



5590-1 (FS&R Dir)

5 August 2014

Distribution List

FORMATION EUROPE -
AUTHORIZED FITNESS AND SPORT ACTIVITIES

References: A. CFAO 50-3
B. DAOD 5023-2
C. Veteran's Affairs Pension Act

1. The CAF requires that its members maintain their physical fitness throughout their careers. Historically, with the EXPRES test, members self-identified which physical fitness activities they participated in, and in what frequency; with the FORCES test, this requirement has ceased. In an effort to simplify the self-identification of fitness and sport activities in which our members participate, this letter serves as the Formation Europe authorized fitness and sport activities list for FY 2014/2015. It is intended that the list will be reviewed on an annual basis, and published twice annually in unit's Routine Orders.

2. Formation Europe approved list of fitness and sport activities is as follows:

- a. Badminton;
- b. Ball Hockey;
- c. Basketball;
- d. Cycling;
- e. Golf;
- f. Hockey;
- g. Rugby;
- h. Running;
- i. Slo-Pitch / Softball;
- j. Soccer;
- k. Squash;
- l. Swimming;
- m. Tae Kwon Do;

- n. Tennis;
- o. Triathlon;
- p. Volleyball;

Miscellaneous Activities

- q. Combat Conditioning;
- r. Functional Training;
- s. Group Fitness (Aerobic Classes);
- t. Spinning Classes;
- u. Stability/Bosu Ball; and
- v. Yoga/Power/Strength Training.

3. Any Formation Europe CAF member injured while participating in the Formation Europe sports program may be required to provide the following supporting documents for Board of Inquiries and Pension coverage:

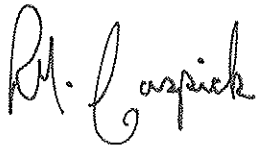
- a. Team name;
- b. Team roster;
- c. Team list (all teams in the league);
- d. Schedule of games (date, time, place);
- e. Schedule of practices (date, time, place);
- f. Tournaments (date, time, place);
- g. All minutes of team and league meetings; and
- h. Current copy of team and League Constitution.

4. Pension coverage is never a guarantee. In the event that an injury is sustained, the case is reviewed by the Veteran's affair of Canada (VAC) board. To greatly improve chances to receive full pension coverage, CAF members should keep records on participation approval and log all activities. Please refer to Veteran's affairs Pension Act, Part III - Pensions, Paragraph 21(3).

5. CSIM competition, National and Regional CF championships, and out service competition will be authorized and approved through a different process.

6. CAF members participating in fitness or sport activities not included in the Formation Europe authorized fitness and sports activities may participate at their own risk and are encouraged to review their disability and personal life insurance coverage.

7. Any questions or other activities that are deemed critical to the Formation Europe program may be directed to Joanne Morgan, PSP Manager (Europe).



R.M. Caspick
Captain (Navy)
Formation Commander Europe
National Military Representative

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