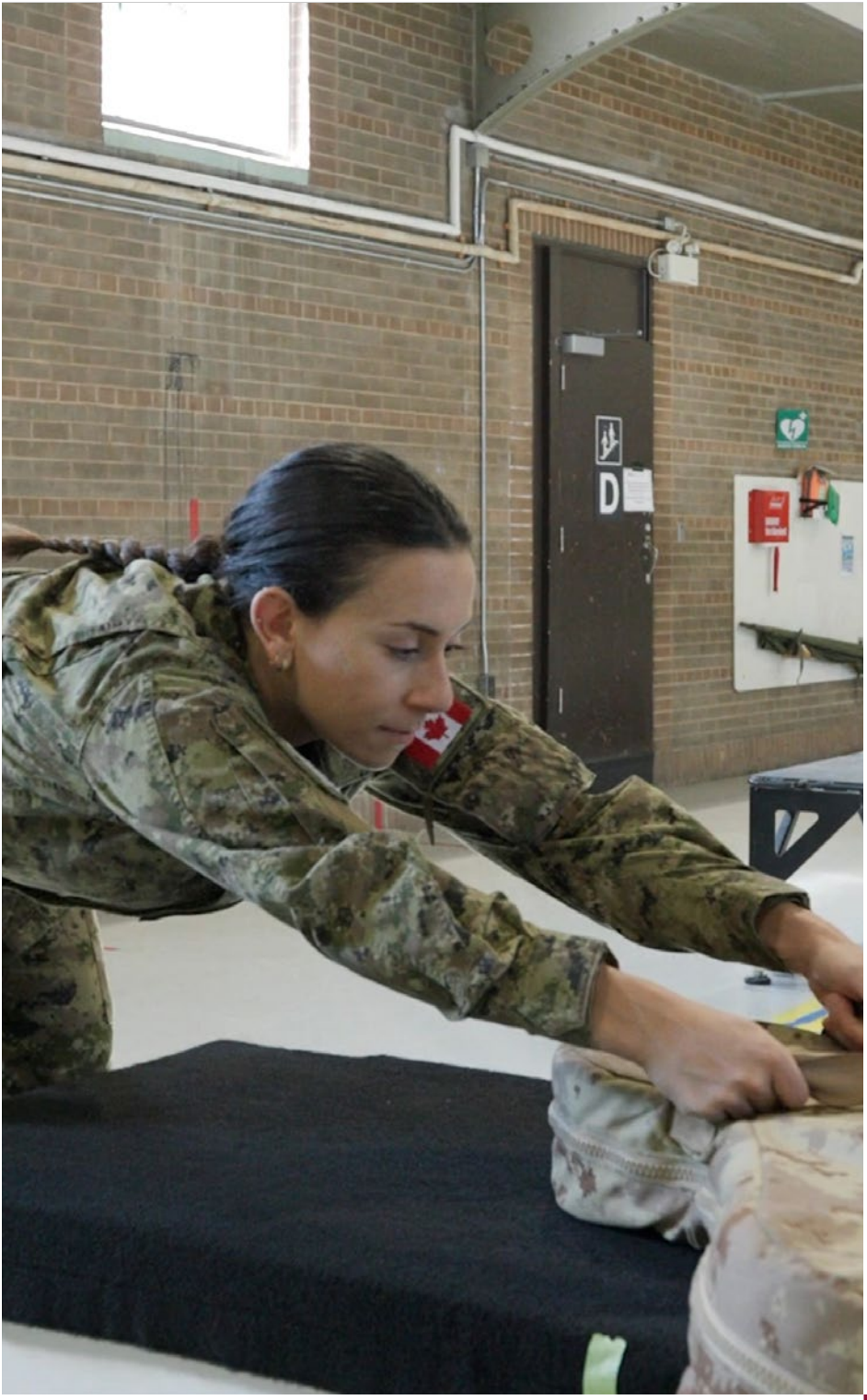
CHAPTER 5
TOOLS 68

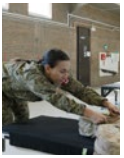


CHAPTER 6
ABBREVIATIONS & ACCRONYMS 78



CHAPTER 7
REFERENCES 80


D



CHAPTER 1: INTRODUCTION

General

1. The Common Military Tasks Fitness Evaluation (CMTFE) is the Canadian Armed Forces' operational fitness evaluation used to assess whether a CAF member meets the minimum operational standards related to Universality of Service (U of S). Under this principle, CAF members must at all times and under any circumstances perform any lawful duty, including general military, common defence, and security duties in addition to the specific duties of their military occupation or occupational specification as set out in DAOD 5023-0, Universality of Service.

2. In support of assessing minimum operational standards related to U of S, six (6) common military tasks have been established to represent duties that CAF members may be required to perform in times of emergency, regardless of rank, military occupation, age, or sex, in accordance with DAOD 5023-2, Common Military Tasks Fitness Evaluation.

3. The CMTFE assesses performance on the following six (6) common military tasks:

    a. Escape to Cover

    b. Vehicle Extrication

    c. Picking and Digging

    d. Stretcher Carry

    e. Sandbag Fortification

    f. Pickets and Wire Carry

4. The Fitness for Operational Requirements of Canadian Armed Forces Employment (FORCE) Evaluation is designed to assess a CAF member's ability to meet the minimum operational standards related to U of S by evaluating performance characteristics aligned with the six (6) common military tasks. In accordance with DAOD 5023-2, the FORCE Evaluation is the approved predictor of performance on the CMTFE.

Requirements and Responsibilities

Requirements

5. In accordance with DAOD 5023-2, CAF members are required to successfully complete the FORCE Evaluation or the CMTFE at least once (1) every 365 days in order to demonstrate compliance with the minimum operational standards related to the U of S. Additional details respecting exceptions, medical limitations, and administrative measures are addressed in the applicable DAODs.

    a. In accordance with DAOD 5023-2, where a CAF member does not successfully complete the FORCE Evaluation, and further assessment of the CAF member's ability to meet the minimum operational standards related to the common military tasks is required – including following two (2) unsuccessful FORCE Evaluation attempts – the CMTFE may be administered.

    b. Medical Employment Limitations rules apply and are detailed in the DAOD 5023-2, as well.

Responsibilities

6. **Directorate of Military Career Policy and Grievance (DMCPG):** Office of Primary Interest (OPI) for U of S policy, in accordance with DAOD 5023-0.

7. **Chief of Military Personnel (CMP):** Approval authority for CAF physical fitness programs.

8. **Canadian Forces Morale and Welfare Services (CFMWS) / Personnel Support Programs (PSP):** Support the delivery and administration of CAF physical fitness and reconditioning programs in accordance with DAOD 5045-0, Canadian Forces Personnel Support Programs.

9. **Senior Manager PSP and Manager Fitness, Sports, and Recreation (Mgr. FS&R) (or equivalent):** Responsible for supporting their Base/Wing (B/W) Commanding Officer (CO) by ensuring:

    a. Delivery of CAF operational fitness evaluations;

    b. Maintenance of a current list of qualified CMTFE Evaluators; and

    c. Compliance with evaluation protocols as set out in this Operations Manual.

10. **Evaluators:** Qualified PSP employees from the Fitness and/or Reconditioning Teams, are responsible for planning, conducting, and administering the CMTFE in accordance with DAOD 5023-2 and this Operations Manual.

    a. A Lead Evaluator will be designated for each evaluation and is responsible for:

        i. Ensuring proper test site set-up and equipment calibration;

        ii. Verifying medical documentation authorizing approved assistive devices, where applicable;

        iii. Ensuring accurate data collection; and iv. verifying evaluation data prior to entry into Guardian (Defence Resource Management Information System).

11. **CAF Member Responsibilities:** CAF members undergoing the CMTFE are responsible for:

    a. complying with joining instructions and equipment requirements;

    b. adhering to evaluation protocols as directed by Evaluators; and

    c. presenting valid medical documentation when required.

References

12. The following Defence Administrative Orders and Directives (DAODs) and publication apply to the CMTFE:

    a. DAOD 5023-0, Universality of Service - Canada.ca

    b. DAOD 5023-1, Minimum Operational Standards Related to Universality of Service - Canada.ca

    c. DAOD 5023-2, Common Military Tasks Fitness Evaluation - Canada.ca

    d. DAOD 5045-0, Canadian Forces Personnel Support Programs - Canada.ca

    e. FORCE Operations Manual





CHAPTER 2:
PRE-EVALUATION ADMINISTRATION

Evaluation Registration

1. The CMTFE is conducted at designated locations equipped to administer the evaluation in accordance with this Operations Manual. Registration for a CMTFE is coordinated through locally established processes supported by PSP. To schedule an evaluation, CAF members can visit the CFMWS Webpage of the Common Military Task Fitness Evaluation.

2. Prior to registration for the CMTFE, CAF members must be assessed as medically permitted to attempt the evaluation, in accordance with DAOD 5023-2. Medical eligibility to attempt the CMTFE is determined based on the CAF member's MEL(s), as applicable. Where required, documentation confirming medical eligibility must be provided in accordance with CAF medical policies.

3. Where a CAF member is being evaluated on the CMTFE following failure to achieve the minimum evaluation standards, completion of a 12-week Supplementary Physical Training Program (SPTP) prior to attempting the CMTFE is strongly recommended. CAF members are also encouraged to prepare using appropriate equipment and to complete practice run-throughs of the evaluation to familiarize themselves with the test protocols. The SPTP forms can be found in the FORCE Operations Manual - Chapter 5.CP Maintenance PFE Reporting Form – Section A: Service Particulars.

Schedule

4. The CMTFE may be delivered over two (2) or three (3) days, as follows:

Phase	Actions	Tools / Forms
Day 0 – Familiarization Day	• Welcome Briefing • Equipment and dress check • Reporting Form	Tool 2 DND 2486 – Section A Tool 3 Tool 4
	• Backstories and Explanations of tasks (Description, Standard, Faults & Termination)	
	• Standardized warm-up • Task-specific mobility preparation and warm-up • Practice opportunity • Debrief	

Phase	Actions	Tools / Forms
Day 1 – Evaluation Day	• Welcome • Reporting Form • Standardized Warm-up	DND 2486 – Section B Tool 3 Tool 4 DND 2486 – Section C DND 2486 – Sections D, E, F, G
	For each task: • Task-specific mobility preparation and warm-up • Explanations reminders (Description, Standard, Faults & Termination) • Task evaluation • Mandatory rest period	
	• Cool-down • Debrief • Reporting Form	
Day 2 – Re-evaluation Day, (if required)	• Welcome • Standardized Warm-up	Tool 3 Tool 4 DND 2486 – Section C DND 2486 – Sections D, E, F, G and H
	For tasks where standards were not reached on Day 1: • Task-specific mobility preparation and warm-up • Explanations reminders (Description, Standard, Faults & Termination) • Task re-evaluation • Mandatory rest period	
	• Cool-down • Debrief • Reporting Form	

Preparation guidelines

5. A minimum of 48 hours prior to the CMTFE, PSP employees must provide CAF members with pre-evaluation instructions outlining preparation and equipment requirements.

6. CAF members attempting the CMTFE must bring the following items:

    a. Their respective environmental operational dress

        i. Canadian Disruptive Pattern (CADPAT) for Army, and equivalent for other environments.

    b. Helmet;

    c. Fragmentation vest with plates;

    d. CAF-approved footwear;

    e. Valid military identification (ID);

    f. Optional: Running shoes, knee pads, elbow pads, CAF-approved gloves.

7. CAF members with a chronic or recurrent medical condition requiring the use of a brace or assistive device during the evaluation may present a Medical Disposition Note (MDN) or Medical Employment Limitation (MEL) authorizing the approved device, as applicable. Annual renewal of this documentation is not required unless there is a change in medical status.

    a. Weight belts are not permitted during the CMTFE.

8. CAF members are strongly encouraged to wear the same kit during Familiarization Day and Evaluation Day(s) to ensure familiarity and consistency.

9. CAF members may wear running shoes for Tasks 1 and 6. For all other tasks, CAF-approved footwear must be worn.

10. In preparation for the CMTFE, CAF members should refrain from the following:

    a. Strenuous exercise within six (6) hours prior to the evaluation;

    b. Consumption of alcohol within six (6) hours prior to the evaluation;

    c. Eating, smoking, or consuming stimulants (e.g. tea, coffee, energy drinks, or similar substances) within two (2) hours prior to the evaluation.

11. Failure to adhere to the preparation guidelines does not automatically result in postponement of the CMTFE. However, CAF members should be advised that non-compliance may adversely affect evaluation performance.

Medical Employment Limitations

12. For CAF members with Medical Employment Limitations (MELs), the following considerations apply when administering the CMTFE, in accordance with DAOD 5023-2:

    a. **Verification of MELs:** PSP employees must confirm that the CAF member's MELs do not preclude participation in the CMTFE and that the CAF member is not medically required to complete the FORCE Evaluation instead. Where clarification is required, concerns may be discussed with the CAF member and elevated through the Chain of Command (CoC) as appropriate.

    b. **Medical Eligibility Determination:** A CAF member whose MELs permit participation in the CMTFE is considered medically permitted to attempt the evaluation, subject to on-site safety considerations.

    c. **Task-Specific Considerations:** CAF members may have MELs that apply to specific tasks or advise caution, without formally precluding participation. Such MELs must be respected during the conduct of the evaluation.

    d. **Member Engagement:** Evaluators should engage in open dialogue with the CAF member prior to and during the evaluation to support safe and appropriate conduct of the evaluation within the limits of the member's MELs.

    e. **Communication with Health Care Providers:** With the CAF member's consent, Evaluators may communicate relevant health and safety concerns to the member's health care provider or B/W Surgeon. Health care providers may receive information but are not authorized to disclose medical information to Evaluators; they may, however, engage directly with the member if required.

    f. **Escalation for Safety Concerns:** Communication with health care providers should be undertaken only when necessary to address unresolved or critical health and safety concerns that cannot be adequately managed through direct engagement with the member.

