



5595-2 (CFMWS/PSP)

29 November 2022

Distribution List

## **CAF Fitness Evaluations Delivery in a Persistent COVID-19 Environment**

Ref: A. CDS/DM Directive on DND/CAF Operating and Reconstituting in a Persistent COVID-19 Environment, 14 July 2022

B. [COVID-19 Update: Wearing of mask now optional \(cfmws-sbmfc.com\)](https://www.cfmws-sbmfc.com)

C. [Hard-surface disinfectants and hand sanitizers \(COVID-19\)](#)

D. [Lifesaving Society Canada – Safety Management Services](#)

Supersession and Cancellation

5595-2 LTR CMTFE and FORCE Evaluation COVID-19 26 Mar 2020

5595-2 DFit LTR, CAF Fitness Evaluations in Response to Corona Virus 29 June 2020

5595-2 Sr VP LTR, CAF Fitness Evaluations in Response to Corona Virus, 15 October 2020

### **1. Introduction**

- 1.1. The purpose of these instructions is to provide guidance for the delivery of CAF fitness evaluations as COVID-19 pandemic transition to an endemic posture. These instructions are a complement to references A and B and are to be used in conjunction with the latest version of respective fitness evaluation operations manuals.
- 1.2. These instructions supersede the directives listed above.

### **2. CDS/DM and CFMWS Mitigation Strategies**

- 2.1. The CDS/DM has given the authority to B/W Commanders to select appropriate mitigation strategies for their respective B/W (ref A). Fitness and Sports Managers, or equivalents, are responsible for ensuring that all employees administrating CAF fitness evaluations are informed of and apply local B/W Commander mitigation strategies.
- 2.2. As of 29 August 2022, CFMWS updated their mitigation strategies (ref B) to mirror the CDS/DM directive. As such, wearing of mask for CFMWS employees is optional and voluntary unless the B/W Commander's directive on wearing a mask is more restrictive. The term 'mask' includes non-medical mask (NMM) (i.e., cloth mask with 3-layer of tightly woven fabric that blocks

light when held up to light source), medical/disposable/surgical mask, or N95. When wearing a mask, evaluators are encouraged to choose a mask based on the Mask Framework (annex A) and current local mitigation strategies in place to determine which mask is most appropriate for the CAF fitness evaluations settings. Disposable 3-ply medical masks and N95 will be available to fitness evaluators who must, or alternatively choose to, wear a mask.

Additionally, the following recommendations remain in place in the CFMWS workplace:

- a. offer hand sanitizer stations (consult Ref C for approved hand sanitizers);
  - b. sanitize before/after each use all items, equipment, and surfaces that are shared, or used by client (consult ref C for approved disinfectants); and
  - c. maintain 1 m physical distance.
- 2.3. If there are differing guidelines within a B/W, the most restrictive strategies must be applied for all CAF fitness evaluations.

### **3. Instructions for CAF Fitness Evaluation Delivery**

- 3.1. In addition to CDS/DM and CFMWS mitigation strategies, when delivering CAF fitness evaluations, the following measures are also recommended:
  - a. applicable local COVID-19 mitigation strategies should be included in pre-evaluation instructions (e.g., bring your own water bottle, as there is no access to water fountains); and
  - b. the evaluation set up should be organized in a way that prevents or limits the sharing of equipment or surfaces.
- 3.2. All evaluations are to be administered as per their respective Operations Manual. The following CAF fitness evaluations have specific safety instructions that amend their Operations Manuals.
  - a. FORCE Evaluation. Evaluators are encouraged to limit sharing of the FORMeFIT equipment amongst each other and with the participants. The waist circumference will be measured as per annex B; and
  - b. Basic Military Swim Standard. Evaluators should refer to the National Lifesaving Society latest safety management (ref D) for the Water Safety Knowledge component of the BMSS. Aquatic equipment (i.e. lifejackets, coveralls) should be submerged in water for a minimum of 15 minutes per side and dried before next usage; alternatively, coveralls may be washed and dried on hot cycle (ref D).

#### 4. Conclusion

- 4.1. Evaluators are asked to apply local B/W Commander and CFMWS instructions. Furthermore, evaluators are encouraged to make informed decisions and to continue applying common safety practices.



