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Did you know?

In the 2-week Basic Parachute Course candidates' anxiety induced heart rates reach 93% heart rate max for about 1 min when jumping out of the plane. One guy's heart rate was 210 bts/min just standing there! In addition, equal heart rates are sustained for 4 min, and can remain elevated above 80% HRmax for up to 29 min during the walk back to the drop zone while they carry up to 51 kg of gear across uneven terrain.

Dr. Wayne Lee retires

After 10 years as the leader of the Human Performance Research and Development team, Dr. Wayne Lee has handed the reigns over to continue to establish and prepare our CF for the physical requirements of their jobs. He will leave his spirit here with us so that we can always remember that his dreams have become realities. We will continue to provide excellence in research and program development, and hopefully make him proud. Congratulations to a new beginning!

Acting Director of Fitness

Patrick Gagnon has been appointed Acting Director of Fitness until a CF Colonel is appointed.

New Program Development Manager on board

Barry Stockbrugger has recently joined our team as the Program Development Manager. He will be following the Army, Air Force and Navy teams throughout the research process to watch our Canadian Forces in action. The information gathered will provide a foundation for the training programs that will accompany/precede new occupational fitness standards. These training programs will assist our CF to be prepared for the demands of their jobs and the new fitness standards being developed to verify these physical abilities.

He has been reviewing the history of the CF physical training methods and programs, along with the current fitness standards. His approach is to build on past successes of fitness programs and adapt/augment/enhance them to ensure they optimize operational readiness of our CF members. He will be looking for feedback and expertise from PSP staff across the country, and wants to hear from you. Contact him at 613-992-1327 or Stockbrugger.B@forces.gc.ca.

PSP Training Development Center

Since the departure of the PSP Training Center Manager, Paul Poirier, Howie Woodruff, Chief Instructor, will be assuming the manager's responsibilities. Their cell has joined the Human Performance team.

Hiring of CANSOFCOM research team

We are in the process of hiring the CANSOFCOM research team. The CANSOFCOM Research Manager and Assistant should be in place by the end of the summer.

The CJIRU project has welcomed a new Research Coordinator, Laurence Lemieux, to complete the task of developing a Physical Fitness Maintenance Standard and Selection Standard. She will be working with Dr. Lindsay Goulet from the Esquimalt research cell.

Did you know?

During SERE training (while trying to reach a contact point and evading capture) participants' heart rates average 57% and attain a peak of 83% of their age-predicted max for up to 30 hours.

Civilian cameras may be built into lightweight cell phones nowadays but for the Image Techs, the job can involve carrying 30kg of equipment for several hours in the heat!!!

Did you know?

The Army research team is currently concentrating on re-evaluating the LFCPFS to determine if it is the best method of testing physical operational readiness. They are currently focusing on which casualty evacuation is being most frequently used in theatre. In one training exercise they observed 20 different techniques of moving a casualty.

Did you know?

There are approximately 80 ladders (1100 rungs) on HMCS Regina. That is a lot of ladders!!

When an emergency alarm sounds on ship, fleet standard requires personnel to be dressed and at their assigned emergency stations with a 4-man attack team dressed in bunker gear standing by in 6 minutes or less. How fast can you get dressed?

DFIT conference

June 18-20 the DFIT staff gathered at the Asticou Center in Gatineau, Quebec to brainstorm, and discuss the new direction for the Directorate of Fitness. The outcome was very positive and resulted in working groups for a variety of issues, including communication, program development and evaluation, and training. Our next step is to include valuable input into these working groups from Base level PSP. Keep your ears open.

Updates to the website

Look for changes on our website at www.cfpsa.com/en/psp/Humanperformance/index.asp:

- Additional reports
 - Updates on ongoing projects
 - Creation of a 'what's new' section
 - Changes to 'our team'
 - Links to articles of interest regarding Human Performance in the CF.
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Spring 08 & Fall 08 Common Military Task Fitness Evaluations (CMTFE)

April and May 2008 HP conducted CMTFE for 2 CF members. HP will be conducting a fall series for the CMTFE in Ottawa at the Rockcliffe site. The well-known "EXPRES" test is a predictive test derived from the 'Common Military Tasks' that includes the entrenchment dig, sea evacuation, low-high crawl, sandbag carry and land-evacuation. More information for this test can be found in the fitness website www.cfpsa.com/en/psp/fitness/general_e.asp. The original research can be found on our website www.cfpsa.com/en/psp/HumanPerformance/projects/mpfs_e.asp. A notice will be sent out to the field this summer to alert the CF. Additional information will be added to our website to facilitate PSP in preparing CF members for the evaluation. If you have any questions please Jacquie Laframboise at Laframboise.jl@forces.gc.ca.

Adventures in the research field

The Army, Navy and Air Force research teams are in full swing in 'phase 1', (see website under Research Projects 'Process') learning about the realities of the Military Occupations.

The Navy team has been to Halifax to learn about submariner life and identify any differences between east and west coast life. They have also been deployed with HMCS Protecteur and HMCS Regina for weeks at a time.

Project SOAR (Standards of Occupational fitness for Air force Requirements) has taken off!

The research team has just returned from Trenton discussing a demanding occupation that is possibly overlooked in terms of fitness – the Imagery Technicians.

They also observed a course in Winnipeg that is well known to be physically demanding for aircrew - the Advanced SERE (Survival Escape Resistance and Evasion) Training. The practical portion is a grueling exercise that takes place in Springer Lake, about 2 hours outside of Winnipeg. The team is now considering launching a new research project looking into the physical demands of swatting

Contact Us

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Comments and Questions are greatly appreciated.

We hope that this has been informative for you. DFIT looks forward to working with you in the future on Human Performance initiatives.

mosquitoes and pulling off ticks for 30 hours!

The Project Manager observed the final phase of the SAR Tech QL5 11 month course in Jarvis Lake and helped with data collection in Comox with the Dr. Petersen's research Team from the University of Alberta.

Completed projects available on-line

- Fire Fighter Forcible entry
- Women's upper body muscular strength and endurance

Current projects

- Cardiopulmonary Responses of Fire Fighters to Exercise
- SAR Tech Physical Fitness Selection Standard
- Close Personal Protection
- CJIRU Physical Fitness and Maintenance and Selection Standards
- Army, Air Force and Navy Physical Fitness Standards

Thank you PSP

HP would like to thank all of the PSP field staff for their outstanding support.

Staff	Base	Project
Penny Murphy	Esquimalt	CPAC
Megan Ramsay	Esquimalt	CPAC
Dustin Moore	Esquimalt	CPAC
Mike Barnes	CFSU Ottawa	Close Protection Course
James Follette	Winnipeg	Air Force (SOAR)
Stephane Rainville	Comox	SAR Tech Pre-Selection
Veronique Dion		