13. Notwithstanding the above, the Evaluator is authorized and obligated to refuse to conduct the CMTFE if, in their professional judgment, attempting the evaluation would place the member's health or safety at unacceptable risk.

Evaluation Floor Management

14. The presence of spectators during the CMTFE is subject to the mutual agreement of the member and the evaluation team. Where spectators are permitted, they must not interfere with or distract the member or the Evaluators. At any time, the member or an Evaluator may request that spectators leave the evaluation area.

15. Music must not be played during the performance of any CMTFE task. Members may use a personal device and headphones only during rest periods between tasks; the use of music or headphones is not permitted during task evaluation.

Emergency procedures

16. When administered in accordance with this Operations Manual, the CMTFE presents minimal risk to members. Nevertheless, Evaluators must be prepared to respond to medical or safety emergencies.

    a. All Evaluators must be First Aid (FA) and Cardiopulmonary Resuscitation (CPR) qualified.

17. Prior to the start of the evaluation, Evaluators must brief members on safety requirements and emergency procedures, including emergency exits and designated meeting locations.

18. Evaluators must ensure that a first aid kit is immediately available during the evaluation. At least one Evaluator must be prepared to respond to an emergency and administer first aid as required. In the case of a minor incident or injury (e.g. small cuts or blisters), the Evaluator will assess, in consultation with the member, whether it is safe for the member to continue the evaluation.

19. Prior to administering the CMTFE, Evaluators must identify the location of the nearest Automated External Defibrillator (AED) in accordance with local safety procedures. In the event of a serious incident, Evaluators must apply the procedures established under the local Occupational Health and Safety (OHS) Program, implemented in accordance with DAOD 2007-1, General Safety Program.





CHAPTER 3: THE TASKS

1) Task 1: Escape to Cover

Set-up

Required equipment & dress

	Floor	Worn by CAF member
Provided by PSP	• Stopwatches 2x • Measuring wheel or tape measure • 7 x 45 cm hurdles-kit • 12.5 m long x 2 m wide x 2" thick mat • Duct tape • Four (4) cones • Floor tape	Rubber 3.5 kg C7 rifle
Provided by the CAF member	NA	• CAF member's respective environmental operational dress • Helmet • Frag vest with plates • CAF-approved footwear Optional: Running shoes, knee pads, elbow pads and CAF-approved gloves.

Floor set-up

1. Measure a course that consists of the following:
    a. 10 m straight track
    b. 180° turn, around a cone
    c. 50 m distance
    d. 180° turn, around a cone
    e. 10 m foam crawl mat with hurdles
    f. Straight 30 m track to the finish

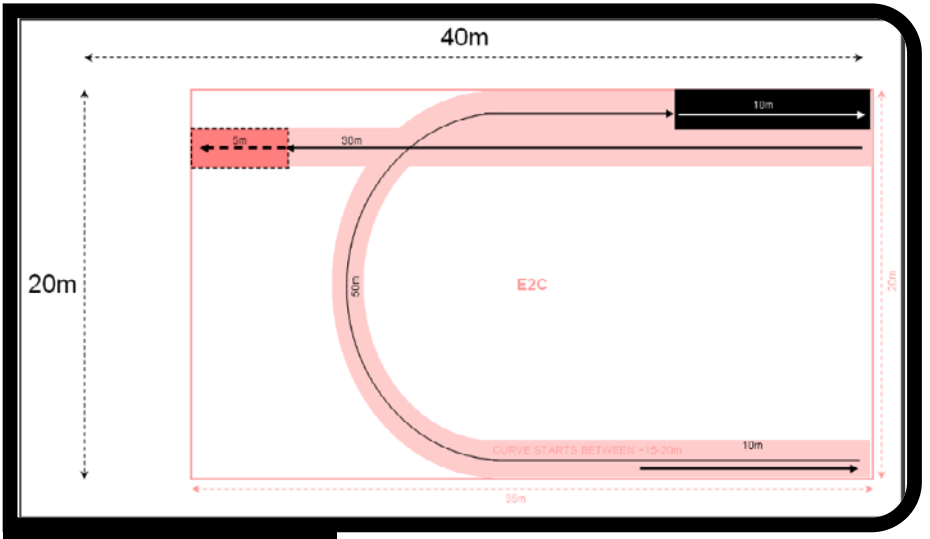


Figure 1: Escape to Cover track

2. Use floor tape to mark the course and place numbered cones along the course at the following intervals:
   a. Start
   b. 10 m mark
   c. Start of the 10 m crawl
   d. End of 30 m stretch - end of task.

3. Assemble the hurdle apparatus on the mat with 1.25 m of surplus mat on each end to allow the CAF member to get up and down. Secure both the start and finish end of the mat to the floor using floor tape.

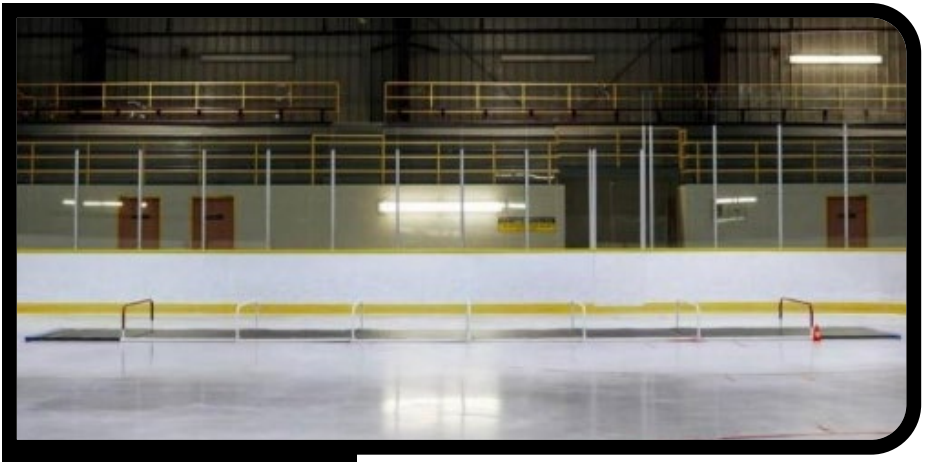


Figure 2: Escape to Cover hurdles

Overview & key points

Task Description

4. Follow the steps below for the Escape to Cover task.



Figure 3: Required equipment (frag vest with plates, helmet and riffle)

a. The CAF member starts in a standing position, holding the rifle, at the start cone.

b. Time starts at the "GO" command.



Figure 4: Starting position

c. On the "3, 2, 1, GO" command, the CAF member runs 10 m to the marked 10 m cone, where they make a 180° turn around the 10 m cone, stops and takes a knee.

d. When the CAF member's knee touches the ground, the Evaluator starts the count at "7". The CAF member's knee must remain on the ground for the entire 7-second pause. The Evaluator must count aloud ("7, 6, 5, 4, 3, 2, 1, Clear"). If the CAF member fails to keep their knee on the ground, the Evaluator must restart the count without stopping the clock, affecting the total time.



Figure 5: Knee on ground

e. On "Clear," the CAF member gets up and runs 50 m.

f. At the 50 m cone, the CAF member goes around the cone and places one (1) knee down on the mat before moving into a prone position and completing a low crawl under the hurdles for 10 m.

g. During the crawl, the CAF member must hold the rifle with both hands or with one (1) hand and the barrel resting on the opposite forearm. The rifle cannot be used as a crutch. Failure to adhere to hand positioning will result in a "Warning".

h. The CAF member must stay low to the ground and follow the crawl standards. If they do not comply and move the hurdles, they will receive a "Warning". Touching the hurdles for reasons other than failing to meet crawl standards does not count as a warning. **The first and the final hurdle do not apply.**

i. After the CAF member physically clears the last 10 m low crawl marker, the Evaluator calls out "Clear" and the CAF member gets up and runs the last 30 m.

Task Standard

5. Complete the task in 68 seconds or less.

Faults & Termination

6. The task is terminated when:
    a. The CAF member completes the task successfully.
    b. The CAF member chooses not to continue.
    c. The CAF member receives a total of three (3) "warnings" for that task.
        i. Using the rifle as a crutch.
        ii. Failing to stay below the low crawl hurdles during the crawl and moving the hurdles.
    d. The Evaluator becomes concerned for the CAF member's safety.

Number of Evaluators

7. A minimum of one (1) Evaluator is required.

Familiarization Day

8. On the Familiarization Day, the Evaluator will:

Backstory of the task

9. Explain the backstory of this task.
    a. This task was designed to simulate a situation involving small arms fire. During this incident, a CAF member must move quickly between points of cover to reach the safety of a bunker.
        i. "In this escape to cover scenario, you are on an international deployment, Roto 0, when your unfortified camp comes under attack by small arms or mortar fire. The CAF member is working in the Stores tent and must dress in proper gear including the frag vest with plates, helmet and riffle and reach a safe point (for example, a bunker) as quickly and as safely as possible."

Explanation of the task

10. Second, cover the Task Description, the Task Standard, and the Faults & Termination points for that task.

Practice opportunity

11. The CAF member can perform the Standardized evaluation warm-up (Tool 3) and/or Task-specific Mobility Preparation and Warm-up (Tool 4) can be performed before any task practice.

12. Once all tasks have been explained, provide the CAF member with an opportunity to practice the task.

13. Practice of the task is not mandatory but is strongly recommended. Encourage the CAF member to ask questions, try the task, practice enough to find the best technique for them, determine their strategy to perform, and build confidence.

Evaluation Day(s)

14. On Evaluation Day(s), the Evaluator will:

Standardized warm-up

a. First, ensure the CAF member has completed the Standardized evaluation warm-up (Tool 3) at the beginning of the Evaluation Day.

Explanation of the task

b. Second, briefly re-explain the Task Description, Standard and Faults & Termination.

Task-specific mobility preparation and warm-up

c. Third, offer the CAF member the option to complete the Task-specific Mobility Preparation and Warm-up (Tool 4), if they wish. Ensure this is initiated early enough during the rest time that the CAF member respects the mandatory post-task rest period.

Task evaluation

d. Lastly, administer the evaluation of the task, fill out the DND 2486 – Section C with the result and ensure to start a timer with the mandatory post-task rest period.

15. If a CAF member is unsuccessful on one (1) or more tasks on Day 1, they must re-attempt only those tasks on Day 2. If required, follow the same steps above.

2) Task 2: Vehicle Extrication

Set-up

Required equipment & dress

	Floor	Worn by CAF member
Provided by PSP	• Two (2) large boxes oriented to 76.2 cm height • Step attachment • Leg hold attachment • Two (2) to four (4) sandbags (for inside the box) • Carpet cover for on top of the boxes • 3/8'' drive breaker bar with 5/16'' hex key socket • 86 kg mannequin set-up and legs for attachment • Floor tape • Measuring wheel or tape measure	NA
Provided by the CAF member	NA	• CAF member's respective environmental operational dress • CAF-approved footwear Optional: Knee pads, elbow pads and CAF-approved gloves.

Floor set-up

1. Follow the steps below to set up the Vehicle Extrication task.

    a. Attach the four (4) pieces of the truck simulation oriented to a height of 76.2 cm as shown in Figure 9.



Figure 9: Vehicle Extrication set-up

b. Secure the step and leg attachments as per Figure 10.



Figure 10: Installation of the step attachment

c. Insert two (2) to four (4) sandbags inside the boxes for stability.

d. Secure the carpet to the top of the boxes.

e. Place a piece of tape 80 cm from the edge of the box.

f. Place the 86 kg mannequin on the carpeted 76.2 cm high platform, with the top of the mannequin's shoulders aligned with the starting line located at 80 cm from the edge of the box.

g. Ensure that the buckles of the quick-release legs are attached.



Figure 11: Buckles attached

h. Mark the traction lines (with the legs) of 5 m and the transport lines (without the legs) of 5 m on the floor with adhesive tape, as shown in Figure 12 below. Start the 5 m traction line at 50 cm from the step attachment.

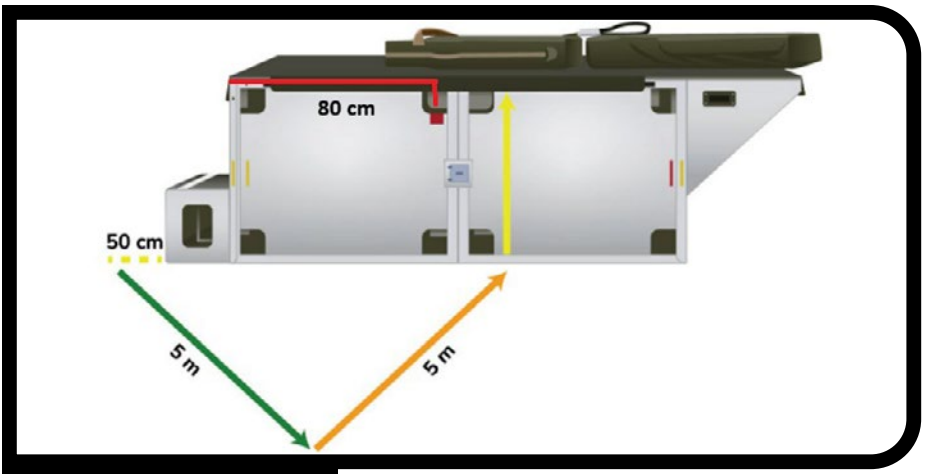


Figure 12: Drag and Carry lines

Overview & key points

Task Description

2. Follow the steps below for the Vehicle Extrication task:

    a. The CAF member must perform the task as fluidly as possible while maintaining control and support of the mannequin. Brief pauses or minor adjustments are accepted but nothing that creates the potential to drop the mannequin.

    b. The CAF member will start in a standing position at the head end of the platform.



Figure 13: CAF member in starting position

    c. There is no countdown for this task. The CAF member will start by reaching over the platform and grasping the mannequin's shoulder straps to pull it towards the end of the platform. The CAF member can climb or sit on the box, if necessary, to reach the mannequin.



