

## **CANADIAN ARMY PHYSICAL FITNESS - INDIVIDUAL BATTLE TASK STANDARD**

### **APPLICABLE TO**

Personnel under command of the Commander Canadian Army.

### **REFERENCES**

- A. CANFORGEN 038/13, Launch of new CAF Fitness Evaluation
- B. CANFORGEN 052/16 CMP 031/16 291304Z MAR 16 CAF Fitness Profile
- C. DAOD 5023-2 Physical Fitness Program
- D. DAOD 5023-1 Minimum Operational Standards Related to Universality of Service
- E. PSP Physical Fitness Website: DFIT.CA ([www.DFIT.ca](http://www.DFIT.ca))
- F. 4500-1, Canadian Army Integrated Performance Strategy (CAIPS), 25 Nov 15
- G. Mission: Ready, CAIPS website ([www.strongproudready.ca](http://www.strongproudready.ca))
- H. Canadian Army Performance Triad (CAP3)  
(<http://strongproudready.ca/missionready/en/canadian-army-performance-triad-cap3/>)
- I. General Safety program – General Safety Standards, Volume 2, Chapter 39

### **GENERAL**

1. In the past few years the CAF has made great progress embracing personal health and fitness and providing CAF members with tools and resources to improve their physical fitness. Canadian Forces Morale and Welfare Services (CFMWS), on behalf of the CAF, has designed training, produced incentive programs and distributed educational material across the CAF regarding personal and professional expectations and obligations for CAF members regarding physical fitness. Concurrently, the CA has leaned forward to build upon CAF initiatives and ensure physical fitness within the CA is operationally relevant, achievable, sustainable and effective.
2. The purpose of this order is to clarify CA policy regarding physical fitness and to ensure all CA soldiers are aware of CA requirements and expectations in support of land operations.

### **CAF PROGRAMS**

3. Within the CAF, the FORCE program consists of three elements:
  - a. FORCE Evaluation. References A, C and D clearly articulate that successful completion of the FORCE Evaluation is the sole CAF physical fitness standard required for retention within the CAF. The FORCE Evaluation is a scientifically proven model that predicts a

CAF member's ability to conduct those tasks deemed necessary to meet universality of service requirements. Consequently, the FORCE Evaluation is not a fitness standard when performed at minimum, but rather an employment standard and it must be passed annually by all CAF members. The FORCE Evaluation has also been broadened to include the Fitness Profile which has three components:

- (1) Operational Fitness predicts one's ability to meet or exceed the minimal physical rigours of military service.
  - (2) Health-Related Fitness is a combination of aerobic capacity and waist circumference. Unlike Operational Fitness, Health-Related Fitness is for informational purposes only.
  - (3) FORCE Incentive Program. At reference B, using the established FORCE Evaluation, the introduction of incentives is a proven means of encouraging CAF members to achieve greater levels of physical fitness and be rewarded accordingly. The FORCE Incentive program challenges CAF members to strive for individual excellence using their personal FORCE fitness profile.
- b. Training Programs. Fitness programs have been created by qualified Personnel Support Programs (PSP) fitness staff and generated from [www.dfit.ca](http://www.dfit.ca), and are designed to prepare CAF personnel for the physical rigours of operations. This also includes unit PT and programs provided by Health Promotion.
- c. Fitness and Wellness Participation. It is the responsibility of all CAF personnel and their respective Chains of Command to ensure and encourage participation in the programs provided. There is a wealth of knowledge and information freely available to members of the CAF.

## **CA PROGRAMS AND INTENT**

4. The CA launched MISSION: READY at references F and G with a view to providing CA leaders and soldiers the necessary tools, resources and material to help build and increase CA readiness. A significant aspect of MISSION: READY is the educational material advocating the health benefits of a balanced lifestyle which forms the core of the Canadian Army Performance Triad (CAP3) noted at reference H. Physical fitness is a fundamental component of CAP3 and essential to overall readiness and resiliency of the CA team. Physically fit CA team members are more resilient, feel healthier, look healthier, and have increased confidence and self-esteem.

5. The Canadian Army (CA), in collaboration with PSP, has developed an operational physical fitness IBTS titled FORCE Combat which, effective 01 October 2017, constitutes the sole CA physical fitness IBTS for land operations.
6. FORCE Combat replicates the physical fitness demands of a typical CA operational task as exemplified by CA operations conducted in various environments since the year 2000. It consists of a load bearing component and a cardio-vascular component and is applicable to all Army trades. FORCE Combat is conducted as follows:
  - a. A load bearing march of 5km in Battle Order with C7 rifle, magazines, helmet, frag vest, ballistic plates, and small pack. Total weight is approximately 35kg divided between 25kg Full Fighting Order (FFO) and 10kg small pack.
  - b. A break during which the small pack will be removed.
  - c. Completion of the FORCE evaluation circuit as a continuous event with no breaks between individual events while wearing FFO consisting of C7 rifle, magazines, helmet, frag vest and ballistic plates but without the small pack.

## **APPLICATION**

7. All CA soldiers will continue to conduct the annual CAF FORCE evaluation in support of references A and B regardless of any other physical fitness evaluations or Battle Task Standards (BTS).
8. Effective as of 01 October 2017, the annual CA FORCE Combat physical fitness IBTS is applicable as follows:
  - a. Any member of the CAF permanently posted to a CA unit collecting Land Duty Allowance (LDA) will conduct FORCE Combat. This represents our field force who are, and will be operationally fit at all times.
  - b. Any member of the CAF permanently posted to a CA field force training institution (Combat Training Centre [CTC] Schools, Peace Support Training Centre [PSTC], Canadian Manoeuvre Training Centre [CMTC], and Army Training Centres) will conduct FORCE Combat. This represents the CA professional instructor cadre who will lead by example.
  - c. Any member of the CA deploying on a planned operation individually or as part of a formed unit will conduct FORCE Combat. The basis of FORCE Combat is operationally relevant physical

fitness which is essential for mission success and personal resiliency.

