



JTF 2 Pre-Selection Physical Fitness Testing

1. **General.** This evaluation is used to predict a member's physical capability and their readiness to apply for JTF 2.
2. On top of these physical standards, all JTF 2 applicants must complete, and pass, the Basic Military Swim Standard

Preliminary Instructions for JTF 2 Applicant

3. In order to ensure accurate evaluation results, JTF 2 applicants shall be given preliminary instructions prior to their evaluation. The preliminary instructions shall advise the applicant that prior to their test, they should not:
 - a. Exercise the same day;
 - b. Consume alcohol for at least 6 hours; and
 - c. Eat, smoke, or drink tea, coffee, or other caffeine beverages for at least 2 hours.
4. The preliminary instructions shall advise the JTF 2 applicant to bring the following personal gear with them to the test:
 - a. Running shoes;
 - b. Gym shorts or sweat pants;
 - c. Gym shirt or sweat suit; and
 - d. Combats (shirt & trousers for the swim).

Protocols

5. In order to pass this evaluation, member must achieve an aggregate score of 75 points between all of the testing items

1.5 Mile Run

6. **General.** The 1.5 mile timed run is utilized to assess the applicant's aerobic capacity.
7. A measured 1.5 mile flat course (outdoors) or a 200 or 400 metre track may be used.
8. On the command GO, the applicant will commence the 1.5 mile run, and the PSP Fitness and Sports Instructor will start his/her stopwatch. The instructor will stop the watch when the applicant has completed the



- distance. Total time taken will be recorded in the appropriate space in Section C of the JTF 2 Physical Fitness Selection Test Reporting Form (Annex B).
9. Applicant must complete the run in the specified time (9:45 or 11:00 depending on category applying for).
 10. Applicants failing to meet the standard on the run shall not be permitted to continue on with the remainder of the evaluation.
 11. Members who meet and or exceed the minimum standard shall be provided with a recovery period and shall not be permitted to continue with the test until their heart rate is below pre-screening criteria (≤ 100 bpm).

Push Ups

10. The following procedures will be used for push-ups:
 - a. Start Position. In the start position the member lies flat on his/her stomach, legs and feet together. Hands pointing forward are positioned underneath the shoulders. To establish an acceptable hand position the evaluator may stand directly over the member being tested, if the evaluator can see the entire hand(s), then the position of the hands is too wide. Conversely, if the hands are under the chest and the evaluator cannot see any portion of the hand(s) then the position is too narrow. Elbows are comfortably back along the sides.
 - b. Movement/Extension Phase. Using the toes as the pivotal point, the member pushes up from the floor/mat (if using a mat use only a very thin mat or a very firm mat so as not to effect the integrity of the push-up) by straightening the arms to full extension. During this extension movement the elbows may flare out to the side as long as the hands remain in position pointing forward (it is not required that the member maintain elbows close to the sides during the movement phase, thus performing more of a triceps push-up). The body must be kept in a straight line; including the head that should not normally be cocked to look forward as such action is contraindicated. The member descends to the down position.
 - c. Down Position. The down position differs from the start position in that the member does not return to lying on their stomach. During the execution of their push-ups the member uses their muscular



endurance to keep their body suspended off the floor/mat throughout the evaluation. The proper down position has the back of the upper arms (triceps area) parallel to the floor/mat. The chin, chest area, stomach, thighs, or knees should not touch the floor/mat in the down position. However, incidental contact of any body part should not be used as a reason to terminate the test, or not count push-ups, unless the member through such contact is gaining clear advantage. Once the member has attained the down phase they continue with the next push-up (extension phase).

NOTE: If the member requires assistance in determining the correct down position, the evaluator may hold an object (such as a ruler) in the air under the member's shoulder at the proper height of the down position. Each time the member descends to the down position he/she should touch the object. Using the hand in these instances is not recommended.

- d. Counting. Push-ups are to be performed continuously and without a time limit. Push-ups that do not conform to the described protocol will not be counted. The test shall be discontinued as soon as the member is seen to strain forcibly to complete a push-up or is unable to maintain proper push-up technique. In many cases, lack of compliance with protocol (i.e. arching back on a push-up, not going down far enough, moving hands farther apart) can be corrected verbally and simply results in push-ups that do not count. Such situations should not result in termination of the test unless it is evident that advantage is being gained. Count the initial movement up as one and then count each subsequent repetition to full extension.

Sit Ups

11. The following procedure will be used for sit-ups:
 - a. Start Position. The member lies in a supine position, knees bent at a right angle (90 degrees), and feet about 30cm apart. Hold, or have someone else hold, the ankles of the member and ensure that the heels are in constant contact with the mat. The hands are placed beside the head and must be maintained in this position for the duration of the test.