Figure 14: Grasping the mannequin by the shoulder straps

d. Once the mannequin is at the edge of the bench, the CAF member will support the mannequin's torso using an underarm technique while grabbing the mannequin's shoulder straps or clasping their hands together.

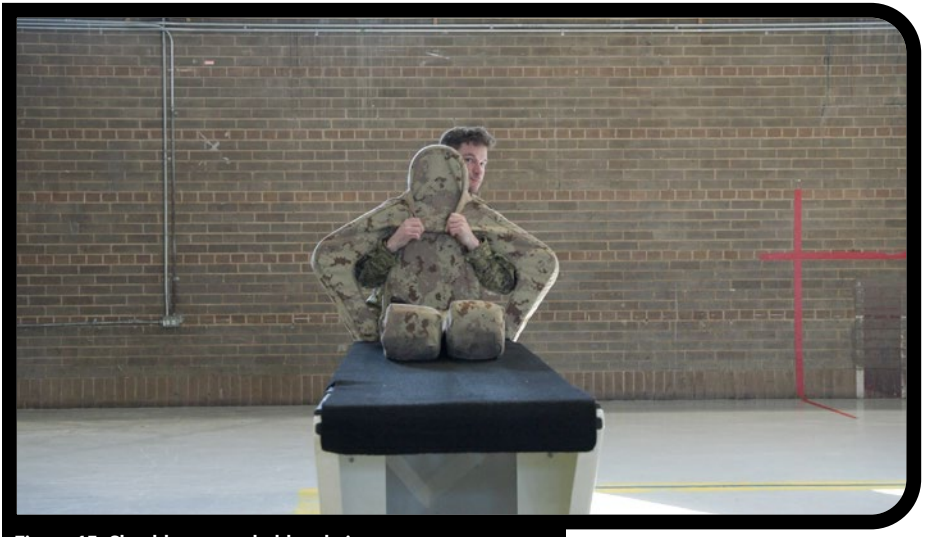


Figure 15: Shoulder straps hold technique

e. The Evaluator will encourage the CAF member to lift and maintain the mannequin high on their chest while keeping their back straight.

f. As the CAF member pulls the mannequin off the bench, they should slowly walk straight back to allow the mannequin's legs to drop to the floor.



Figure 16: Dragging the mannequin backwards

g. Once the mannequin's legs have landed on the floor, the CAF member must turn and drag the mannequin by walking backwards along the line of tape to the 5 m marker.

h. At the 5 m marker, the CAF member will pause while still supporting the mannequin's weight, then turn 90 degrees to the left to allow the Evaluator to release the mannequin's legs.

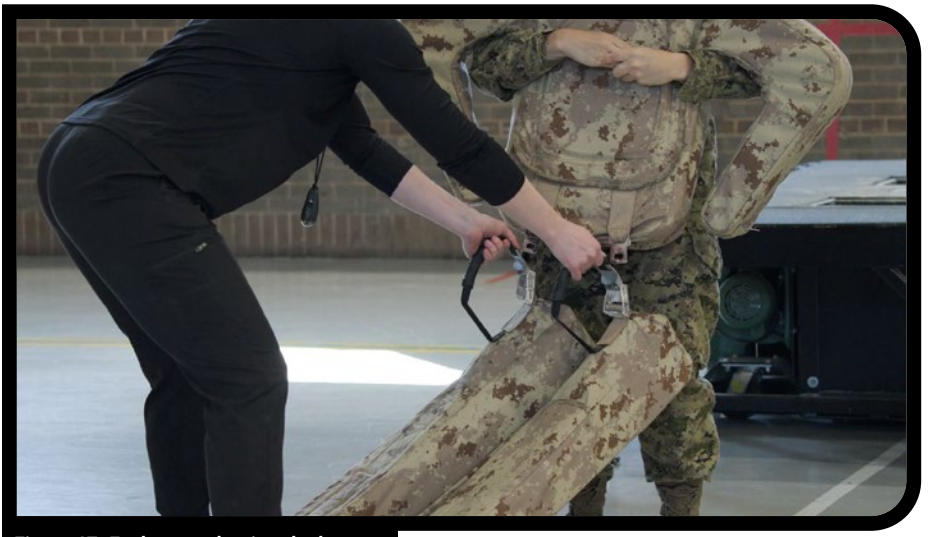


Figure 17: Evaluator releasing the legs

i. Once the evaluator has detached the legs, the CAF member will perform a continuous front facing 5 m torso carry to the 76.2 cm high platform, which simulates the tailgate of the rescue truck.



Figure 18: Carrying the torso without the legs

j. The CAF member must lift and carefully place the torso face up on the bench to complete the task.



Figure 19: Placing the torso face up

Task Standard

3. Move an 86 kg simulated casualty through the scenario. There is no time limit for completion. Performance is indicated by a pass/fail.

Faults & Termination

4. The task is terminated when:

    a. The CAF member completes the task successfully.

    b. The CAF member chooses not to continue.

    c. The CAF member drops the mannequin on the floor.

    d. The Evaluator becomes concerned with the CAF member's safety.

Number of Evaluators

5. A minimum of two (2) Evaluators is required.

Familiarization Day

6. On the Familiarization Day, the Evaluator will:

Backstory of the task

7. Explain the backstory of this task.

    a. This task was designed to simulate the extrication and evacuation of a CAF casualty from the passenger seat of a Ford Ranger-style pickup truck during an international humanitarian operation.

        i. "Your convoy becomes the target of an ambush, and you must remove an unconscious casualty from the passenger side of an incapacitated vehicle. A mob is approaching, and you must get yourself and the casualty out of the situation as quickly as possible. The passenger door is damaged; therefore, you must extricate the casualty across the bench seat and out of the driver's side of the vehicle. Once out of the vehicle, you must drag the casualty five (5) metres before assistance arrives to lift the legs and help carry the casualty. You must carry the torso of the casualty a further five (5) metres and finally lift it onto the back of the rescue vehicle 76.2 cm high. This is a continuous task that you must perform at a pace that is reflective of an emergency scenario."

Explanation of the task

8. Second, cover the Task Description, the Task Standard, and the Faults & Termination points for that task.

Practice opportunity

9. The CAF member can perform the Standardized evaluation warm-up (Tool 3) and/or Task-specific Mobility Preparation and Warm-up (Tool 4) can be performed before any task practice.

10. Once all tasks have been explained, provide the CAF member with an opportunity to practice the task.

11. Practice of the task is not mandatory but is strongly recommended. Encourage the CAF member to ask questions, try the task, practice enough to find the best technique for them, determine their strategy to perform, and build confidence.

Evaluation Day(s)

12. On Evaluation Day(s), the Evaluator will:

Standardized warm-up

a. First, ensure the CAF member has completed the Standardized evaluation warm-up (Tool 3) at the beginning of the Evaluation Day.

Explanation of the task

b. Second, briefly re-explain the Task Description, Standard and Faults & Termination.

Task-specific mobility preparation and warm-up

c. Third, offer the CAF member the option to complete the Task-specific Mobility Preparation and Warm-up (Tool 4), if they wish. Ensure this is initiated early enough during the rest time that the CAF member respects the mandatory post-task rest period.

Task evaluation

d. Lastly, administer the evaluation of the task, fill out the DND 2486 – Section C with the result and ensure to start a timer with the mandatory post-task rest period.

13. If a CAF member is unsuccessful on one (1) or more tasks on Day 1, they must re-attempt only those tasks on Day 2. If required, follow the same steps above.

3) Task 3A: Picking

Set-up

Required equipment & dress

	Floor	Worn by CAF member
Provided by PSP	• Stopwatch • Picking simulator • Sledgehammer-36" handle 6 lb soft blow head mass • Heys xScale Pro model luggage scale • 3 m strap and a carabiner • Laser ruler	NA
Provided by the CAF member	NA	• CAF member's respective environmental operational dress • CAF-approved footwear Optional: Knee pads, elbow pads and CAF-approved gloves.

Floor set-up

1. Follow the steps below to set-up the Picking task:

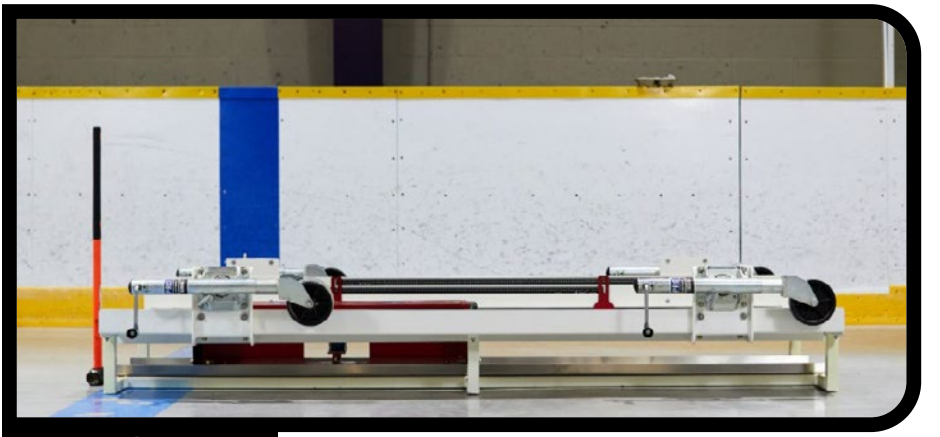


Figure 20: Picking set-up

a. For safety reasons, position the picking simulator so that if the CAF member accidentally releases the sledgehammer mid-swing, it will not hit anyone.

b. Ensure that the surrounding area is free from obstacles.

c. Once the picking simulator is in position, move the wheels in the "lifted" position.

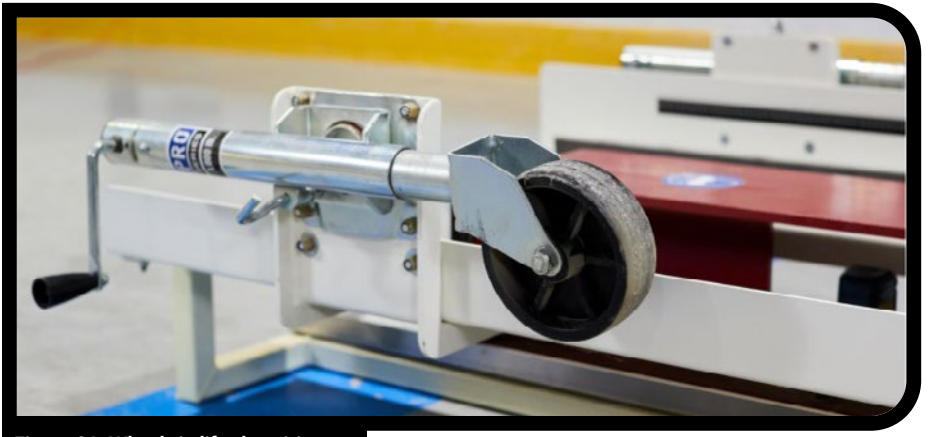


Figure 21: Wheels in lifted position

d. Ensure that the surface is clean for the beam to move smoothly along the track.

e. Calibrate the resistance with a Heys xScale Pro model luggage scale by attaching the scale to a 3 m strap passed through the beam gap. Slowly pull the beam forward (that is, the beam should barely move) while holding the luggage scale horizontal (that is, aligned with the beam) until a stable reading is obtained. The luggage scale will beep once a stable signal is detected. The luggage scale should read 22 kg. If the calibration does not equal 22 kg, clean (sweep/wipe) the metal tray the weighted beams slide on. The Evaluator may need to sand the nylon skids if there are any deep scratch marks.

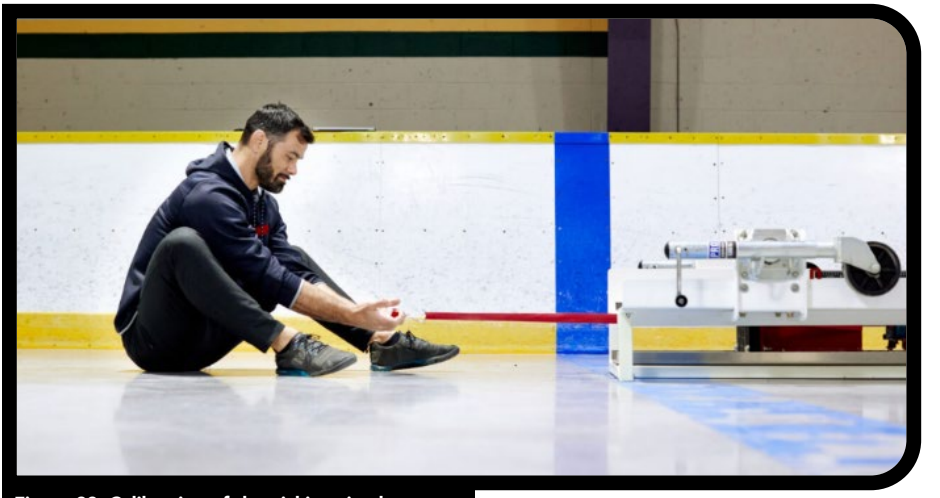


Figure 22. Calibration of the picking simulator

f. Position the weighted beam of the picking simulator at the 0 cm (start) mark.



Figure 23: Laser ruler and measuring marker

Overview & key points

Task Description

2. Follow these steps for the Picking Task:

   a. The CAF member will start by straddling the picking simulator and positioning their toes in line with the edge of the weighted beam. They will place the sledgehammer in front of the picking simulator.

