

# Promoting Health & Fitness



PSP Director of Fitness

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## Soldier On moves to Directorate of Casualty Support Management

On 14 Jan 09, Gen Martin officially transferred the Soldier-On program from PSP to the Directorate of Casualty Support Management (DCSM). The transfer will allow the Soldier On staff to better integrate the Soldier On program with other DCSM programs for the ill or injured. It is important to note that the provision of adapted fitness services to ill and injured and the Regional Adapted Fitness Specialists (RAFS) will remain under the authority of PSP and the PSP-DFit Delivery cell.

RAFS remain accountable to their local Fitness and Sports Directors and responsive to their JPSU CO for daily operations and duties. For questions or comments please contact the NPFM Rick McKie at richard.mckie@forces.gc.ca

## Welcome Regional Adapted Fitness Specialists

Megan Potter in Petawawa; Veronique Côté in Valcartier;  
Carolynn Derksen in Shilo; Tim Felbel in Esquimalt;  
Kerianne Gordon in Halifax; Krista Grant in Gagetown;  
Stacey Soule in Toronto; Sebastien Perigny-Lajoie in Edmonton;

Regional Adaptive Fitness Specialist (RAFS) work with severely injured or ill CF personnel that are posted to the JPSU and/or parts of the Return to Work program. For example, CF Personnel who have a medical condition that precludes their return to normal duty for more than 6 months. RAFS provide specific physical fitness and conditioning programs and services in the transitional stages of rehabilitation as a means to enhance and expedite their recovery. RAFS will work closely with the PES who will continue to work with personnel with functional limitation or medical conditioning on their base or wing. These essential services are intended to complement the services provided by the physiotherapists and occupational therapists in a collaborative effort to maximize recovery and functional independence.

JPSU has eight sub-units to cover regions across Canada. They are referred to as Regional Elements and are located in Halifax (for NS-NFLD), Gagetown (for NB-PEI), Valcartier (for Quebec), Petawawa (for Eastern Ontario), Toronto (for Southern Ontario), Winnipeg (for Sask, MB, and Northern Ont), Edmonton (for AB and Northern Canada), and Esquimalt (for BC).

## Common Military Task Fitness Evaluation (CMTFE)

The next testing dates for the CMTFE are May 11-14<sup>th</sup>, 2010. For more information contact Jacquie Laframboise at 613-943-4794. A warning order has been sent out to all bases.

### Inside this issue:

ARMY NEWS	2
NAVY NEWS: THANKS PSP ESQUIMALT & HALIFAX	2
SAR TECH SELECTION TEST	2
ASSISTING FIGHTER PILOTS WITH G-FORCE	3
CF ONLINE EXERCISE PRESCRIPTION—ONE STOP SHOPP FOR EXPRES READI- NESS	3
ON HIGH ALERT	4
CHAD O'QUINN POWER LIFT COMPETITION	4
MEAFORD'S FITNESS COORDINATOR BILL MCKETRIC RETIRES	4
CFFM FPFE IS GETTING NATIONAL RECOGNITION	5
SUPPORTING HEALTHY PUBLIC POLICY	5
MEET 14 WING GREEN- WOOD	6
THANK YOU PSP	6

## ARMY NEWS

by Simone Olinek

Land Forces members will soon see changes to an annual tradition. The reinvestigation of the 20+ year old Land Forces Command Physical Fitness Standard (LFCPFS: aka the BFT) has been the professional raison d'être for Research and Development staff Dr. Tara Reilly and Simone Olinek. On the direction of the Chief of Land Staff, **the casualty evacuation component of the LFCPFS will be changing from a 100m fireman's carry to a 25m casualty drag as early as 1 April 2010.** The protocol will still involve "rescuing" a fellow soldier; however strict guidelines dictating a minimum casualty weight and correct dragging technique will be introduced. This change is the product of 2 years of research on the current casualty evacuation practices of CF Land personnel, quantification of the physical demands, and research into the trainability of the task via an exercise regime. While the LFCPFS will still be administered by the Land Forces Chain of Command, PSP Fitness personnel should be prepared to advise members on fitness preparation and exercise techniques, if required. This LFCPFS facelift coincides with research into the validity of the remaining LFCPFS tasks and a continued effort to ensure fitness testing accurately represents the demands of Land Forces personnel today. Information regarding Army Fitness can be found on the following link:  
<http://lfdts.kingston.mil.ca/ArmyFitness/default-eng.asp>