- b. Movement/Sit-up Phase. When ready, give the command begin. The member is required to sit-up, initially keeping the lower back flat against the ground and “curling” up to touch the knees with the elbows, and then lower themselves back to the start position. The key to determining that the member has returned to the start position is that the shoulder blades come in contact with the mat between each repetition.

- c. Counting. The initial touch of the elbows to the knees counts as one. Each subsequent touch of the knees, when the sit-up has been performed properly, counts as another repetition. The member will perform as many repetitions as possible within one minute. The member may pause whenever necessary. Improperly performed sit-ups (i.e. did not return to starting position, lifted buttocks to gain momentum), will not be counted but are not a reason to discontinue the test. The evaluator can make verbal corrections. The test shall be discontinued as soon as the member is seen to strain forcibly to complete a sit-up. Record the number of sit-ups completed in one minute or the number completed when the test was discontinued.

Pull Ups

12. The following protocol will be used for pull ups:
 - a. The applicants shall be instructed to grab the chin up bar with an over hand grip (palms facing away from the body), hands shoulder width apart, legs crossed and bent at the knees.

 - b. Commencing in the down position, the applicant will pull themselves up until their chin is completely over the bar, and then lower themselves back down to full extension of the arms. Applicants will not be permitted to swing their bodies while pulling up or be permitted to stop / pause at the bottom or rest on the bar.

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



- d. The consecutive number of correct pull ups completed will be counted and recorded.

1 RM Bench Press

13. The following protocol will be used for 1 RM bench press:
 - a. Applicants are to be instructed to lie flat on the weight bench with their feet flat on either the floor or the bench. Each subject shall be instructed to warm up by completing 3-5 reps of approximately 50% of their estimated 1RM.
 - b. After the warm up, each applicant shall select the starting weight for the test. The applicant will be instructed to 'test the bar'. The purpose of testing the bar is to ensure even distribution on the hands and to permit the applicant to correctly position their body for the lift.
 - c. The applicant will then be asked if he/she is ready to lift the bar. If the applicant acknowledges that he/she is ready to lift, the bar will be lowered by the two assistants until the applicants' arms come to a *90 degree angle*, not right to the chest. The applicant is not to resist the bar while it is being lowered by the assistants.
 - d. Applicants shall be given a 'prepare to lift' command, then a 'lift' command. The this command the applicant will be required to lift the weight as hard and as fast as possible, until his/her arms are fully extended. Applicants should be advised to exhale as they lift and inhale while the bar is being lowered to their chest.
 - e. Bouncing the bar off the chest and / or pausing during the motion is not permitted. During the lift, the applicant is not permitted to lift their buttock off the bench or to arch their back during the lift.
 - f. The applicant will be given a 'good lift' if the lift was successful (fully extended arms, buttock in contact with bench, feet flat on floor or bench) or a 'fail' if it was not.
 - g. Applicants will then be required to lift a succession of heavier and heavier weights until 1 RM weight is determined.



- h. Applicants shall be permitted to select their weight for each lift, and up to two minutes of rest between each lift.
- i. A second trial will be permitted at the weight which an applicant fails to complete the test. A second failure at the same weight will terminate this test.
- j. Applicants shall be permitted to wear weight belts and/or gloves if desired.

Basic Military Swim Standard (BMSS)

- 14. General. This evaluation is used to gage a members swimming ability and water safety knowledge.
- 15. All test items are evaluated as "PASS / FAIL"
- 16. Failure to meet any of the standards will result in an overall failure of the BMSS

Water Safety Knowledge

- 17. Be aware of the hazards in, on, under and around the water and should know how to react when in trouble
- 18. Be aware of safe rescue measures and be able to perform reaching assists and rescue breathing (direct method of artificial respiration)

"Abandon Ship" Emergencies

- 19. Dressed in combats / coveralls and wearing a secured lifejacket, jump, feet first into the deep end of the pool off the 3 meter diving board. If the facility does not have a 3 meter diving board, use the 1 meter diving board. If the facility does not have a 1 meter diving board, use a starting block. If the facility does not have a starting block, use the side of the pool
- 20. Hold lifejacket firmly and securely by crossing arms across chest
- 21. As you surface, hand must be above head (to check for debris) and give the thumbs up to the instructor.
- 22. Swim, using any style of propulsion, a distance no less then 50m. If using a pool of less than a distance of 50m one way, the member will be required to turn around as they reach the end of the pool and continue swimming until they have met the designated distance, ensuring they do not touch the side walls nor touch the bottom of the pool.