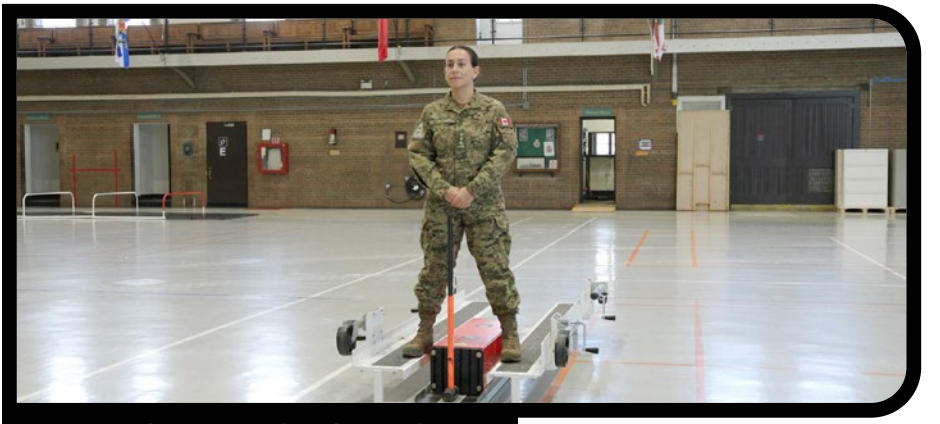


Figure 24: Ready position on the picking simulator

b. On the "3, 2, 1, GO" command, the CAF member will pick up the sledgehammer and move the weighted beam by swinging the sledgehammer using a picking action. Time starts on the "GO" command.



Figure 25: Foot positioning

c. When the beam has moved approximately 1 meter, the participant will make a 180-degree turn, straddle the picking simulator and continue moving the weighted beam in the opposite direction. After 30 seconds of "work" the participant must stop for a 60 second rest. The work to rest ratio will continue until the participant has moved the weighted beam a total of 4 meters.

d. For safety reasons and effectiveness during picking, the CAF member's toes should be in front of the weighted beam. The Evaluator must shout the command "TOES" if the CAF member's toes move too far back or forward.

e. During the pause period, the CAF member may remain on the picking simulator.

f. The Evaluator counts down "3, 2, 1, GO" upon termination of the rest period. The CAF member will alternate work and rest intervals until they have moved the weighted beam over a total distance of 4 m.

The Evaluator provides a mandatory two (2)-minute rest period between completion of the Picking task and the start of the Digging task.

Task Standard

3. Move the weighted beam 4 m in 18 minutes or less.

Faults & Termination

4. The task is terminated when:

   g. The CAF member completes the task successfully.

   h. The CAF member chooses not to continue.

   i. The Evaluator becomes concerned with the CAF member's safety.

Number of Evaluators

5. A minimum of two (2) Evaluators is required.

Familiarization Day

6. On the Familiarization Day, the Evaluator will:

Backstory of the task

7. Explain the backstory of this task.

   a. This task was designed to simulate the construction of a hasty ablution facility during the initial stages of an international humanitarian mission. It is performed in two parts as picking and digging.

      i. "The picking and digging tasks are based on the initial set-up of a ROTO 0 camp as part of a humanitarian mission. The task involves digging emergency straddle style latrines until a more permanent solution can be arranged. The dimensions of the hole (Length, Width, and Depth) are 1.2 m, 0.3 m, 0.5 m totalling 0.18 m3. The task involves both picking and shovelling actions. This is a two-person task where the picking is performed in 30-second intervals by one (1) individual followed by shovelling for 60 seconds by another individual. To simulate this task, the test is performed in a series of 30-second picking intervals with 60-second rests, and 60-second shovelling intervals followed by 30-second rests. Working as a team, individuals would regularly switch roles. The goal of this task is to break up and remove 180 litres of hard compact ground."

Explanation of the task

8. Second, cover the Task Description, the Task Standard, and the Faults & Termination points for that task.

Practice opportunity

9. The CAF member can perform the Standardized evaluation warm-up (Tool 3) and/or Task-specific Mobility Preparation and Warm-up (Tool 4) can be performed before any task practice.

10. Once all tasks have been explained, provide the CAF member with an opportunity to practice the task.

11. Practice of the task is not mandatory but is strongly recommended. Encourage the CAF member to ask questions, try the task, practice enough to find the best technique for them, determine their strategy to perform, and build confidence.

Evaluation Day(s)

12. On Evaluation Day(s), the Evaluator will:

Standardized warm-up

a. First, ensure the CAF member has completed the Standardized evaluation warm-up (Tool 3) at the beginning of the Evaluation Day.

Explanation of the task

b. Second, briefly re-explain the Task Description, Standard and Faults & Termination.

Task-specific mobility preparation and warm-up

c. Third, offer the CAF member the option to complete the Task-specific Mobility Preparation and Warm-up (Tool 4), if they wish. Ensure this is initiated early enough during the rest time that the CAF member respects the mandatory post-task rest period.

Task evaluation

d. Lastly, administer the evaluation of the task, fill out the DND 2486 – Section C with the result and ensure to start a timer with the mandatory post-task rest period.

13. If a CAF member is unsuccessful on one (1) or more tasks on Day 1, they must re-attempt only those tasks on Day 2. If required, follow the same steps above.

3) Task 3B: Digging

Set-up

Required equipment & dress

	Floor	Worn by CAF member
Provided by PSP	• Stopwatch • Dig box simulator • 180 L of 3/4" to 1.5" river rocks • 30 cm ruler • Shovel, D-shaped, 36" • 3/16" hex key • Spare 16" x 20" filter for the dust extraction system (as required) • Extension cord	Rubber 3.5 kg C7 rifle
Provided by the CAF member	NA	• CAF member's respective environmental operational dress • CAF-approved footwear Optional: Knee pads, elbow pads and CAF-approved gloves.

Floor set-up

1. Follow the steps below to set-up the Digging task.

    a. Ensure that the side tables on the dig box are fully extended and secured.



Figure 26: Full dig box

b. Ensure that one (1) dig box is full and level with 180 L of river rocks.

c. Use the ruler to verify that the second dig box has only 6 cm of river rock.

d. Fill the spray bottle with water to spray on rocks to keep the dust to a minimum.

e. Ensure that the dust extraction filter is not clogged and functional.



Figure 27: Dig box dust extraction system

f. Plug in the two dust extraction systems located under the dig box.

Overview & key points

Task Description

2. Follow these steps for the digging protocol:

   a. The Evaluator turns on the dust extraction systems one (1) at a time.

   b. The CAF member will stand on the dig box, with the shovel ready.

   c. On the "3, 2, 1, GO" command, the CAF member will start shoveling the gravel from the full box (first box) to the empty dig box (second box). Time starts at the "GO" command. The CAF member may adopt any safe digging technique.

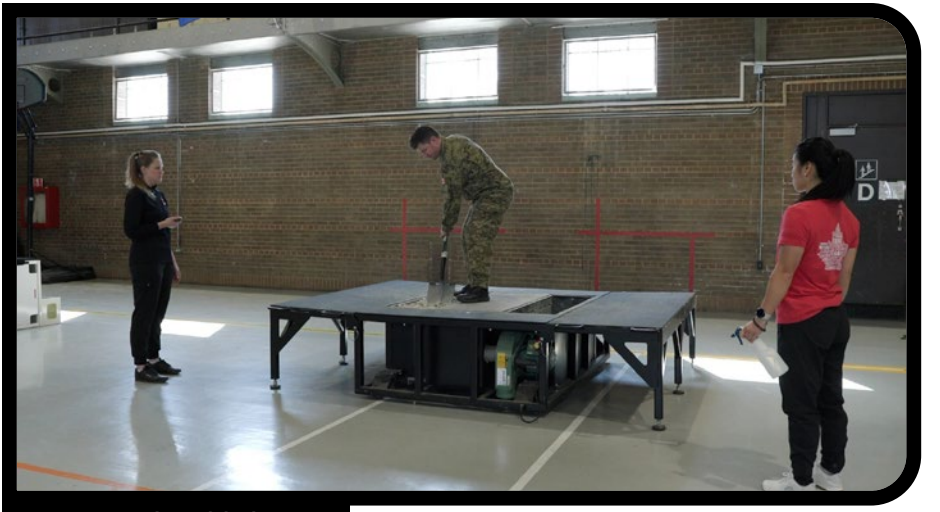


Figure 28: Standing while digging

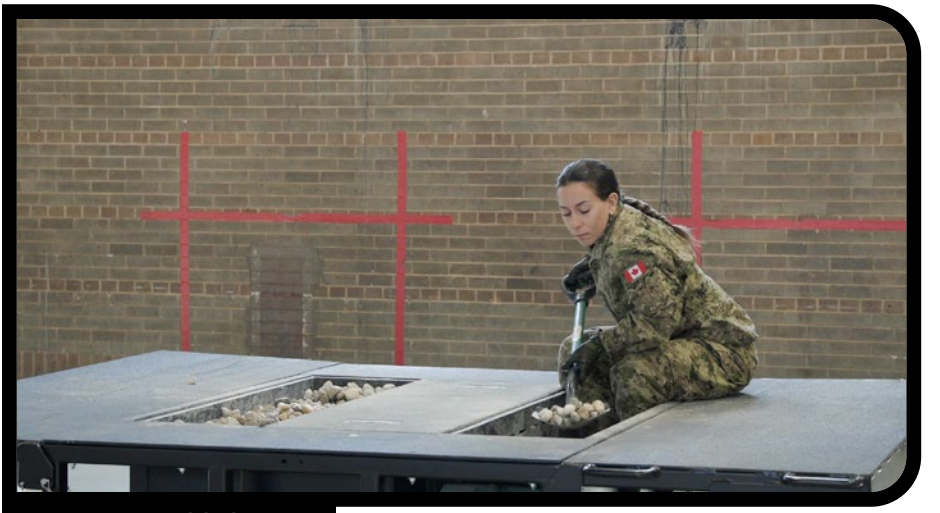


Figure 29: Sitting while digging

d. After 60 seconds, the Evaluator will shout the command "PAUSE". The CAF member must pause for 30 seconds. During the pause period, the CAF member may remain on the platform.

e. The Assistant Evaluator will gather and brush rocks not placed in the second box and place them back in the starting box.

f. The Evaluator counts down "3, 2, 1, GO" upon termination of the rest period. The CAF member will alternate work and rest intervals until they have filled the second box.

3. If the rocks have been dug for practice or other reasons, the Evaluator must level the river rock in the empty box and measure the height (6 cm). Add extra river rock for the next CAF member if the river rock is **not** at the 6 cm mark.

Task Standard

4. Fill the dig box in 18 minutes or less.

Faults & Termination

5. The task is terminated when:

   a. The CAF member completes the task successfully.

   b. The CAF member chooses not to continue.

   c. The Evaluator becomes concerned with the CAF member's safety.

Number of Evaluators

6. A minimum of two (2) Evaluators is required.

Familiarization Day

7. On the Familiarization Day, the Evaluator will:

Backstory of the task

8. Explain the backstory of this task. This is the same backstory as for Picking.

   a. This task was designed to simulate the construction of a hasty ablution facility during the initial stages of an international humanitarian mission; it is performed in two parts as picking and digging.

      i. "This picking and digging task is based on the initial set-up of a ROTO 0 camp as part of a humanitarian mission. The task involves digging emergency straddle style latrines until a more permanent solution can be arranged. The dimensions of the hole (Length, Width, and Depth) are 1.2 m, 0.3 m, 0.5 m totalling 0.18 m3. The task involves both picking and shovelling actions. This is a two-person task where the picking is performed in 30-second intervals by one (1) individual followed by shovelling for 60 seconds by another individual. To simulate this task, the test is performed in a series of 30-second picking intervals with 60-second rests, and 60-second shovelling intervals followed by 30-second rests. Working as a team, individuals would regularly switch roles. The goal of this task is to break up and remove 180 litres of hard compact ground."

Explanation of the task

9. Second, cover the Task Description, the Task Standard, and the Faults & Termination points for that task.

Practice opportunity

10. The CAF member can perform the Standardized evaluation warm-up (Tool 3) and/or Task-specific Mobility Preparation and Warm-up (Tool 4) can be performed before any task practice.

11. Once all tasks have been explained, provide the CAF member with an opportunity to practice the Task.

12. Practice of the task is not mandatory but is strongly recommended. Encourage the CAF member to ask questions, try the task, practice enough to find the best technique for them, determine their strategy to perform, and build confidence.

Evaluation Day(s)

13. On Evaluation Day(s), the Evaluator will:

Standardized warm-up

a. First, ensure the CAF member has completed the Standardized evaluation warm-up (Tool 3) at the beginning of the Evaluation Day.

Explanation of the task

b. Second, briefly re-explain the Task Description, Standard and Faults & Termination.

Task-specific mobility preparation and warm-up

c. Offer the CAF member the option to complete the Task-specific Mobility Preparation and Warm-up (Tool 4), if they wish. Ensure this is initiated early enough during the rest time that the CAF member respects the mandatory post-task rest period.

Task evaluation

d. Lastly, administer the evaluation of the task, fill out the DND 2486 – Section C with the result and ensure to start a timer with the mandatory post-task rest period.

14. If a CAF member is unsuccessful on one (1) or more tasks on Day 1, they must re-attempt only those tasks on Day 2. If required, follow the same steps above.

4) Task 4: Stretcher Carry

Set-up

Required equipment & dress

	Floor	Worn by CAF member
Provided by PSP	• Stopwatch • Truck bed cover simulator • Large box oriented to a height of 91.5 cm • Two (2) cones • Measuring wheel or tape measure • Trap bar (Super deadlift bar) (23.5 kg) • EZ curl bar-47" Olympic (6.8 kg) • Four (4) collars for weight bars • Rubberized weights (2 x 10 kg, 2 x 2.5 kg) • Non-slip carpet/ rubber mat large enough for EZ curl bar to rest on floor (as required)	NA
Provided by the CAF member	NA	• CAF member's respective environmental operational dress • CAF-approved footwear Optional: Knee pads, elbow pads and CAF-approved gloves.

Floor set-up



Figure 30: Equipment set-up for the Stretcher Carry task

1. Follow the steps below to set up the Stretcher Carry Task:

    a. Measure a 25 m track.

    b. Place cones at the 0 m (start) and the 25 m mark.

    c. Equip the 23.5 kg trap bar with 10 kg weight plates per side, for a total load of 43.5 kg.



