



52 (City of Calgary) RCACS
Your Guide to Virtual Fitness Testing



2020 brings a lot of new challenges for us. These challenges will likely continue for the remainder of the training year, and the Staff are working overtime to make the Program as enjoyable as possible for you. Continuing with this new normal, our Cadet Fitness Assessment, CFAT, will be moving virtual as well! This guide is intended to steer your efforts in the right direction. Remember that before any physical exercise, you should stretch and warm yourself up, as well as stretch and cool-down after you complete the tests. Your test should take approximately 30-45 minutes, including the warm-up and cool-down. You should take a short five (5) minute break between each exercise. You should note that in order to pass your training level, and be promoted, you must attempt this assessment.

The CFAT in COVID times is broken down into four (4) sections:

1. Curl-ups;
2. Push-ups;
3. Sit and Reach; and
4. Shoulder Stretch.

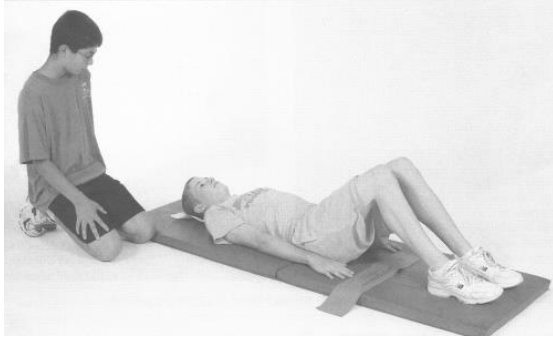
CATO 14-18, Annex B, Appendix 1 and 2 contain the minimums required to reach qualification for both males (Appendix 1) and females (Appendix 2). These are attached at the end of this document, as is the recording sheet to note your results.

Once you have completed your assessment, please scan and email the completed form to: trgadm@52aircadets.com

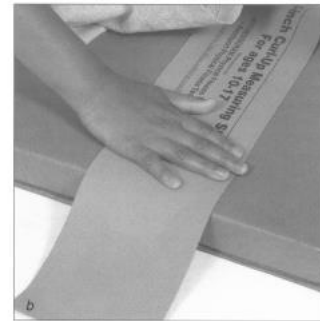
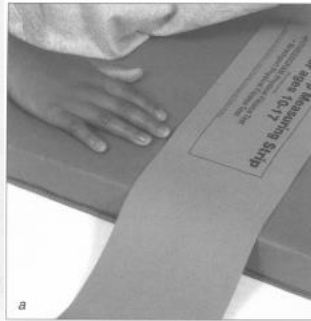
The CFAT

Curl-Ups

Similar to a sit-up, a Curl-Up is performed on your back with your knees bent around 45-degrees and the feet flush on the floor. You will need a measuring strip of 12cm across, placed under your knees. Your arms will be palm-down and extended towards your feet beside you, on the edge of the measuring strip. This will be the starting position. When instructed to begin, you will curl up from the abdomen and try to reach your fingertips to the other end of the measuring strip, without bending the arms. Pause for a second and lower yourself back to the start position. Repeat this until you cannot complete a full curl-up, or you cannot complete one without bending the arm or twisting your body to “make it reach”, or you have reached the 75th curl-up.



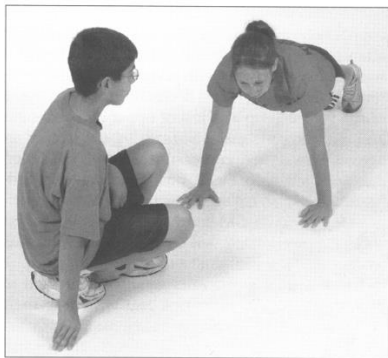
(CATO 14-18 Annex A, Appendix 2, Figure A2-1, 2021)



(CATO 14-18 Annex A, Appendix 2, Figure A2-3, 2021)

Push-Ups

These are your standard everyday-type push-ups. Begin with your palms planted firmly on the ground beneath your shoulders. Your legs are extended behind you with your knees straight and off the floor, on your toes. Try to keep your back flat. When instructed to begin, bend at the elbows to lower your torso towards the floor, coming to a stop just before actually lowering all the way (do not make contact with the floor!). A good rule of thumb is to lower yourself until you are about a fist-length from the floor. Push yourself up to the start position and repeat until you cannot complete a full push-up, or you cannot maintain the proper form (i.e., keeping your back straight but lowering your head does not count as a push-up). Your cadence should be one push-up every three seconds.



(CATO 14-18 Annex A, Appendix 3, Figure A3-1, 2021)

Sit and Reach

This is a test of flexibility. You can use a small box 30cm high, or the bottom-most step on a flight of stairs. You will need a ruler. Attach the ruler so that the 23cm mark is at the edge of the box, or step, with the 0cm mark coming out towards you. Place one leg extended flat in front of you, with your foot planted on the box or step. Take your other knee and bend it so your foot rests flat on the floor in front of you and beside your straight knee. Keeping your back straight, you will bend at the hip and with your arms stretched out in front of you, hand over hand, try to reach as far as you can down the ruler rocking four times. On the fourth, hold momentarily to record your reach. Keep your elbows straight and your knee flat (careful to not lock). If you

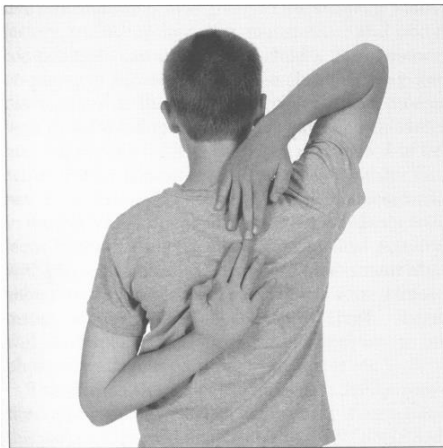
cannot complete this without bending your knee, ask your parent or sibling to gently hold your knee down. Your knee must be kept flat, and your other foot must remain flat on the floor. Record the number from the ruler of how far you reached. Repeat with both legs.



