



Importance du conditionnement physique accru – les répercussions sur la Force aérienne

Le chef d'état-major de la Force aérienne, le Lieutenant-général Steve Lucas, met au défi les membres de la Force aérienne de tous les grades et de tous les niveaux de suivre la vague axée sur le conditionnement physique annoncée récemment par le chef d'état-major de la Défense, le Général Rick Hillier.

Dans un CANFORGEN diffusé au mois de décembre, le CEMD a transmis aux militaires leurs « résolutions » pour 2006 et les années à venir. « La transformation des FC aura pour effet d'augmenter la capacité de réagir rapidement, en cas de crises, au pays comme à l'étranger. La forme physique de nos soldats, de nos marins et de nos membres du personnel navigant est une composante essentielle et cruciale quant à la préparation opérationnelle, aux fonctions militaires et au leadership en général », a précisé le Gén Hillier.

Qu'est-ce que cela signifie au juste pour la Force aérienne?

La Force aérienne a adopté une approche proactive concernant l'activité physique bien avant la diffusion du CANFORGEN. En effet, dès 2004, le CEMFA avait souligné l'importance de la forme physique pour tous les membres de la Force aérienne. Il avait alors annoncé, par le biais d'un CANAIRGEN, la mise en œuvre d'une campagne de mise en forme au sein de la Force aérienne.

Dans le cadre de la campagne à court terme, le CEMFA a chargé tous les niveaux de faire preuve de leadership pour que tous les membres de la Force aérienne (Force régulière et réservistes visés) répondent aux normes d'évaluation de la condition physique des FC (test EXPRES).

Pour contribuer à l'atteinte de cet objectif, on a mis en place un processus de vérification annuelle de l'état de préparation du personnel dans les escadres. Le processus est contrôlé par les chaînes de commandement. Grâce à ce projet, on appuie et on encourage fortement le personnel de la Force aérienne à s'entraîner en vue de se préparer à l'évaluation de la forme physique et à communiquer les résultats de leurs tests à leur chaîne de commandement.

En février 2005, la Force aérienne a conclu un accord sur les niveaux de service avec l'Agence de soutien du personnel des Forces canadiennes pour que cette dernière examine le programme d'activité physique actuel et mette au point des normes de condition physique et des programmes préalables au déploiement

qui aideront la Force aérienne à respecter ses engagements futurs et qui contribueront à l'atteinte des objectifs opérationnels. L'examen produira un outil d'évaluation de la condition physique validé scientifiquement pour déterminer l'état de préparation opérationnel du personnel de la Force aérienne. On pourra ainsi établir des normes minimales de condition physique et élaborer un programme exhaustif d'entraînement pour aider les membres à atteindre ou à dépasser les exigences opérationnelles minimales.

Les militaires qui s'intéressent à ce dossier peuvent faire une demande en passant par la chaîne de commandement. Ils peuvent aussi se tenir au courant en lisant *La Feuille d'érable* et en consultant le nouveau site des affaires publiques de la Force aérienne du RID.

What the new CF fitness push means for the Air Force

The Chief of the Air Staff, Lieutenant-General Steve Lucas, is challenging members of the Air Force at all ranks and levels to embrace the push towards physical fitness recently announced by the Chief of the Defence Staff General Rick Hillier.

In a CANFORGEN released in December, the CDS gave the troops their "to do list" for 2006 and beyond—get in shape. At the time he said, "CF Transformation will make the CF more responsive by enhancing our ability to act quickly in the event of crises, whether in Canada or around the world. The physical fitness of our soldiers, sailors and airmen and airwomen is an essential and critical component of our operational readiness and of military duty and leadership in general."

So what exactly does this mean for the Air Force?

The Air Force is continuing its proactive stance towards physical fitness, which has been ongoing even prior to the recent

CANFORGEN. In fact, in 2004, the CAS highlighted the importance of maintaining a high level of physical fitness to all Air Force personnel by announcing, via CANAIRGEN, the implementation of an Air Force fitness campaign.

As part of the short-term fitness campaign, the CAS mandated his leadership at all levels to ensure that all members of the Air Force (Regular Force and applicable Reserve Force personnel) meet the current CF EXPRES Test Standards. To assist in meeting this goal, an Annual Personnel Readiness Verification process was developed and initiated across the Air Force. This process is now fully implemented across the wings and monitored throughout the chain of command. As a result of this initiative, at this time, Air Force personnel are strongly encouraged and supported in their efforts to train, work out and prepare for their express test, and report the results of their tests through the chain of command.

Last February, the Air Force signed a service level agreement with the Canadian Forces Personnel Support Agency to review current physical fitness programs and develop a new pre-deployment physical fitness standard and training program that will help the Air Force to meet its future commitments, thus contributing to achieving its operational goals. This review will produce a scientifically validated physical fitness evaluation tool to assess operational and deployment readiness of Air Force personnel, resulting in the establishment of minimal physical fitness standards and the development of a comprehensive training program developed to prepare members to achieve and exceed the prescribed minimal requirements.

Members interested in tracking developments should inquire through the chain of command, or watch for updates in *The Maple Leaf*, and on the new Air Force Public Affairs DIN site.



LCol Bob Blair works out in the gym at 8 Wing Trenton. LCol Blair won an award last year for his exceptional aerobic fitness level. He is currently posted to the Canadian Aerospace Warfare Centre.

Le Lcol Bob Blair s'entraîne au gymnase de la 8^e Escadre Trenton. L'an dernier, il a gagné un prix pour son excellente forme physique aérobique. Il est actuellement affecté au Centre de guerre aérospatiale des FC.

The Air Force is full of fit folks—you just have to look!

By Holly Bridges

Over the past few months, we have profiled some of the fittest members in the Air Force today—a Winnipeg search and rescue technician named the fastest 100-mile marathoner in Canada; "Team Air Force" from Borden that climbed one and a quarter mile straight up the CN Tower in Toronto (that's 1 777 stairs) to raise money for the United Way; two members from Comox now certified as international Tae Kwon Do referees; and a team of indefatigable and inspired comrades from Winnipeg who proudly

earned a team medal by walking for four days and 160 kilometres in last year's Nijmegen March.

The recent push for a fitter CF has not been lost on the Air Force community, in fact, air personnel are rising to the occasion, devising new and innovative ways to get fit and fight the flab. New classes are popping up all over the place, and more and more members are coming forward with ways to push themselves and motivate others by setting a good example.

"I fully agree with the new fitness directive that was recently promulgated by the Chief of the Defence Staff," says

Major Doug Mattila, a Winnipeg air Reservist and member of the 17 Wing Nijmegen team last July. "I personally feel that if you are going to be part of the CF, whether you are Regular Force or Primary Reserve, you should be willing, able and fit, to fight or deploy in, or out of Canada for humanitarian reasons or world security.

"A basic leadership lesson which is taught and instilled throughout a member's career is to "lead by example". How could I ask my troops to maintain their fitness, if I did not? This is where Defence Ethics come into play such as integrity, loyalty

and responsibility. I have 35 years total service (28 Regular Force and seven years Reserve Force) and take pride in keeping fit, maintaining a high standard of dress and deportment because when I wear the CF uniform, I am representing Canada. It is also a proven point, "that a healthy body, means a healthy mind" which will result in better work performance. I believe it is every supervisor's responsibility to ensure their troops and staff follow the CDS's fitness directive to remain fit to fight, which will instil self-discipline and motivation to the troops."