- d. Any member of the CA or any non-CA member for whom FORCE Combat IBTS becomes applicable due to a posting or operational tasking must be afforded the opportunity to complete the FORCE Combat training program after they report for duty at their new unit and before they attempt the IBTS. The FORCE Combat training program is available to anyone via reference E; its completion generally requires no specialized equipment or infrastructure.
  - e. Members of the Canadian Army Reserve are not mandated to complete the FORCE Combat IBTS unless employed on a Class B or C contract in a position for which paragraphs 8(a) thru 8(c) would oblige them to complete the IBTS in which case paragraph 8(d) will apply.
  - f. CA members of static organizations with institutional roles and responsibilities that do not typically deploy such as L1 and L2 HQ are not mandated to complete FORCE Combat.
9. FORCE Combat will be considered normal CA IBTS that will be conducted, trained, and delivered at the platoon/troop/section level across the CA. CA section/team commanders will become proficient at leading training and supervising the conduct of FORCE Combat.

## **EQUIPMENT**

10. The following clothing and equipment shall be worn when conducting FORCE Combat:
- a. Normal Battle Order shall be worn while conducting the 5km march and FFO will be worn while completing the FORCE circuit. The specific weight of the equipment is not as important as the actual operational relevance of the equipment. It is normal for minor variations in weight to occur based upon the fact that smaller individuals will have, for example, smaller and lighter boots than will larger individuals.
  - b. FFO is ~ 25kg and consists of the following equipment. Where equipment is unavailable a substitution may be required mindful of the intent as noted in para 10(a) above.
    - (1) CADPAT clothing to include boots, pants, shirt (~3.0 kg).
    - (2) Helmet (~1.5kg).

- (3) C7 rifle, sling, C79 sight, magazine (~4.7kg).
  - (4) Fragmentation vest with front and rear ballistic plates (8kg).
  - (5) Tactical load bearing vest with four full magazines, bayonet, 2 x grenades (~4.5kg).
  - (6) NBCD Mask and Carrier (~2.3kg).
  - (7) 1 litre (full) Canteen/hydration (~1.0kg).
- c. The addition of the small pack to FFO will comprise the Battle Order which will be worn during the 5km march. It shall weigh approximately 10kg and represents water, additional ammunition, first aid supplies and mission essential kit.

11. Procurement and maintenance of sandbags for the conduct of the FORCE circuit portion of FORCE Combat is a unit responsibility. CADTC, on behalf of the CA, will make every effort to annually procure and push replacement FORCE kits to CA Divisions but local initiatives may be required in some instances. As this is in support of an IBTS based upon operational relevance, the purpose of the equipment is more important than its physical appearance. It is not the intent that PSP kits required for CAF fitness activities be used by units to support CA FORCE Combat IBTS.

## **CONDUCT**

12. FORCE Combat IBTS shall not be conducted when the Heat Stress Threshold Limit Value as measure by the Wet Bulb, Global Temperature exceeds 19 (nineteen) degrees Celsius in accordance with current CAF policy noted at reference I. For this reason, the conduct of FORCE Combat should generally be planned for early in the morning if attempted during warmer summer months. Regardless of temperature, participants should be well hydrated and afforded opportunity to re-hydrate throughout the administration of FORCE Combat.

13. Typically, the training and execution of FORCE Combat will be at the section/team level. PSP staffs are available for support and expertise but the expectation is the CA Chain of Command owns and is responsible for training and execution as per normal IBTS. A video and manual depicting the conduct of FORCE Combat will be available at reference E. FORCE Combat shall be conducted as follows:

- a. 5km load bearing march will be done in no more than 60 minutes but not less than 50 minutes. All equipment noted at para 10(b) and 10(c) shall be worn. The purpose of this time bracket is to impose a

realistic pace of movement but prevent “racing” in order to avoid injury.

- b. Immediately following the march will be a five minute break during which the small pack, as noted at para 10(c) shall be removed.
  - c. Immediately following the five minute break participants will conduct the normal FORCE circuit while wearing all equipment noted at para 10(b).
  - d. The FORCE Combat circuit is a continuous, timed event and time starts at the commencement of the rushes and ends once the sandbag drag is completed. The order shall be 20m rushes, sandbag lift, intermittent loaded shuttles, and finally sandbag drag. The rifle will be carried during the 20m rushes and will be slung for all other events.
  - e. The goal is to complete the FORCE Combat circuit including transition between events and such actions as slinging of weapons in less than fifteen (15) minutes. Individual events within the circuit are not timed and there are no breaks between events.
14. All CA team members will conduct FORCE Combat training prior to attempting FORCE Combat for the first time and will possess a current Personal Health Appraisal.

## **TRAINING**

15. PSP has developed and validated a twelve week training program designed to ensure a CA soldier will succeed at FORCE Combat. This training program is available and accessible to all CA team members who have a DFIT.CA account and requires no special equipment or facilities to conduct. Training for FORCE Combat should normally be conducted at the section/team or platoon/troop level.

16. All members of the CA Chain of Command should become familiar with the FORCE Combat training program and consult with local PSP staffs to understand how to most effectively conduct it within their organisations.

## **ADMINISTRATION**

17. FORCE Combat is routine annual IBTS and will be administered accordingly.

18. A CA team member who is unsuccessful at meeting the FORCE Combat IBTS will consult with PSP in collaboration with their chain of command in order

to receive supervised training IAW the FORCE Combat training plan(s) available at reference E.

19. A CA team member who cannot complete mandated FORCE Combat IBTS is not operationally ready.