### *Changes to HQ:*

*Director of Fitness:  
Daryl Allard*

*Navy Physical  
Fitness Manager:  
Christine Charron*

## NAVY NEWS: Many Thanks to CFB Esquimalt and CFB Halifax PSP Staff!

In November and December 2009, Research and Development, Human Performance Researchers, Dr Lindsay Goulet and Rachel Blacklock were in CFB Halifax and CFB Esquimalt collecting data to be used in the re-evaluation of the Physical Fitness Standards for the Canadian Forces. During the data collection sessions held at Naden gym, Damage Control Training Facility Galiano, Halifax Fleet Gym, and Damage Control Training Facility Kootenay the PSP staff provided great support and flexibility in advance of the testing as well as throughout the data collection phase which was instrumental to the success of sessions.

Many thanks to the following PSP Staff, CFB Esquimalt: Dave Molinari: PSP Manager, Penny Blanchard: FSD, Megan Ramsay: Fitness Coordinator, and Noelle Daigle, Chris Rehor, Scott Allison, Gillian Novotny, FSIs; at CFB Halifax: Frank Cleysen: PSP Manager, Kevin Delong: FSD, Kevin Miller: Fitness Coordinator, Jose Martins: Fleet Fitness Coordinator, and Andrea Gladwin, Kirk Durning: FSIs.



## SAR Tech Selection Test

By Jacquie Laframboise

January 30<sup>th</sup>, 2010, the Edmonton and Comox Fitness staff assisted the research team from the University of Alberta and CFSSAR with the trial of the proposed new SAR Tech applicant fitness test on the 27 applicants that continued on to the 2 week pre-selection at Jarvis Lake. The trial was successful and we look forward to the final stages of the research project which should be complete late in the fall of 2010.

## 15 Wing PSP Fitness Department Assisting Fighter Pilots to Improve Their G-Tolerance One Pilot at Time.

By Joy McLaughlin

Centrifuge training is a mandatory training component designed to test a pilot's ability to sustain lower case high G-forces often experienced on jet aircrafts, such as the CF-18. There are instances when students do not pass this training, which creates significant challenges for both the pilot and the squadrons who employ them. After learning that a number of student pilots were failing to meet the centrifuge training requirements, the Commandant of 2 Canadian Forces Flying Training School (2CFFTS) approached the 15 Wing PSP staff for support in addressing this important issue. Recognizing the importance of the centrifuge requirements and the physical challenges faced by CF pilots, the fitness department set out to develop a fitness program that would enhance physical conditioning while also contributing to the success of the pilot training program.

Following an extensive needs analysis and consideration of the many factors which affect an individual's ability to sustain a high level of gravity (genetic make up, physical fitness and ability to perform the anti-G straining manoeuvre (AGSM) correctly) the 15 Wing Fitness Coordinator developed a comprehensive 12-week G-tolerance program. The program was designed to minimize factors that negatively affect the individual's ability to sustain G-forces and maximize factors which improve ones ability to sustain G-forces (fitness). Follow up evaluations demonstrated that the 12-week program was successful in assisting pilots pass their centrifuge training. For more information of the 12 week G-tolerance program please contact Joy McLaughlin.

## CF ONLINE EXERCISE PRESCRIPTION - One Stop Shop for CF EXPRES Readiness

By Manuela Charette, Maple Leaf / Run date: April 2010

**CF Online Exercise Prescription** is a powerful and interactive tool that provides fitness recommendations to CF members and reservists that have recently taken or will be taking their CF EXPRES tests in the near future. The online prescription tool provides an easy physical training resource for all military personnel regardless of location.

Fitness prescriptions are conceived by PSP Human Performance and Conditioning Specialist in collaboration with sports medicine physicians.

- Based on your EXPRES test results, the Online Exercise Prescription will:
- Calculate and analyze your EXPRES test results.
  - Report on your Aerobic Fitness and Muscular Strength and Endurance Fitness results.
  - Display a table that shows your target heart rate zone.
  - Create a printable 12-week exercise program based on your age, gender and EXPRES test results.
  - Show illustrated instructions on how to perform specific exercises.