(CATO 14-18 Annex A, Appendix 5, Figure A5-2, 2021)

Shoulder Stretch

Similar to a warm-up routine prior to sports, this exercise is a test of flexibility. Begin in a standing position, with your feet roughly shoulder-width apart – or something comfortable. Start with your right arm and raise it upwards bending it backwards so your hand is behind your head. Take your left arm and place it backwards behind your lower back, aimed upwards. Next, lower your left arm and raise your right and try to grab your hands (or fingertips) together behind you. Hold for a few seconds to demonstrate they are touching. Release, and reverse the exercise. Note: in order to be successful in this particular exercise, you must demonstrate this with both left and right sides.



(CATO 14-18 Annex A, Appendix 4, Figure A4-1, 2021)

ANNEX B (from CATO 14-18)

CATO 14-18
ANNEX B
APPENDIX 3

OAIC 14-18
ANNEXE B
APPENDICE 3

**CADET FITNESS ASSESSMENT
AND INCENTIVE LEVEL RESULTS**

Name: _____ Age: _____ Gender: M / F

Date: _____

		INCENTIVE LEVEL				
		Nil	Bronze	Silver	Gold	Excellence
RESULTS						
Cardiovascular						
20-m Shuttle Run Test (# of laps)						
Muscular Strength						
Curl-Up (#)						
Push-Up (#)						
Muscular Flexibility						
Shoulder Stretch (yes/no)	Right: Y / N					
	Left: Y / N					
Back-Saver Sit and Reach (cm)	Right:					
	Left:					
Overall Incentive Level Calculation:						
1. Disregard the lowest incentive level result from the four muscular strength and muscular flexibility tests (<i>Note</i> : the 20-m Shuttle Run Test results shall not be disregarded). 2. The overall incentive level shall correspond with the remaining lowest achieved incentive level from all three fitness components.						
Overall Incentive Level Achieved						

ANNEX B (from CATO 14-18)

CATO 14-18
ANNEX B
APPENDIX 1

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ANNEXE B
APPENDICE 1

CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS – MALE

20-m Shuttle Run Test					Curl-Up (no. completed)				Push-Up (no. completed)			
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	32-44	45-57	58-71	72 +	18-23	24-29	30-35	36 +	10-12	13-15	16-19	20 +
13	41-54	55-68	69-82	83 +	21-26	27-32	33-39	40 +	12-15	16-19	20-24	25 +
14	41-54	55-68	69-82	83 +	24-30	31-37	38-44	45 +	14-18	19-23	24-29	30 +
15	51-64	65-78	79-93	94 +	24-30	31-38	39-46	47 +	16-21	22-27	28-34	35 +
16	61-71	72-82	83-93	94 +	24-30	31-38	39-46	47 +	18-22	23-28	29-34	35 +
17	61-75	76-90	91-105	106 +	24-30	31-38	39-46	47 +	18-22	23-28	29-34	35 +
18	72-82	83-93	94-105	106 +	24-30	31-38	39-46	47 +	18-22	23-28	29-34	35 +

Back Saver Sit and Reach (in cm)					Shoulder Stretch			
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	20	20	20	20	Cadets must be able to touch their fingertips together behind their back on both the right and left sides.			
13	20	20	20	20				
14	20	20	20	20				
15	20	20	20	20				
16	20	20	20	20				
17	20	20	20	20				
18	20	20	20	20				

Figure B1-1 Cadet Fitness Assessment Incentive Level Standards – Male

CATO 14-18
ANNEX B
APPENDIX 2

OAIC 14-18
ANNEXE B
APPENDICE 2

CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS – FEMALE

20-m Shuttle Run Test					Curl-Up (no. completed)				Push-Up (no. completed)			
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	15-22	23-31	32-40	41 +	18-21	22-26	27-31	32 +	7-8	9-11	12-14	15 +
13	23-31	32-40	41-50	51 +	18-21	22-26	27-31	32 +	7-8	9-11	12-14	15 +
14	23-31	32-40	41-50	51 +	18-21	22-26	27-31	32 +	7-8	9-11	12-14	15 +
15	32-37	38-43	44-50	51 +	18-22	23-28	29-34	35 +	7-8	9-11	12-14	15 +
16	32-40	41-50	51-60	61 +	18-22	23-28	29-34	35 +	7-8	9-11	12-14	15 +
17	41-46	47-53	54-60	61 +	18-22	23-28	29-34	35 +	7-8	9-11	12-14	15 +
18	41-50	51-60	61-71	72 +	18-22	23-28	29-34	35 +	7-8	9-11	12-14	15 +

Back Saver Sit and Reach (in cm)					Shoulder Stretch			
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	25	25	25	25	Cadets must be able to touch their fingertips together behind their back on both the right and left sides.			
13	25	25	25	25				
14	25	25	25	25				
15	30	30	30	30				
16	30	30	30	30				
17	30	30	30	30				
18	30	30	30	30				

Figure B2-1 Cadet Fitness Assessment Incentive Level Standards – Female