Figure 31: Trap bar

    d. Place the trap bar "upside down" so that the handles are pointing downwards, and the grip area (tape) is parallel to the rest of the bar. This is done to lower the bar handles to simulate a stretcher more closely.

    e. Position the trap bar just behind the 0 m (start) cone with the open side of the bar facing forward to start. The plates of the trap bar should not touch the line.



Figure 32: Stretcher Carry start position

f. Equip the EZ curl bar with 2 x 5 kg, and 2 x 2.5 kg weight plates to equal a 21.5 kg load.



Figure 33: Loaded EZ curl bar

g. Secure the stretcher carry platform onto the top of one (1) of the boxes oriented to a height of 91.5 cm.

h. Position the EZ curl bar beside the 91.5 cm high platform on a non-slip carpet, mat or floor as shown in Figure 34. Ensure the end of the EZ curl bar is clear from the platform (that is, not under the platform).



Figure 34: EZ curl bar beside the high platform

Overview & key points

Task Description

2. Follow these steps for the Stretcher Carry task:

    a. The CAF member will start in a standing position, feet within the open end of the 43 kg trap bar.



Figure 35: Starting position

b. There is no countdown for this task. The CAF member starts on their own when they initiate the lift. To ensure that the load is balanced, the CAF member positions their hands between the grips of the trap bar. The CAF member should keep the trap bar level with the open end facing forward. The Evaluator may call out prompts, if required.



Figure 36: Stretcher Carry position

c. Once the CAF member has made the lift, the Evaluator calls out "Clear."

d. The CAF member will walk 25 m and cross the 25 m line before setting the bar down behind the 25 m line. The open end of the trap bar should continue to face away from the start/finish line.

e. Once the CAF member has released their hands from the trap bar, a 15-second mandatory rest begins.

f. During the 15-second rest, the CAF member shall stand and turn around to face the start/finish line. The Evaluator will provide a 5-second countdown during which time the CAF member can prepare to lift the bar and adjust it as required to be ready to start walking at the end of the 15 seconds. The CAF member may lift and adjust the trap bar during the 15-second break as preferred.

g. The Evaluator provides a 5-second countdown upon rest termination, "5, 4, 3, 2, 1, GO".

h. At the" GO" command, the CAF member lifts the bar and walks 25 m to the start, then crossing the 25 m line before safely lowering the bar behind the 25 m line.

i. The CAF member moves behind the EZ curl bar and, using both hands, lifts the EZ curl bar up and onto the platform from either the right or left side while remaining behind the edge of the platform.



Figure 37: Lifting the EZ curl bar



Figure 38: Placing the EZ curl bar on the platform

j. A CAF member successfully completes this task by not stopping or setting down the deadlift bar or EZ curl bar outside of the prescribed rest period.

Task Standard

3. Lift and carry a 43 kg deadlift bar 25 m, pause 15 seconds, lift and carry the 43 kg deadlift bar back for 25 m (simulated 2-person carry), and lift 21.5 kg to a height of 91.5 cm (simulated 4-person lift). There is no time limit for completion. Performance is indicated by a pass/fail.

Faults & Termination

4. The task is terminated when:

    a. The CAF member completes the task successfully.

    b. The CAF member chooses not to continue.

    c. The CAF member drops the trap bar or the EZ bar outside of the prescribed rest period.

    d. The Evaluator becomes concerned for the CAF member's safety.

Number of Evaluators

5. A minimum of one (1) Evaluator is required.

Familiarization Day

6. On the Familiarization Day, the Evaluator will:

Backstory of the task

7. Explain the backstory of this task.

    a. The stretcher carry task is designed to simulate a 2-person stretcher carry of a civilian casualty weighing 86 kg to an evacuation vehicle and a 4-person lift of the stretcher into the back of a vehicle.

        i. *"During a domestic operation in the winter, CAF members responsible for distributing firewood at an outdoor location witness a civilian slip-on ice, fall and lose consciousness. Civil emergency services were unable to reach the casualty quickly because of the environmental conditions. CAF members were asked to evacuate the casualty safely. Two CAF members load the casualty onto a standard NATO stretcher and carry the stretcher to a vehicle (half-ton pickup truck) 50 m away, taking one (1) break to switch positions at the half-way mark (25 m). Four (4) CAF members then load the stretcher into the back of the truck bed for evacuation."*

Explanation of the task

8. Second, cover the Task Description, the Task Standard, and the Faults & Termination points for that task.

Practice opportunity

9. The CAF member can perform the Standardized evaluation warm-up (Tool 3) and/or Task-specific Mobility Preparation and Warm-up (Tool 4) can be performed before any task practice.

10. Once all tasks have been explained, provide the CAF member with an opportunity to practice the task.

11. Practice of the task is not mandatory but is strongly recommended. Encourage the CAF member to ask questions, try the task, practice enough to find the best technique for them, determine their strategy to perform, and build confidence.

Evaluation Day(s)

12. On Evaluation Day(s), the Evaluator will:

Standardized warm-up

a. First, ensure the CAF member has completed the Standardized evaluation warm-up (Tool 3) at the beginning of the Evaluation Day.

Explanation of the task

b. Second, briefly re-explain the Task Description, Standard and Faults & Termination.

Task-specific mobility preparation and warm-up

c. Third, offer the CAF member the option to complete the Task-specific Mobility Preparation and Warm-up (Tool 4), if they wish. Ensure this is initiated early enough during the rest time that the CAF member respects the mandatory post-task rest period.

Task evaluation

d. Lastly, administer the evaluation of the task, fill out the DND 2486 – Section C with the result and ensure to start a timer with the mandatory post-task rest period.

13. If a CAF member is unsuccessful on one (1) or more tasks on Day 1, they must re-attempt only those tasks on Day 2. If required, follow the same steps above.

5) Task 5: Sandbag Fortification

Set-up

Required equipment & dress

	Floor	Worn by CAF member
Provided by PSP	• Stopwatch • Large box oriented to 91.5 cm height (represented by the red box in Figure 39) • Platform (top of box) • 60 x 20 kg sandbags • Two (2) x grey synthetic pallets (48" square and 6" high) • Pallet Jack • Calibrated scale	NA
Provided by the CAF member	NA	• CAF member's respective environmental operational dress • CAF-approved footwear Optional: Knee pads, elbow pads and CAF-approved gloves.

Floor set-up

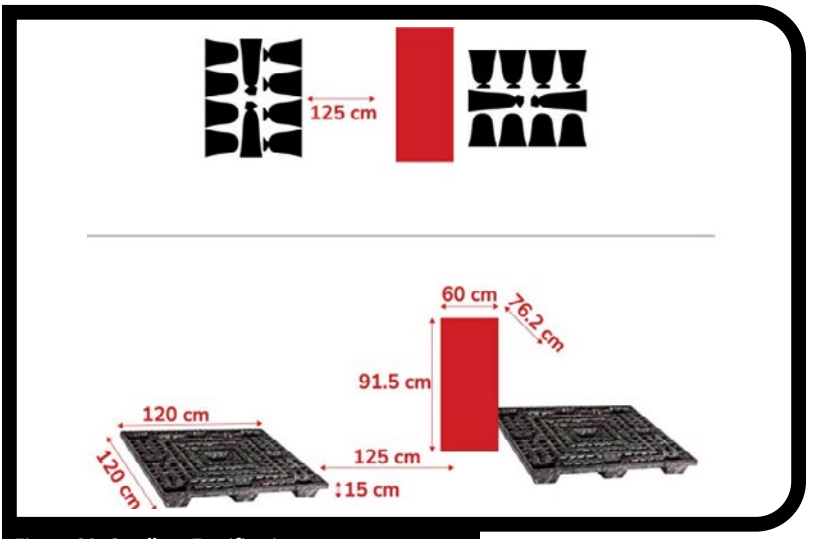


Figure 39: Sandbag Fortification measurements

1. Follow the steps below to set up the Sandbag Fortification task:

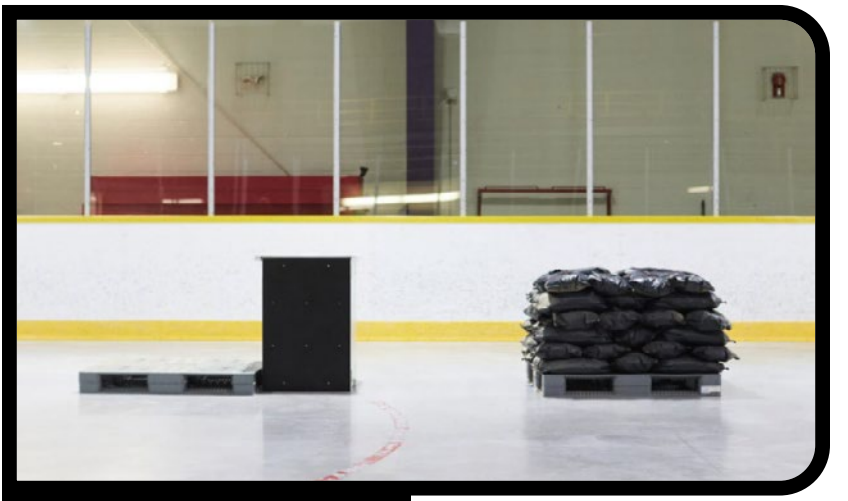


Figure 40: Sandbag Fortification set-up

a. Secure the Sandbag Fortification platform onto the top of one (1) of the boxes oriented to a height of 91.5 cm.

b. Calibrate the sandbags with a calibrated floor scale. The weight must be 20 kg, plus or minus 0.2 kg.

c. Arrange 60 x 20 kg sandbags in six (6) layers of 10 on the pallet.



Figure 41: Alternate layers of sandbags

d. Alternate sandbag layers as shown in Figure 41.

e. Position the box 1.25 m away from the pallet of sandbags oriented to a height of 91.5 cm.

f. Place the second pallet on the opposite side of the box from the full pallet.

Overview & key points

Task Description

2. Follow these steps for the Sandbag Fortification task:

a. The CAF member can perform this task by either squatting or stooping. The use of the knee to lift the sandbag is permitted. Regardless of the technique adopted, the Evaluator must encourage the CAF member to keep their back straight.

b. The CAF member's hands must be in contact with the sandbag the moment the sandbag touches the platform.



Figure 42: Hands in contact with the sandbag

c. The CAF member must not hold or lift the sandbags by the strap.

d. Throwing sandbags onto the platform is not permitted. The Evaluator will give a "warning" if the CAF member throws a sandbag. After a second "warning," the Evaluator will not count the thrown sandbag, and the Evaluator will re-add the sandbag to the initial pallet as quickly as possible for the CAF member to move again.

e. If a sandbag falls off the pallet during the task due to the CAF member, it is their responsibility to pick it up as part of the evaluation. If a sandbag falls off the pallet during the task due to poor stacking by the evaluation employees, the Evaluator must pick up the sandbag and place it back on the first pallet for the CAF member.

f. The CAF member will start in a standing position, next to the initial pallet. Time starts at the "GO" command.

g. On the "3, 2, 1, GO" command, the CAF member will begin to lift the sandbags, one (1) at a time, and place each one (1) within the marked square on the top of the platform. The CAF member can remove the sandbags in any order.

h. The Evaluators will remove the sandbags placed on the platform and stack them on the empty pallet (that is, the second pallet).

Task Standard

3. Move sixty (60) 20 kg sandbags in 15 minutes or less.

Faults & Termination

4. The task is terminated when:

   a. The CAF member completes the task successfully.

   b. The CAF member chooses not to continue.

   c. The Evaluator becomes concerned for the CAF member's safety.

Number of Evaluators

5. A minimum of two (2) Evaluators is required.

Familiarization Day

6. On the Familiarization Day, the Evaluator will:

Backstory of the task

7. Explain the backstory of this task.

   a. This task was designed to simulate the unloading and passing of sandbags from a pallet during a humanitarian (flood) or defense (fortification) scenario.

      i. "Sandbags are used in different ways by CAF members. They can be used in emergency flood relief or to fortify various structures as a protective barrier. This scenario involves a domestic operation on a base or wing operating under an elevated threat. The checkpoint shack requires fortification on three walls using sandbags. This task requires four positions: lifter, passer, stacker and tamper."

Explanation of the task

8. Second, cover the Task description, the Task Standard, and the Faults & Termination points for that task.

Practice opportunity

9. The CAF member can perform the Standardized evaluation warm-up (Tool 3) and/or Task-specific Mobility Preparation and Warm-up (Tool 4) can be performed before any task practice.

10. Once all tasks have been explained, provide the CAF member with an opportunity to practice the Task.

11. Practice of the task is not mandatory but is strongly recommended. Encourage the CAF member to ask questions, try the task, practice enough to find the best technique for them, determine their strategy to perform, and build confidence.

Evaluation Day(s)

12. On Evaluation Day(s), the Evaluator will:

Standardized warm-up

a. First, ensure the CAF member has completed the Standardized evaluation warm-up (Tool 3) at the beginning of the Evaluation Day.

Explanation of the task

b. Second, briefly re-explain the Task Description, Standard and Faults & Termination.

Task-specific mobility preparation and warm-up

c. Third, offer the CAF member the option to complete the Task-specific Mobility Preparation and Warm-up (Tool 4), if they wish. Ensure this is initiated early enough during the rest time that the CAF member respects the mandatory post-task rest period.

Task evaluation

d. Lastly, administer the evaluation of the task, fill out the DND 2486 – Section C with the result and ensure to start a timer with the mandatory post-task rest period.

13. If a CAF member is unsuccessful on one (1) or more tasks on Day 1, they must re-attempt only those tasks on Day 2. If required, follow the same steps above.

6) Task 6: Pickets and Wire Carry

Set-up

Required equipment & dress

	Floor	Worn by CAF member
Provided by PSP	• Stopwatch • Measuring wheel or tape measure • Cones: One (1) red, four (4) green, four (4) blue, one (1) orange. • Floor tape (different colors if possible) • 1 x 35 lb kettlebell • 1 x 15 lb body bar • 2 x 12 lb body bars	NA
Provided by the CAF member	NA	• CAF member's respective environmental operational dress • CAF-approved footwear Optional: Running shoes, Knee pads, elbow pads and CAF-approved gloves..

