

CANADIAN FORCES PARACHUTIST PHYSICAL FITNESS TEST

Purpose

1. The purpose of this test is to determine an individual's physical capability to train as a Basic Parachutist.

Test Items

2. The test consist of:

- a. Chin-ups;
- b. Sit-ups; and
- c. 1 mile / 1600 meters run.

Note. In case of inclement weather, the candidate will perform a 600m shuttle run over a 50 metre indoor course.

Dress

3. Personnel to be evaluated shall wear running pants/shorts, t-shirt, socks, and running shoes. Identifying bibs might have to be worn.

Equipment

4. Evaluators will require clipboards, pens/pencils, stopwatches, recording forms and identifying bibs for issue to candidates (if required).

Facilities

5. Indoor/outdoor track (200, 400m) or measured route on level ground is required for test item 3; remaining tests items are to be evaluated in a gymnasium or a suitable outdoor training area.

Personnel

6. CFPSA Fitness and Sport Instructors should administer the test. Where not possible, the trained base/station/unit personnel appointed by the base/station/unit commander are to administer the test.

Test Description

7. All items shall be performed as described below:

- a. Chin-ups

- (1) The test commences from hanging position using under grasp grip, shoulder width apart, and body straight.
- (2) Commencing in the down position, the candidate will pull himself/herself up until their chin is completely over the bar, and then lower themselves back down to full extension of the arms. Candidates are not permitted to swing their body while pulling up, or be permitted to stop/pause at the top or bottom, or to rest on the bar.

Incorrect repetitions will not be counted, and the candidate should be advised to correct their technique without stopping or pausing during the exercise.

- (3) The consecutive number of correct chin-ups completed will be recorded.

NOTE: Count "one" only for each properly executed chin-up

b. Sit-ups

- (1) The candidate lies in the supine position; knees bent at a 90-degree angle, and feet about 30 cm apart. The hands are placed beside the head, elbows pointing forward and must be maintained in this position throughout the test. The ankles may be supported by partner/evaluator or tucked under wall bars.)
- (2) The candidate is required to sit-up (by keeping the lower back flat against the ground and "curling up") and touches the top of the knees with the tip of the elbows.
- (3) Trunk is lowered to starting position, shoulder blades to the ground. (Count "one")
- (4) Candidate must perform sit-ups continuously and without a time limit.
- (5) The test shall be discontinued as soon as the candidate is seen to strain forcibly to complete a sit-up or is unable to maintain proper sit-up technique.

NOTES:

1. Candidates are not allowed to flap their arms, remove their hands from their heads, or lift their hips off of the mat.
2. Count "one" only for each properly executed sit-up.

c. 1 mile / 1600 metre run

- (1) A measured 1 mile or 1600m flat course (outdoors), or a 200 or 400 metre track may be used. The CFPSA Fitness and Sport Instructor will stop the watch when the candidate has completed the 1 mile run. The candidate shall cover the required distance within the specified time (7min 30 sec or less).

(2) Running, jogging, walking or any combination thereof is acceptable.

d. 600 meter shuttle run

- (1) Two lines shall be marked out in an indoor facility 50 meters apart.
- (2) The candidate, on signal, is to turn from one line to the other, touch the line, pivot and return to the starting position, touch the line and pivot again and continue a run until 600 metre distance has been covered.
- (3) Candidates are to be cautioned that failure to touch at either line may eliminate that distance covered.

Administration

8. The evaluator is to:

- a. Have all candidates fill in reporting form section A and B and sign at the bottom;
- b. Record resting heart rate and blood pressure measurements;
- c. Brief all candidates and describe and demonstrate each test item;
- d. Issue identifying bibs if required and have all candidates to be tested, proceed to test station;
- e. Start test item;
- f. Ensure candidates perform each test item in accordance with instruction;

- g. Record the appropriate results for each test item; and
- h. Complete final recording action, and signatures of candidate and evaluator.

Debriefing

9. After the completion of the test, all candidates should be debriefed to ensure that they are aware of what their performance was and what are the implications of the results.

Standards

10. The standards are published in Table 1:

Table 1 – Standards

ITEM	DETAIL	STANDARD
1	Chin-ups	7 consecutive
2	Bent Knee Sit-ups	31 consecutive
3	1 mile / 1600 m run or	7:30 minutes or less
	600 metre Indoor shuttle run	2:30 minutes or less