

CAO 24-02
CANADIAN ARMY PHYSICAL FITNESS

APPLICABLE TO

Personnel under command of the Commander Canadian Army.

REFERENCES

- A. CDS 3776-5 (CFMWS/DFIT), Strategic Initiating Directive 01/16 (Revised), CAF Physical Fitness Strategy, 24 May 2016
- B. Comd CA 4500-1(CA PD), Mission: Ready – The Canadian Army Integrated Performance Strategy, 24 November 2015
- C. CANFORGEN 052/16 CMP 031/16 291304Z Mar 16, CAF Fitness Profile
- D. DAOD 5023-2 Physical Fitness Program
- E. DAOD 5023-1 Minimum Operational Standards Related to Universality of Service

AIM

1. The aim of this order is to outline the physical health and fitness policy applicable to all members of the Canadian Armed Forces (CAF) who are permanent members of the Canadian Army (CA) or who are seconded to Army Units in support of land operations.

GENERAL

2. At reference A, the Chief of the Defence Staff issued direction to the CAF with respect to physical health and fitness in order to improve the overall holistic health of all members of the CAF. Subsequent to this, Comd CA identified a requirement to properly articulate the operational health and fitness needs and standards requisite for personnel who will conduct land operations.

3. At reference B, the CA implemented a very inclusive strategy designed to foster a sustainable culture of health and fitness that reinforces the importance of an operationally ready and resilient CA team able to thrive before, during and after having successfully conducted land operations. This CAO is nested within that overall strategy and specifically speaks to the importance of physical health and fitness.

4. This order covers four components of CA health and fitness:

- a. Physical Fitness. Annex A describes the implementation of physical fitness training and the application of FORCE COMBAT, the CA physical fitness Individual Battle Task Standard (IBTS).

- b. Nutrition. Annex B describes the importance and contribution of nutrition towards the maintenance of a healthy lifestyle that promotes resilience and improves operational readiness.
- c. Sleep. Annex C describes the importance of sleep to the health, effectiveness and efficiency of CA soldiers.
- d. Injury Prevention. Annex D describes measures and responsibilities in injury prevention for members of the CA team.

RESPONSIBILITIES

- 5. The CA Chain of Command is responsible for ensuring education, guidance, support, time and resources are provided to all members of the CA team for the purposes of strengthening CA physical fitness.
- 6. The CA NCO Corps is responsible for mentoring and training new members of the CA team such that they will be successful in achieving the mandated levels of knowledge and proficiency in all aspects of CA physical fitness.
- 7. All members of the CA team are responsible for ensuring their personal fitness is to a high standard that promotes operational readiness and resiliency.

ANNEXES

Annex A – Canadian Army Physical Health and Fitness – Individual Battle Task Standard

Annex B – Canadian Army Physical Health and Fitness – Nutrition

Annex C – Canadian Army Physical Health and Fitness – Sleep

Annex D – Canadian Army Physical Health and Fitness – Injury Prevention

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