The official launch is April 1st, 2010. You can access the application at:  
[www.CFEXPRES.ca](http://www.CFEXPRES.ca)

*Changes to Field  
PSP Fitness :*

*Dave Shirley:  
Acting Fitness Coord  
Gagetown*

*Jessica Mertin:  
Acting Assistant  
Fitness Coord  
Petawawa*

*Necole Miller:  
Acting Fitness &  
Sports Coord CSOR*

*Acting F&S Director  
in Borden Nathaniel  
Smith*

### *Did you know?*

*DGPFSS has a  
CSEP office for  
all PSP. Contact  
Fitness Programs  
Coordinator at  
613-992-0043 for  
CSEP renewal/  
registration in-  
formation and  
pre-interview/  
hiring screening*



## On High Alert

Written by Amy Dawson, FIS Trenton

After my third visit to CFS Alert, I still love it. And maybe if I get to visit again, I will get to see the sun.

This trip involved offering workshops and fitness classes to military and civilian personnel working in our frozen north. There was great attendance in our weight lifting and core workshops. One of the favourite fitness classes is the evening stretch and relaxation. We began at 2100 hrs, wearing pyjamas and carrying blankets. By the end of class everyone was half asleep, great for a location where lots of people suffer from insomnia. Even though it is dark 24 hours a day, it throws off your system and many people have difficulty sleeping.



On our return home to Trenton, we stopped in Thule, Greenland, where I conducted a fitness test. As of 1 April 2008, it became a requirement for all military posted outside of Canada to complete their annual fitness evaluation.

After having travelled for 8 days over thousands of km it was great to get home and see the sun again. Eight days is just enough time to enjoy a break from cooking and cleaning, and enjoy getting home!

## Chad O'Quinn POWER LIFT COMPETITION

By Dave Shirly, CFB Gagetown Acting Fitness Coordinator

The CFB Gagetown Fitness Staff recently hosted the First Annual Chad O'Quinn Power Lifting Championship on 11 Dec. Let's start with a bit of history; last year we ran a trial event and had 12 participants with some great lifts. This year, I was approached by Mrs. Rhonda O'Quinn who has been our Admin Coord since the day of the PERI's. Rhonda thought it would be an honour to have the power lifting competition 2009 dedicated to her son Chad O'Quinn, who is one of the many hero's we lost in the Afghanistan war in 2009. Chad O'Quinn was an avid weight trainer and had won a similar event at his home base Petawawa. Of course the staff eagerly agreed.



This year we had 18 participants compete, quite a few who had competed at the 2008 event. I believe this event will grow each year as the military moves deeper into the Combat Fitness Program which teaches soldiers two of the events lifts; the squat and the dead lift. After being involved in the *Iron*, most people incorporate the bench press into their training routine. All of the Gagetown fitness staff have a great love for the *Iron* and I thank them for making this a professionally operated event. Now of course, the real champions of the day were all the lifters who have spent many of their leisure hours in the weight room training for the big lift.

## Meaford's Fitness Coordinator Bill McKetric Retires.

In 1996, after 21 years in the Military, Bill McKetric retired as a Physical Education and Exercise Instructor (PERI) Sergeant. He then worked with PSP as an FSI at 14 Wing Greenwood until 1997, where he moved to LFCA TC Meaford as the Fitness Sports and Recreation Coordinator, a position which he held for 13 years until his retirement 01 Feb 10. Bill, literally "talks the talk, and walks the walk", and his greatest satisfaction has been to impart professional guidance and mentorship to all staff and soldiers in regard to fitness, nutrition and sports. We wish you all the best in your retirement Bill!



Photo: Bill McKetric and Howie Woodruff.

## Our Canadian Forces Firefighter Pre-Entry Fitness Evaluation (CFFM FPF) is Getting National Recognition!

The cover of "The Canadian Fire Chief", the official magazine of the Canadian Association of Fire Chiefs winter 2009/2010 edition, features an article about our evaluation.

### How Fit are your Firefighters?

The article describes the DND/CF Firefighter trade, how this test was developed, and which elements of the firefighter trade were considered in order to develop a standard that would, in good faith, meet the Bona Fide Occupational Requirements of the trade.

The article then describes each fitness component that creates the evaluation; the treadmill evaluation which evaluates the firefighter's aerobic fitness, followed by six job-related events, which evaluate the strength, power and muscular endurance necessary to perform fire rescues. The article also mentions which Universities are currently administering this evaluation to municipalities and firefighter colleges.

If you would like a copy of the article or require more information on the Firefighter Pre-Entry Fitness Evaluation please contact Nicole Thomas, Firefighter Fitness & Wellness Manager at [Nicole.thomas@forces.gc.ca](mailto:Nicole.thomas@forces.gc.ca).