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## **APPLYING THE MASK FRAMEWORK TO CAF FITNESS EVALUATIONS**

Ref: A. [Annexes - CDS/DM Directive on DND/CAF Operating and Reconstituting in a Persistent COVID-19 Environment - Canada.ca](#)

B. [COVI-19 mask use: How to choose, use and care for a mask](#)

1. The table below is an example of how the Mask Framework could be applied to CAF Fitness Evaluations.
2. Additionally, when wearing a mask, please consider the instructions on how to choose, use, and care for a mask (ref B).

**Table 1 – Mask Framework**

Mask Type	General & Fitness Example Settings			
	Standard/community or office setting, 2-m spacing possible, good ventilation <i>FSI office work</i>	Closed meeting rooms or classrooms where distancing/ventilation/ other control measures are adequate; consider time spent in this setting <i>FORCE Evaluation</i>	Meeting rooms or classrooms where distancing/ventilation/ other control measures may not be adequate; consider time spend in this setting <i>Treadmill Component of the Firefighter Pre-Entry Fitness Evaluation</i>	Clinical patient care <i>First Aid CPR of a participant</i>
Non-medical mask (NMM), 3-layer				
Medical/disposable/ surgical mask		Consider	Consider based on length of time in the setting, and what other risk control measures are possible	Appropriate in some health care settings; facility and situation dependent
NMM over medical mask		Consider	Consider based on the length of time in the setting, and what other risk control measures are possible	
N95 non-medical, KN95 or FFP2	Unlikely to be necessary	Unlikely to be necessary	Consider if unable to implement other control measures	Possible use in lower-risk clinical settings; facility-dependent
Fit-tested N95, medical	N/A	N/A	N/A	
<ol style="list-style-type: none"> <li>1. The most effective mask is a mask that is worn <b>properly</b> – especially when speaking</li> <li>2. Masking is <b>only one step</b> in the layered risk mitigation strategy</li> <li>3. 3-layer cloth masks are the standard recommendation and acceptable for all settings except clinical care; chain of command may choose different mask types as setting risk increases</li> </ol>				

LEGEND	
	Appropriate mask choice for type of setting
	Increased risk compared to green, consider additional mitigation measures, including mask type
	Increased risk compared to yellow, consider additional risk mitigation measures, including mask type
	Not appropriate for type of setting
	Not applicable to setting
	Health facility-specific regulations

**AMENDMENT TO FORCE EVALUATION OPERATIONS MANUAL TOOL 9:  
WAIST CIRCUMFERENCE MEASUREMENT**

Ref: A. [FORCE Evaluation, Operations Manual, 3<sup>rd</sup> Edition](#)  
B. [Hard-surface disinfectants and hand sanitizers \(COVID-19\)](#)

1. As COVID-19 mitigation strategy, CAF members are required to measure their waist circumference as opposed to the instruction of Tool 9: Waist Circumference Measurement (ref A).
2. FORCE Evaluators must complete the following steps in order to obtain an accurate self-waist circumference (WC) measurement, while ensuring that each CAF member is comfortable and respecting 1 m of physical distance.

Step 1: Conduct the WC measurement in a private location (i.e., behind gym mats).

Step 2: Instruct the CAF member to take a measuring tape.

Step 3: Instruct the CAF member to clear their abdomen and hipbone (iliac crest) region of all clothing and accessories. The CAF member may use a cloth pin to hold their shirt up.

Step 4: Instruct the CAF member to locate the landmarks for the WC measurement, which are the superior edges of the hipbones (iliac crests) (figure 1). Cues to locate landmarks should be *'palpate the upper part of your hipbones until you locate the uppermost lateral borders of your hipbones at the midline (side) of your body.'*

Step 5: Instruct the CAF member to wrap the measuring tape on the landmarks and around their abdomen, making sure that the tape stays parallel to the ground and does not run off course (figure 2). Cues for this step should include *'make sure there is no clothing between the measuring tape and the skin', 'the inferior edges of the measures tape must lie over each landmarked point', 'the measuring tape must be level.'*

Step 6: Instruct the CAF member to stand with their feet should-width apart, hands on hips, holding the tape in place (in a relaxed manner), and breathe normally. Verbally ensure adequate tension is applied to the measure tape such that it is snug, but does not cause indentation on the skin.

Step 7: Instruct the member to pinch the tape between their fingers at the end of a normal expiration and to read aloud the measurement to the nearest 0.5cm. The evaluator must visually confirm the reading on the measuring tape.

3. FORCE Evaluators must sanitize the measuring tape with an approved disinfectant after each waist circumference measurement.



**Figure 1: Hipbone landmark**



**Figure 2: Measuring tape placement**