Rudimentary Swimming Skills

23. Dressed in coveralls execute a forward roll entry into the deep end of the pool. Hands on both sides of the head, elbows to knees, roll forward into the water.
24. Surface, and remain afloat for at least 2 minutes using any combination of floatation skills such as treading water, motionless float, swimming in place, etc, as long as the members head stays above water.
25. Then, swim a distance of no less then 20m using any style of propulsion.
26. After reaching this distance, exit the pool

Reporting Procedures

27. The JTF 2 Physical Fitness Selection Test Reporting Form shall be completed and signed by the evaluator in the appropriate space provided. A photocopy shall be made and placed on the member's CF EXPRES tile for future reference and the original copy shall be forwarded to the applicants Commanding Officer
28. A copy may be given to the applicant if requested, however, the original form shall be forwarded to the member's unit for inclusion in the applicant's file

Additional Procedures for Failures

29. Applicants who fail to meet the established minimum standard for each test item and/or fail to achieve a total aggregate score of 75 points as a minimum, shall be provided with the *JTF 2 Pre-Selection Physical Fitness Training Program*, and strongly encouraged to follow this comprehensive physical fitness training program.
30. Applicants who fail to meet the established selection standards will be required to complete at least 30 days of training prior to being re-evaluated.
31. The *JTF 2 Pre-Selection Physical Fitness Training Program* should be made available to all JTF 2 applicants, regardless of current fitness level.



Category A (Assaulters) Standards

SCORE (points)	1.5 MILE RUN(min/sec)	PUSHUPS (# continuous)	SITUPS (# in 60 sec)	PULLUPS (# continuous)	1 RM BENCH PRESS (kg)
11	09:45 - 09:40	40 - 41	40 - 41	5	65
12	09:39 - 09:34	42 - 43	42 - 43	6	70
13	09:33 - 09:28	44 - 45	44 - 45	7	75
14	09:27 - 09:22	46 - 47	46 - 47	8	80
15	09:21 - 09:16	48 - 49	48 - 49	9	85
16	09:15 - 09:10	50 - 51	50 - 51	10	90
17	09:09 - 08:54	52 - 53	52 - 53	11	95
18	08:53 - 08:48	54 - 55	54 - 55	12	100
19	08:47 - 08:42	56 - 57	56 - 57	13	105
20	08:41 - 08:36	58 - 59	58 - 59	14	110
21	08:35 - 08:30	60 - 61	60 - 61	15	115
22	08:29 - 08:24	62 - 63	62 - 63	16	120
23	08:23 - 08:18	64 - 65	64 - 65	17	125
24	08:17 - 08:12	66 - 67	66 - 67	18	130
25	08:11 - 08:06	68 - 69	68 - 69	19	135
26	08:05 - 08:00	70 - 71	70 - 71	20	140
27	07:59 - 07:54	72 - 73	72 - 73	21	145
28	07:53 - 07:48	74 - 75	74 - 75	22	150
29	07:47 - 07:42	76 - 77	76 - 77	23	155
30	<07:41	78+	78+	24+	160+

Member *MUST* achieve an aggregate score of 75 as a minimum



Category B (Support & Specialists) Standards

SCORE (points)	1.5 MILE RUN(min/sec)	PUSHUPS (# continuous)	SITUPS (# in 60 sec)	PULLUPS (# continuous)	1 RM BENCH PRESS (kg)
11	11:00 – 10:46	40 - 41	40 - 41	5	65
12	10:45 – 10:31	42 - 43	42 - 43	6	70
13	10:30 – 10:16	44 - 45	44 - 45	7	75
14	10:15 – 10:01	46 - 47	46 - 47	8	80
15	10:00 - 09:46	48 - 49	48 - 49	9	85
16	09:45 - 09:31	50 - 51	50 - 51	10	90
17	09:30 - 09:16	52 - 53	52 - 53	11	95
18	09:15 - 09:01	54 - 55	54 - 55	12	100
19	09:00 - 08:46	56 - 57	56 - 57	13	105
20	08:45 - 08:31	58 - 59	58 - 59	14	110
21	08:30 - 08:16	60 - 61	60 - 61	15	115
22	08:15 - 08:01	62 - 63	62 - 63	16	120
23	08:00 - 07:46	64 - 65	64 - 65	17	125
24	07:45 - 07:31	66 - 67	66 - 67	18	130
25	07:30 - 07:16	68 - 69	68 - 69	19	135
26	07:15 - 07:01	70 - 71	70 - 71	20	140
27	07:00 – 06:46	72 - 73	72 - 73	21	145
28	06:45 - 06:31	74 - 75	74 - 75	22	150
29	06:30 - 06:16	76 - 77	76 - 77	23	155
30	<06:15	78+	78+	24+	160+

Member *MUST* achieve an aggregate score of 75 as a minimum