



5590-1 (Mgr, FS&R)

20 May 2015

Distribution List

FORMATION EUROPE  
AUTHORIZED FITNESS AND SPORT ACTIVITIES

References: A. PSP Policy Manual  
B. DAOD 5023-2  
C. Veterans Affairs Canada Pension Act

1. As described in the Canadian Forces Health and Physical Fitness Strategy, members of the Regular Force and Primary Reserve are required to meet the mandatory universality of service standard on an annual basis to ensure they are physically capable of performing basic military duties. Canadian Armed Forces (CAF) members are encouraged to refer to [www.dfit.ca](http://www.dfit.ca); the CAF approved online fitness exercise prescription to prepare for today's complex and demanding operational environment.

2. The CAF Sports Program is also an integral part of the CAF Health and Physical Fitness Strategy contributing to an active and healthy lifestyle while enabling CAF personnel to play and compete at their highest level. Through the demands of training and competition, sports help develop unit cohesion, team work, morale, pride, identity and esprit de corps. The Formation Europe (FE) sports program primarily consists of intra-unit sports, host nation championships and out-service sports competitions.

3. This letter serves as the FE authorized fitness and sports activities list for Fiscal Year 2015/2016. The intention is to review the list on an annual basis and publish twice annually in each unit's Routine Orders.

4. FE approved list of fitness and sports activities:

- a. Badminton;
- b. Ball Hockey / Floor Hockey;
- c. Basketball;
- d. Cycling;
- e. Golf;
- f. Hockey;
- g. Rugby;
- h. Running;
- i. Skating;
- j. Slo-Pitch / Softball;
- k. Soccer;

- l. Squash;
- m. Swimming;
- n. Tae Kwon Do;
- o. Tennis;
- p. Triathlon;
- q. Volleyball;
- r. Group fitness, which may include:
  - (i) Aerobic Classes;
  - (ii) Spin Classes; and
  - (iii) Yoga Classes; and
- s. Combat Conditioning, which may include:
  - (i) Functional Training;
  - (ii) Power & Strength Training; and
  - (iii) Stability and Balance Training

5. In the event of injury, the Veterans Affairs Canada (VAC) adjudication process provides certain presumptions regarding physical training and sports. VAC Pension Act Part III, Paragraph 21(3):

*For the purposes of subsection (2), an injury or disease, or the aggravation of an injury or disease, shall be presumed, in the absence of evidence to the contrary, to have arisen out of or to have been directly connected with military service of the kind described in that subsection if the injury or disease or the aggravation thereof was incurred in the course of (a) any physical training or any sports activity in which the member was participating that was authorized or organized by a military authority, or performed in the interests of the service although not authorized or organized by a military authority; ...*

6. CAF members are reminded to keep records of sports participation, approvals and to track/log activities that are in the interest of service as each case is decided on its own facts and merits. The following information may assist in the VAC adjudication process:

- 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;
- h. Current copy of team and League Constitution; and
- i. Fitness training logs.

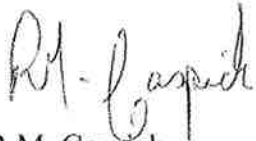
7. International Military Sports Council (CSIM) and out service competitions will be authorized and approved on an individual basis. Please refer to the following link for additional information:

<https://www.cfmws.com/en/AboutUs/PSP/CFSports/International/Pages/default.aspx>

8. Competitive sports such as boxing, mixed martial arts and hand-gliding, which are not authorize by the CAF, do not form part of this order.

9. Competitions involving motorized vehicles, such as car rallies, snowmobile races and motor racing and social games, such as darts, shuffle-board and billiards do not form part of this order, but may be organized as recreational activities in accordance with the PSP Policy Manual, Chapter 6-1. CAF members who takes part in a "pick-up" or spur-of-the-moment game with co-workers, friends or neighbours, even if it takes place on a military base may be seen as recreational thus not service-related.

10. Any questions regarding the FE Fitness and Sports program may be directed to Mr. Guy Boudrias, Manager, Fitness, Sports and Recreation.



R.M. Caspick  
Captain (Navy)  
Commander Formation Europe

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