Floor set-up

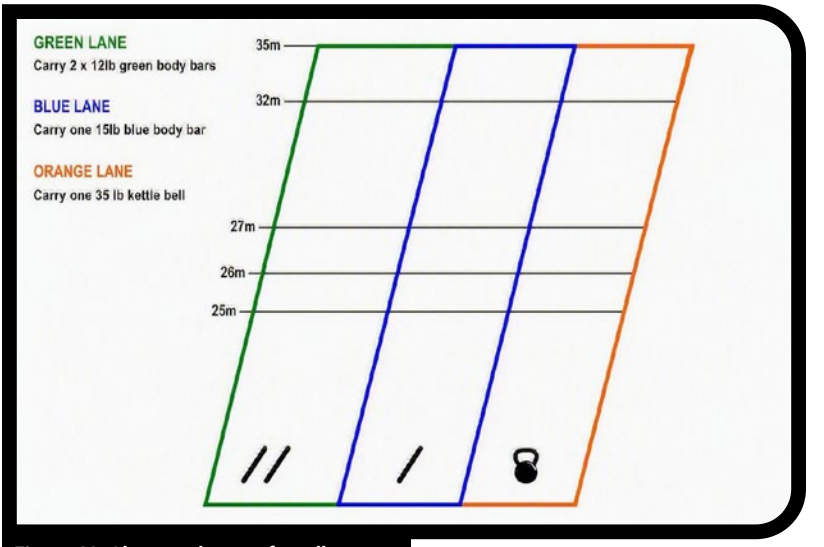


Figure 41: Alternate layers of sandbags

1. Follow the steps below to set up for the Pickets and Wire Carry task (refer to Figure 44).

    a. Measure and mark a course with coloured tape and/or cones that identify the various drop-off / pick-up points, as follows:

        i. One (1) cone at the 0 m line (start line)

        ii. One (1) cone at the 25 m line

        iii. One (1) cone at the 26 m line

        iv. One (1) cone at the 27 m line

        v. One (1) cone at the 32 m line

        vi. One (1) cone at the 35 m line



Figure 44: Coloured cones placements

    b. For ease of administration and explanation, the cones and equipment have been assigned colours. Ensure that the coloured cones reflect the three (3) different types of weights being carried.

        i. Mark the 35 lb kettlebell with tape.

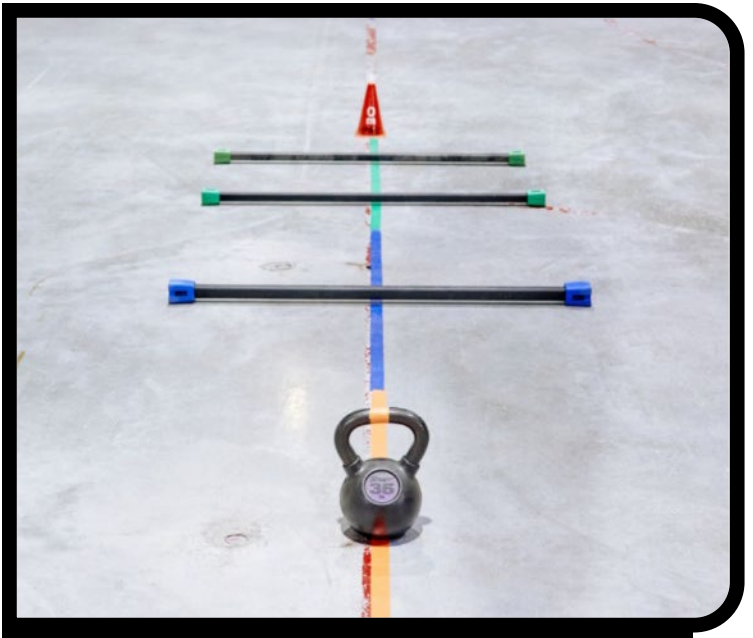


Figure 45: Pickets and Wire Carry three (3) different types and weights

c. For clarity, and if space permits, measure and mark three (3) lanes side by side to reflect the three (3) different weights/carries as shown in Figure 45.

Overview & key points

Task Description

2. Follow these steps for the Pickets and Wire Carry Task:

   a. The weights must be carried in the "farmer's carry" position, with the arm straight and weights at the side of the body.

   b. The CAF member must place the weights under control. The CAF member's hands must still be in contact with the weights when they contact the floor.

   c. During the carry the CAF member must walk.

   d. The CAF member is permitted to set down the weights and rest at any time.

      i. If the weights slip out of the CAF member's hands, the CAF member must pick up the weights with the same hand and continue moving. Time does not stop.

e. The CAF member will perform two (2) trips to each cone/line including: One (1) loaded walk there, one (1) unloaded run or walk back, one (1) unloaded run or walk there and one (1) loaded walk back. A trip is described as a "there-and-back". There is only one (1) exception: the last trip (32 m) with the blue bars where the CAF member will not go back to bring the blue bars back.

   i. One trip to drop off the weights at the line.

   ii. One trip to retrieve the weights from the line (with the exception indicated by a yellow marker on the blue cone at the 32 m trip).

f. In between drop-off/pick-up points, the CAF member must return to and touch the start line with at least one (1) foot.

g. The CAF member will perform a total of 23 trips:

   i. Ten (10) with the 12 lb green body bars

   ii. Seven (7) with the 15 lb blue body bar

   iii. Six (6) with the 35 lb kettlebell

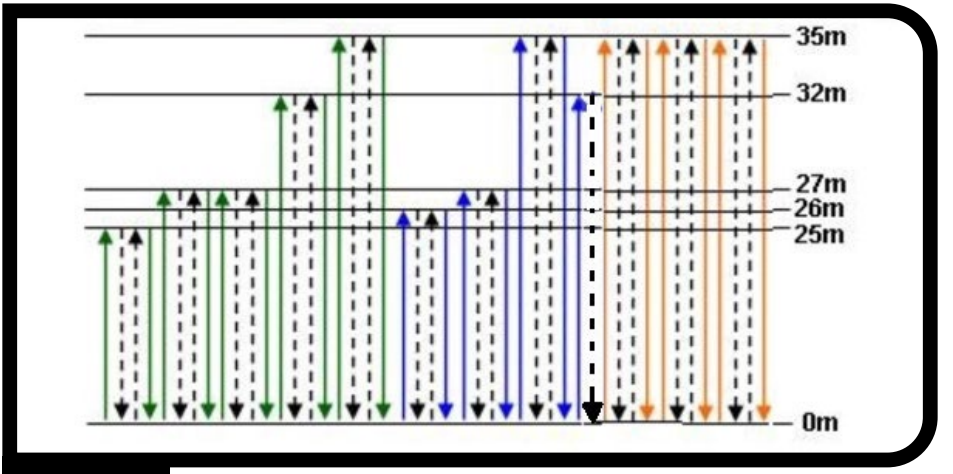


Figure 46: Map

h. On the "3, 2, 1, GO" command, the CAF member will pick up and carry two (2) 12 lb green body bars using a farmer's carry technique.

i. The CAF member will carry these 12 lb green body bars to the first 25 m green cone/line before setting the bars down with the middle of the bar perpendicular to the cone/line and returning unloaded to the start line (1st trip).

j. Once the CAF member has touched the start line with at least one (1) foot, they will turn around and travel back unloaded to the first green 25 m cone/line to pick up the 12 lb green body bars and travel to the start line and back to the green cone.

k. The CAF member repeats this process for each cone for 10 trips with the 12 lb green body bars.

l. Once the CAF member has returned to the start line on the 10th trip, they will set down the 12 lb green body bars and pick up one 15 lb blue body bar.

m. The CAF member will carry the 15 lb blue body bar on the side of their body to simulate a two-person concertina wire carry in the field.

n. The CAF member will drop off and pick up the 15 lb blue body bar at each of the blue cones/lines (26, 27, 35 and 32 m) for six (6) of the seven (7) trips.

o. Exceptionally, at the last trip (17th total) going to the 32 m cone/line, the CAF member will drop off the 15 lb blue body bar at the 32 m cone and return to the start line unloaded. The blue body bar will remain at the 32 m cone.

    i. If there is another CAF member being evaluated, the Evaluator must move back the 15 lb blue body bar to its initial spot before they start.

p. The CAF member will pick up and drop off the kettlebell at the 35 m orange cone/line, and return unloaded to the start line.

q. The CAF member must also carry the kettlebell on the side of their body to simulate a two-person barbed wire carry in the field.

r. The CAF member will then return to the 35 m orange cone/line and pick up the kettlebell and will carry it to the start line and back to the 35 m cone/line. The CAF member will continue this pattern for four (4) more trips, until all six (6) trips are completed.

s. The Evaluator will stop the clock once the CAF member has placed the kettlebell on the start line to complete the 23rd trip.

t. The Evaluator will measure time to the nearest second.

Task Standard

3. Task is to be completed in 17 minutes and 30 seconds or less.

Faults & Termination

4. Faults:

    a. Running with the weights (body bars or kettlebell) is not permitted. One (1) foot must always be in contact with the floor. If the CAF member runs during a loaded trip, advise them to come to a complete stop and ask them to continue, walking only for the loaded trips.

    b. The CAF member must not switch hands or drop the weights while carrying them. If they drop the weights or switch hands, advise them to pick up the weights with the initial hand they had started their trip with.

5. The task is terminated when:

    a. The CAF member completes the task successfully.

    b. The CAF member chooses not to continue.

    c. The evaluator becomes concerned about the CAF member's safety.

Number of Evaluators

6. A minimum of two (2) Evaluators is required.

Familiarization Day

7. On the Familiarization Day, the Evaluator will:

Backstory of the task

8. Explain the backstory of this task.

    a. This task was designed to simulate the responsibility of one (1) CAF member of a multi- CAF member team during the construction of a pickets and wire fence.

        i. "The scenario takes place during a humanitarian type of mission such as Haiti (Op HESTIA). A section of 10 people has been tasked to build a type 1 cat wire fence around main stores in a Roto 0 camp environment. All equipment required to build the 200 m perimeter fence must be carried from the drop site to various points along the fence line. Building a fence requires various components other than carrying the equipment, such as driving the pickets into the ground with a thumper, stringing the wire and windlassing it to the pickets. The demands of all components of this task were measured during a previous project study, and the demands were found to be less than some of the other tasks you will be performing. Therefore, this task focuses on lifting and carrying equipment. To allow for an individual test, this task has been proportionately shrunk from a 10-person task to the work that one (1) person would be responsible for completing."

Explanation of the task

9. Second, cover the Task Description, the Task Standard, and the Faults & Termination points for that task.

Practice opportunity

10. The CAF member can perform the Standardized evaluation warm-up (Tool 3) and/or Task-specific Mobility Preparation and Warm-up (Tool 4) can be performed before any task practice.

11. Practice of the task is not mandatory but is strongly recommended. Encourage the CAF member to ask questions, try the task, practice enough to find the best technique for them, determine their strategy to perform, and build confidence.

Evaluation Day(s)

12. On Evaluation Day(s), the Evaluator will:

Standardized warm-up

a. First, ensure the CAF member has completed the Standardized evaluation warm-up (Tool 3) at the beginning of the Evaluation Day.

Explanation of the task

b. Second, briefly re-explain the Task Description, Standard and Faults & Termination.

Task-specific mobility preparation and warm-up

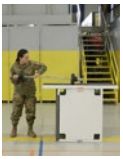
c. Third, offer the CAF member the option to complete the Task-specific Mobility Preparation and Warm-up (Tool 4), if they wish. Ensure this is initiated early enough during the rest time that the CAF member respects the mandatory post-task rest period.

Task evaluation

d. Lastly, administer the evaluation of the task, fill out the DND 2486 – Section C with the result and ensure to start a timer with the mandatory post-task rest period.

13. If a CAF member is unsuccessful on one (1) or more tasks on Day 1, they must re-attempt only those tasks on Day 2. If required, follow the same steps above.





CHAPTER 4:
POST-EVALUATION ADMINISTRATION PROCEDURES

General

1. As previously mentioned in Chapter 1: Introduction – Requirements, the CMTFE is used to assess whether a CAF member meets the minimum operational standards related to U of S. Following completion of the evaluation, Evaluators must inform the CAF member of their final result.

    a. For the CMTFE, a CAF member must meet the task-specific standard for all tasks in order to be considered successful at the evaluation.

    b. The exercise prescription and fitness programming will stem from the final result.

Reporting form – DND 2486

2. The results of the CMTFE must be recorded on a DND 2486 by the CAF member and the PSP Lead Evaluator.

3. Complete the following steps to register a CAF member using the DND 2486 form.

Section A: Service Particulars

a. Have the CAF member firmly and legibly print all service particulars in the boxes located in Section A on the DND 2486 form.

    1. If a number has fewer digits than the allocated spaces on the form, use zeros, beginning at the left side (for example, record DOB 7 Mar 1960 as 1960/03/07).

b. Verify that the personal information required in Section A is complete and accurate using the CAF member's military ID.

