

CF FITNESS TESTING

All FITNESS BOOKINGS

Please contact PSP Fitness Coordinator at (204) 765-3000 ext 3899.

Please provide NAME, RANK and LAST THREE.

If a cancellation is necessary, please contact the Fitness Coordinator at the earliest possible convenience.

MEDICAL CHITS:

If a member is on a temporary or permanent category the following procedure pertains:

- Contact the PSP Fitness Coordinator at local 3899 to set up an appointment to initiate the paperwork for a DND 582 Round Trip Memorandum.
- Contact their MO for an appointment to finish the DND 582.

Once Fitness Staff receive the completed paperwork from the MO, the member will be contacted to either book a CF EXPRES Test on the medically approved components

OR

Be given a CF exercise prescription according to the CF EXPRES OPS Manual, which will cover them if injured while training on their own time.