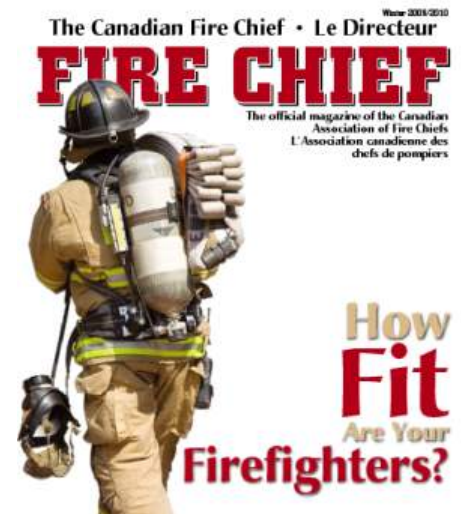
## Supporting Healthy Public Policy

By Dana Lawson, Health Promotion Director Petawawa

As part of ongoing efforts to meet the health and fitness requirements of CFB Petawawa personnel, Base Commander LCol Rudderham, and Brigade Commander Col Eyre, have endorsed a new policy that prohibits smoking within 100 meters of Dundonald Hall Fitness Sports and Aquatics Centre and Silver Dart Arena. The CFB Petawawa Fitness Sports and Aquatics Centre is a full service physical fitness, recreation and health promotion facility. The facility aims to provide healthy programming for the soldier and the soldiers' family as well as associate members. Allowing smoking on site is not consistent with the spirit or the intent of the programs offered and is counter-productive to the soldiers' health. The *CF Health and Physical Fitness Strategy*, released in April 2008, promotes addiction-free living. The health of the CF is an individual as well as a leadership issue. Leadership is taking the lead on reducing exposure to second hand-smoke and creating a culture in which military personnel are living addiction-free.

The original CFB Petawawa Gymnasium was built in the 1960s. There have been upgrades made to the facility over the years that have increased the scope of the programming. The most significant upgrade was in 2000 when the footprint of the building and the programs were expanded considerably. Another change that took place in 2002 was the reconfiguration of the Strengthening the Forces Health Promotion Program that has offices and a classroom in the fitness centre. As the building and programs expand, it is incumbent upon the leadership to review policies to determine if they are consistent with the expectations of the clientele and the best interests of the CF.

The new policy was implemented on January 20<sup>th</sup>, 2010.



### Did you know?

As part of Operation Sans limites, Soldier ON is sending a team of 22 strong: 18 injured CF pers, 2 personnel support and 2 staff to the 2010 Paralympics in Vancouver.





serving those who serve

PSP Director of Fitness

## Meet 14 Wing Greenwood PSP



**Mike Taylor**  
PSP Manager



**Fred Williams**  
F & S Director



**Marsha England**  
Admin Assistant



**Eric Plante**  
Fitness Coordinator



**Aprill Denney**  
Physical Exercise Specialist



**Nicole Peppard**  
Facilities Coordinator



**Graham White**  
Sports Coordinator



**Bill Cox**  
Arena Manager



**Edith Tremblay**  
Health Promotion AA



**Lisa White**  
Health Promotion Dir.



**Jennifer Bishop**  
FSI



**Josh Leddicote**  
FSI



**Angela Chenier**  
Stores



**Mike Worr**  
Stores



**Yvonne Clarke**  
Aquatics Supervisor

## Thank you PSP

A big thank you to those who graciously contributed their time, input and data in support of the Effectiveness Analysis of the Remedial PT program:

Trenton:  
Lisa Refausse (FC)

Halifax/Shearwater:  
John Gillies (FC),  
Mike Almond (FSD),  
Alain McGee (FSI),  
Terry Sweeney (FSD),  
Isaac Habib (FC)

Esquimalt:  
Meg Ramsay (FC),  
Richard Schertzer (FSI),  
Penny Blanchard (FSD)

Petawawa:  
Becky Oldstad (FC),  
Grant Lamothe (FSD)

Cold Lake:  
Josey Yearley (FSD),  
Tovah Armstrong (FC)

Kingston:  
Paul Butt (FSRD),  
Melanie Picard (A/FC),  
Steve Brick (FC)

We hope this has been informative. Please contact us with any comments or questions. Looking forward to more news in the future.  
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