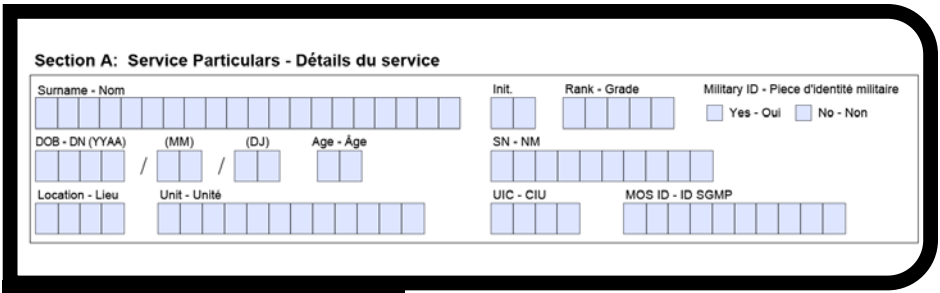
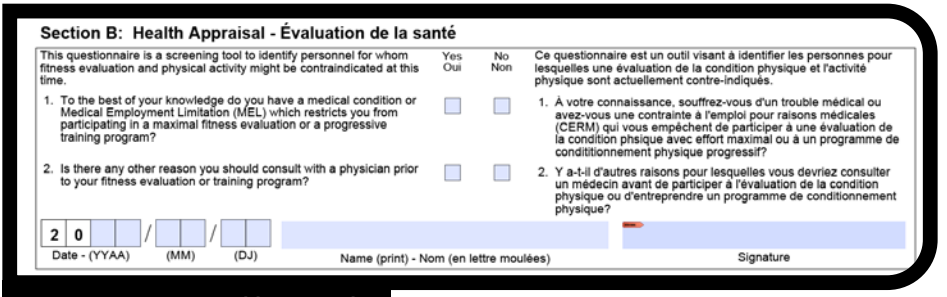


Figure 51: Section A - Service Particulars

Section B: Health Appraisal

c. Prior to attempting the CMTFE, the CAF member must complete Section B: Health Appraisal. The Health Appraisal consists of questions that the candidate must carefully read and answer honestly, and to the best of their knowledge. This procedure is necessary to identify potential health issues that require medical consultation before the evaluation.



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

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?
2. Is there any other reason you should consult with a physician prior to your fitness evaluation or training program?

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. 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 phsique avec effort maximal ou à un programme de conditionnement physique progressif?
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 52: Section B - Health Appraisal

Section C: Tasks Results

d. Record the CAF member's time to the nearest tenth of a second for each of the tasks in Section C on the DND 2486 form.

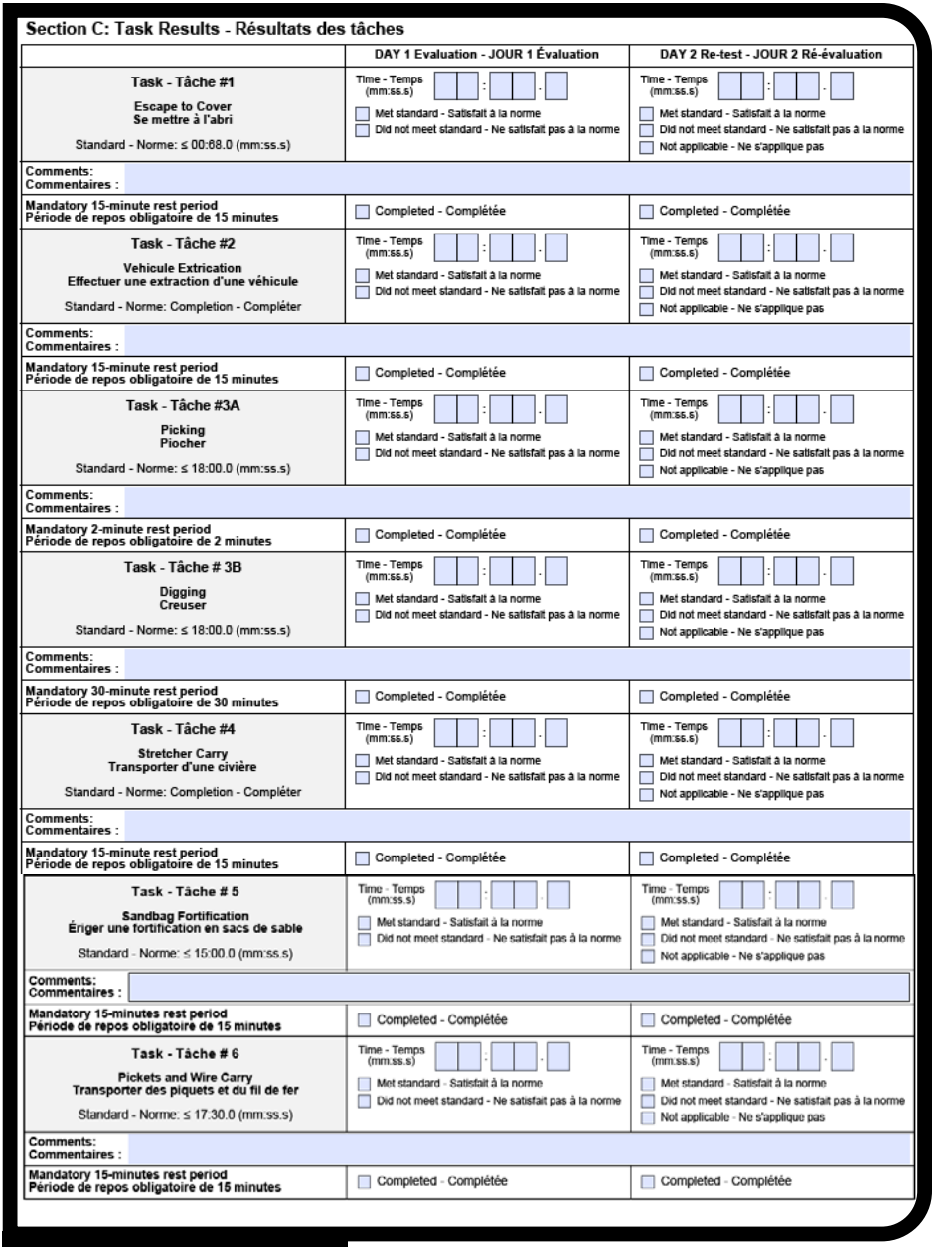
1. Check off the appropriate box next to the corresponding task:

a. **Met Standard** if the CAF member met the standard for that task.

or

b. **Did not meet Standard** if the CAF member did not meet the standard for that task. If a CAF member is unsuccessful on one (1) or more tasks on Day 1, they must re-attempt only those tasks on Day 2.

e. Write any relevant comment to the task result.



Section C: Task Results - Résultats des tâches

	DAY 1 Evaluation - JOUR 1 Évaluation	DAY 2 Re-test - JOUR 2 Ré-évaluation
Task - Tâche #1 **Escape to Cover** **Se mettre à l'abri** Standard - Norme: ≤ 00:68.0 (mm:ss.s)	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme ☐ Not applicable - Ne s'applique pas
Comments: Commentaires :		
Mandatory 15-minute rest period **Période de repos obligatoire de 15 minutes**	☐ Completed - Complétée	☐ Completed - Complétée
Task - Tâche #2 **Vehicule Extrication** **Effectuer une extraction d'une véhicule** Standard - Norme: Completion - Compléter	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme ☐ Not applicable - Ne s'applique pas
Comments: Commentaires :		
Mandatory 15-minute rest period **Période de repos obligatoire de 15 minutes**	☐ Completed - Complétée	☐ Completed - Complétée
Task - Tâche #3A **Picking** **Piocher** Standard - Norme: ≤ 18:00.0 (mm:ss.s)	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme ☐ Not applicable - Ne s'applique pas
Comments: Commentaires :		
Mandatory 2-minute rest period **Période de repos obligatoire de 2 minutes**	☐ Completed - Complétée	☐ Completed - Complétée
Task - Tâche # 3B **Digging** **Creuser** Standard - Norme: ≤ 18:00.0 (mm:ss.s)	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme ☐ Not applicable - Ne s'applique pas
Comments: Commentaires :		
Mandatory 30-minute rest period **Période de repos obligatoire de 30 minutes**	☐ Completed - Complétée	☐ Completed - Complétée
Task - Tâche #4 **Stretcher Carry** **Transporter d'une civière** Standard - Norme: Completion - Compléter	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme ☐ Not applicable - Ne s'applique pas
Comments: Commentaires :		
Mandatory 15-minute rest period **Période de repos obligatoire de 15 minutes**	☐ Completed - Complétée	☐ Completed - Complétée
Task - Tâche # 5 **Sandbag Fortification** **Ériger une fortification en sacs de sable** Standard - Norme: ≤ 15:00.0 (mm:ss.s)	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme ☐ Not applicable - Ne s'applique pas
Comments: Commentaires :		
Mandatory 15-minutes rest period **Période de repos obligatoire de 15 minutes**	☐ Completed - Complétée	☐ Completed - Complétée
Task - Tâche # 6 **Pickets and Wire Carry** **Transporter des piquets et du fil de fer** Standard - Norme: ≤ 17:30.0 (mm:ss.s)	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme	Time - Temps (mm:ss.s) ☐ Met standard - Satisfait à la norme ☐ Did not meet standard - Ne satisfait pas à la norme ☐ Not applicable - Ne s'applique pas
Comments: Commentaires :		
Mandatory 15-minutes rest period **Période de repos obligatoire de 15 minutes**	☐ Completed - Complétée	☐ Completed - Complétée

Figure 53: Section C - Task Results

Section D: Certification of Evaluation

f. The Evaluator must print their name and sign the DND 2486 form verifying the accuracy of the evaluation protocols and CAF member's results.

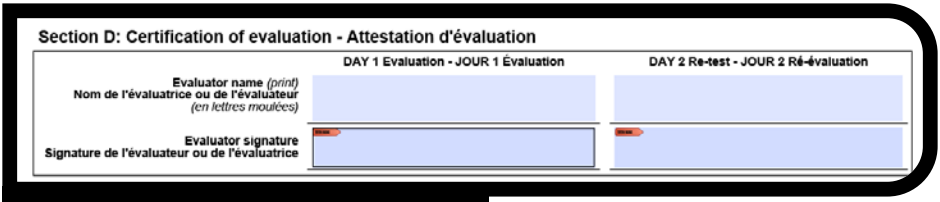


Figure 54: Section D - Certification of Evaluation

Section E: Certification of Understanding

g. The CAF member must sign and date the DND 2486 acknowledging the evaluation results and assigned fitness program. However, in the event of a refusal to sign, the CMTFE result is still valid.

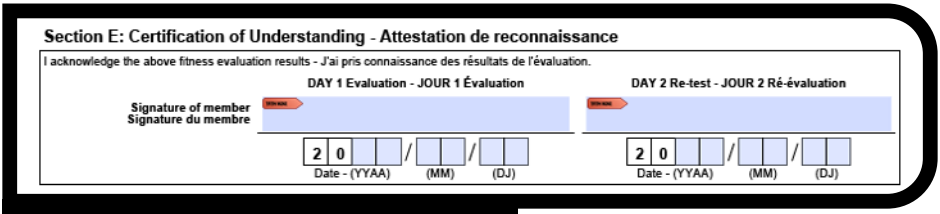


Figure 55: Section E - Certification of Understanding

Section F: Final Result

h. **FY:** Indicate the current fiscal year dates (fiscal year is 01 APR-31 MAR).

i. **Next evaluation before:** The Evaluator will indicate the appropriate date for the CAF member's next annual evaluation. The CMTFE is valid for 365 days from the date the evaluation was completed. If a CAF member fails to meet the MPFS, the next evaluation date is 12 weeks from the date of failure.

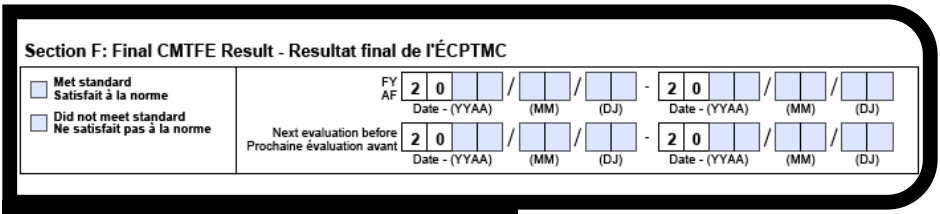


Figure 56: Section F - Final CMTFE Result

Injuries

j. If a CAF member becomes injured while attempting the CMTFE and is unable to continue, indicate "Did not meet standard" and follow the next steps accordingly.

Section G: Fitness Program

i. Insert an "x" in the appropriate box as follows:

1. **Generated by PSP Employees and/or the Physical Performance Platform (PPP)** if the CAF member met minimum operational standard by successfully meeting all CMTFE task standards;

or

2. **Refer to the Supplementary Physical Training Program (SPTP) administered by PSP Employees** if the CAF member did not meet the minimum operational standard by failing at least one (1) CMTFE task standard;

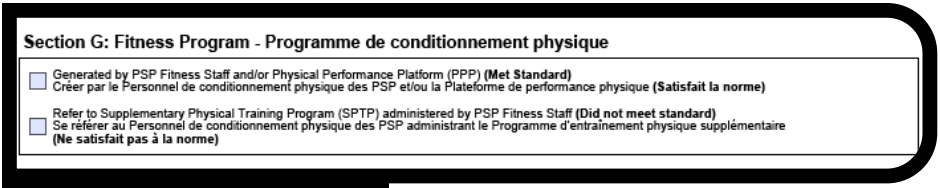


Figure 57: Section G - Fitness Program

k. Explain the administrative process related to the SPTP and re-evaluation procedures as per FORCE Operations Manual - Chapter 5: CAF Supplementary Physical Training Program in accordance with DAOD 5023-2.

Section H: Program Approval

l. If the CAF member completed the CMTFE successfully, there is no requirement to have their Commanding Officer's signature on the DND 2486.

m. If the CAF member did not meet the standard on the CMTFE, the Lead Evaluator must retain a copy and send one (1) to their Commanding Officer (see further instructions below).

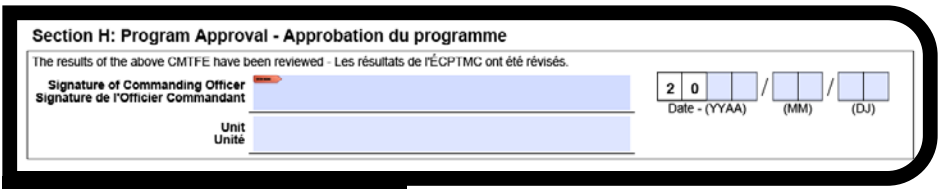


Figure 58: Section H - Program Approval

Processing evaluation results

4. Complete the following steps for processing and distributing the DND 2486:

    a. The DND 2486 is the only form used to record CMTFE results and fitness programming.

    b. In accordance with the Privacy Act, once completed, the DND 2486 is a 'Protected A' document and must be treated as such.

Distribution of the Reporting Form

5. If the CAF member successfully **met** the CMTFE standard, there is no requirement to have their Commanding Officer's signature. The DND 2486 copies are to be distributed as follows by the Lead Evaluator:

    a. **Copy 1:** Distributed to the CAF member for entry into Guardian by their unit.

    b. **Copy 2:** The Evaluator retains a copy and then sends a copy to the Program Manager PSP at dfit-cphysd@cfmws.com.

6. If the CAF member **did not meet** CMTFE standard, the DND 2486 copies are to be distributed as follows by the Lead Evaluator:

    a. **Copy 1:** Distributed to the CAF member for their own records.

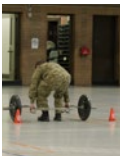
    b. **Copy 2:** The Lead Evaluator sends a copy of DND 2486 to the CAF member's Commanding Officer for signature (Section H: Program Approval) with an after-action letter (see FORCE Operations Manual Chapter 5: CAF Supplementary Physical Training Program) and asks them to enter their results into Guardian.

    c. **Copy 3:** The Evaluator retains a copy and then sends a copy to the Program Manager PSP at dfit-cphysd@cfmws.com.

7. Additionally, if the CAF member did not meet the minimum operational standards, the Evaluator must submit any other documentation and information to the CAF member and their CO to initiate the Supplementary Physical Training Program. To ensure all required SPTP documentation is included, please refer to the FORCE Manual Chapter 5: CAF Supplementary Physical Training Program.

8. Evaluators must ensure that there is a system in place locally to have CMTFE Evaluations conducted on DND 2486 entered into Guardian promptly following an evaluation session.


25
m



CHAPTER 5:
TOOLS

Tool 1: Joining Instructions Email

TO: CMTFE Participant and CoC

SUBJECT: CMTFE Joining Instructions: CFB **XXXXX, DD-DD MMM YYYY**

Good day RANK & CAF MEMBER'S NAME,

You have been scheduled for a Common Military Tasks Fitness Evaluation (CMTFE), from DD to DD MMM YYYY.

The CMTFE will take place at INSERT NAME OF LOCATION at the INSERT NAME OF BUILDING, INSERT ADDRESS OF LOCATION.

The CMTFE schedule is as followed. Please report at XXXX hrs on each day.

1. DD MMM YYYY: **Day 0 – Familiarization Day**
2. DD MMM YYYY: **Day 1 - CMTFE Evaluation**
3. DD MMM YYYY: **Day 2- Retest** (as required, if the standard was not met on one (1) or more common military tasks)

Please bring the following items with you on each day:

- Military ID
- CAF member's respective environmental operational dress
    - Canadian Disruptive Pattern (CADPAT) for Army, and equivalent for other environments.
- CAF-approved footwear
- Helmet
- Fragmentation vest with plates
- Optional: Running shoes (Task 1 & 6), knee pads, elbows pads, CAF approved gloves
- Water bottle (recommended)
- Snacks (recommended)

Note: Weight belts are not permitted. CAF 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.

CAF members should not:

- Exercise six (6) hours prior to the evaluation.
- Consume alcohol for at least six (6) hours prior to the evaluation.
- Eat, smoke, or take stimulants (for example, tea, coffee, energy drinks, pharmaceuticals, etc.) at least two (2) hours prior to the evaluation.

Non-compliance with the above instructions does not necessarily lead to evaluation postponement; however, CAF members should be informed that it may have a negative effect on their results.

As part of the onsite registration process, CAF members will answer a Health Appraisal questionnaire.

For more information about the administration of the CMTFE, contact the undersigned or visit the CFMWS appropriate webpage. For Defence Administrative Orders and Directives pertaining to the CMTFE, please consult the DAOD 5023-2.

Tool 2: Welcome Briefing script

1. *Welcome to your CMTFE. My name is xxx, and I will be the Lead Evaluator today.*

2. *In the event of an emergency, we will use the following exits and meet at x location.*

Note: It is the responsibility of all CMTFE Evaluators to be familiar with their facilities' Emergency Action Plan.

3. *Restrooms are located (insert the location of the restrooms). If you need to use the restroom during your evaluation, please inform an evaluator so they are aware.*

4. *Running shoes are only permitted for tasks one (1) and six (6). CAF approved footwear must be worn for all other tasks.*

5. *The use of chalk is not permitted.*

6. *If you have any injuries, please inform an evaluator before you begin your CMTFE Evaluation.*

7. *The CMTFE consists of the following six (6) tasks:*

    a. Escape to Cover in 68.0 s or less followed by a 15 min rest period.

    b. Vehicle Extrication to completion followed by a 15 min rest period.

    c. Picking and digging in 18 mins or less for each component. There is a two (2) min rest period between the tasks followed by a 30 min rest period after both.

    d. Stretcher Carry to completion then followed by a 15 min rest period.

    e. Sandbag Fortification in 15 mins or less then followed by a 15 min rest period.

    f. Pickets and Wire Carry in 17:30 mins or less.

8. *The CMTFE is delivered over two (2) to three (3) days, as follows:*

	Actions	Tools
Day 0 – Familiarization Day	• Welcome Briefing • Equipment & dress check • Reporting Form	Tool 2 DND 2486 – Section A Tool 3 Tool 4
	• Backstory and Explanations (Description, Standard, Faults & Termination)	
	• Standardized Warm-up • Specific Task Mobility Preparation and Warm-up • Practice opportunity • Debrief	
Day 1 – Evaluation Day	• Welcome • Reporting Form • Standardized Warm-up	DND 2486 – Section B Tool 3 Tool 4 DND 2486 – Section C DND 2486 – Sections D, E, F, G
	• Specific Task Mobility Preparation and Warm-up • Explanations reminders (Description, Standard, Faults & Termination) • Task evaluation • Mandatory rest period	
	• Cool-down • Debrief • Reporting Form	
Day 2 – Re-evaluation Day	• Welcome • Standardized Warm-up	Tool 3 Tool 4 DND 2486 – Section C DND 2486 – Sections D, E, F, G and H
	• Specific Task Mobility Preparation and Warm-up • Explanations reminders (Description, Standard, Faults & Termination), only for tasks where standards were not reached. • Task evaluation, only for tasks where standards were not reached. • Mandatory rest period	
	• Cool-down • Debrief • Reporting Form	

Tool 3: Standardized Warm-up

1. The warm-up is performed before the familiarization and at the start of each evaluation day.

2. **Light aerobic activity (3 to 5 minutes).** The activities are light and progressive. To include:

    a. 25 m walking: shoulder circles, 12.5 m forward, 12.5 m backwards

    b. 25 m walking: shoulder shrugs

    c. 25 m walking: easy arm circles, 12.5 m forward, 12.5 m backwards

    d. 25 m walking: arm crossovers

    e. 25 m walking: shoulder flexion and extension (arms up and down)

    f. 25 m walking: knee lifts

    g. 25 m walking: butt kicks

    h. 25 m walking: alternating single leg raises to opposite hand every third step (Frankenstein)

    i. 2 x 25 m: progressive jogging

3. **Dynamic Range of Motion (ROM) movements (2 to 3 minutes).** The movements are controlled ROM and muscle activation activities. When applicable, movements are alternated between right and left. To include:

    a. Reaching side bends (with knees and hips unlocked) x 5 per side

    b. Squats x 3

    c. Forward/backward lunge complex x 3 per side

    d. Hip openers x 3 per side

    e. Forward reach and upward stretch (Spiderman reach) x 3 per side

4. **Additional warm-up exercises, at the CAF member's discretion.**

Tool 4: Task-specific Mobility Preparation and Warm-up

1. Before each task, the following mobility preparation exercises and specific task warm-ups are recommended.

Task-specific	Mobility Preparation	Warm-up
1. Escape to Cover	Arm circles Shoulder shrugs Hip openers High knees Butt kicks	The CAF member performs the Escape to Cover task carrying the riffle and working at approximately 60% of maximum effort. The full crawl is not required. Helmet and frag vest do not need to be worn.
2. Vehicle Extrication	Arm circles Shoulder shrugs Forward reach and upward stretch (Spiderman reach) Knee hugs Ankle holds	Encourage the CAF member to perform the vehicle extrication with lowered-weight mannequin.
3. Picking and digging	Arm circles Shoulder shrugs Trunk rotation Side reach Knee hugs Ankle holds	The CAF member performs couple of hits on the simulator to demonstrate their ability to handle the sledgehammer in a safe and controlled manner on the picking simulator.
4. Stretcher Carry	Arm circles Shoulder shrugs Trunk rotations Forward reach and upward stretch (Spiderman reach) High knees Butt kicks	The CAF member practices lifting an unloaded trap bar and an unloaded EZ curl bar to demonstrate proper lifting technique.
5. Sandbag Fortification	Arm circles Shoulder shrugs Side reach Trunk rotation Side lunges	The CAF member performs some sandbag lifts to demonstrate proper lifting technique.
6. Pickets and Wire Carry	Arm circles Shoulder shrugs Side reach High knees Butt kicks	Light running Walking with the different objects

Tool 5: Pickets and Wire Carry Checklist

Trip	Load	Distance	Checkmark
1	12 lb Green Body Bars	25 m	
2	Unloaded	25 m	
3	Unloaded	25 m	
4	12 lb Green Body Bars	25 m	
5	12 lb Green Body Bars	27 m	
6	Unloaded	27 m	
7	Unloaded	27 m	
8	12 lb Green Body Bars	27 m	
9	12 lb Green Body Bars	27 m	
10	Unloaded	27 m	
11	Unloaded	27 m	
12	12 lb Green Body Bars	27 m	
13	12 lb Green Body Bars	32 m	
14	Unloaded	32 m	
15	Unloaded	32 m	
16	12 lb Green Body Bars	32 m	
17	12 lb Green Body Bars	35 m	
18	Unloaded	35 m	
19	Unloaded	35 m	
20	12 lb Green Body Bars	35 m	
21	15 lb Blue Body Bar	26 m	
22	Unloaded	26 m	
23	Unloaded	26 m	
24	15 lb Blue Body Bar	26 m	
25	15 lb Blue Body Bar	27 m	
26	Unloaded	27 m	
27	Unloaded	27 m	
28	15 lb Blue Body Bar	27 m	
29	15 lb Blue Body Bar	35 m	
30	Unloaded	35 m	

Trip	Load	Distance	Checkmark
31	Unloaded	35 m	
32	15 lb Blue Body Bar	35 m	
33	15 lb Blue Body Bar	32 m	
34	Unloaded	32 m	
35	35 lb Kettlebell	35 m	
36	Unloaded	35 m	
37	Unloaded	35 m	
38	35 lb Kettlebell	35 m	
39	35 lb Kettlebell	35 m	
40	Unloaded	35 m	
41	Unloaded	35 m	
42	35 lb Kettlebell	35 m	
43	35 lb Kettlebell	35 m	
44	Unloaded	35 m	
45	Unloaded	35 m	
46	35 lb Kettlebell	35 m	

Tool 6: Leopard Crawl Technique

1. The Evaluator will emphasize the technical instructions on the recommended leopard crawl technique.

2. The leopard crawl is crawling on the elbows and the insides of the knees, alternating from one to the other and rolling the body a little as each knee is bent. It is a useful technique behind very low cover.

3. An alternative method is to leave one leg trail behind and use only one knee. The heels, head, body, and elbows are kept low to the ground.

4. The Evaluator will stress the importance of maintaining both hands on the riffle while running. This means one hand on the fore stock and the other on the pistol grip.

5. While crawling, there are three (3) options for holding the riffle:

    a. Using the overhand (Figure 59) or underhand (Figure 60) grip on the front stock, and the other hand on the pistol grip,

    b. Grasping the riffle by the front stock with the rifle resting on the other arm in the cradle carry (Figure 61).



Figure 59: Overhand pistol grip



Figure 60: Underhand pistol grip



Figure 61: Cradle carry





CHAPTER 6:
ABBREVIATIONS & ACCRONYMS

A

Automated External Defibrillator

AED 12

B

Base/Wing

B/W 05

C

Canadian Armed Forces

CAF.....04

Canadian Disruptive Pattern

CADPAT.....10

Canadian Forces Morale and Welfare Services

CFMWS.....01, 05

Cardiopulmonary Resuscitation

CPR.....12

Chain of Command

CoC.....11

Chief of Military Personnel

CMP.....05

Commanding Officer

CO.....05, 67

Common Military Tasks Fitness Evaluation

CMTFE.....04 - 12, 62- 69, 71

D

Defence Administrative Orders and Directives

DAOD.....06, 66

Directorate of Military Career Policy and Grievance

DMCPG.....05

F

First Aid

FA.....12

M

Medical Disposition Note

MDN.....10, 70

Medical Employment Limitation

MEL.....10, 70

Medical Employment Limitations

MELs.....05, 12

O

Occupational Health and Safety

OHS.....12

S

Senior Manager PSP and Manager Fitness, Sports, and Recreation

Mgr FS&R.....05

Supplementary Physical Training Program

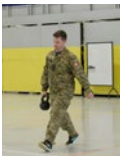
SPTP.....08, 66

U

Universality of Service

U of S.....04, 05, 66





CHAPTER 7: REFERENCES

REFERENCES

DAOD 5023-0, Universality of Service - Canada.ca

DAOD 5023-1, Minimum Operational Standards Related to Universality of Service - Canada.ca

DAOD 5023-2, Common Military Tasks Fitness Evaluation - Canada.ca

FORCE Operations Manual (latest version available)

Common Military Task Fitness Evaluation – CFMWS Website