

# PHYSICAL FITNESS PARTICIPATION DECLARATION

Cadets of the Canadian Cadet Movement are required to perform 4.5 hours of organized physical fitness every year. The declaration is to confirm the cadets' participation in service directed towards physical fitness and continue their development in encouraging active living.

## NO

- If the activity is generally considered to form part of non-physical fitness (i.e. drill in a parade, marksmanship, community service, etc.)
- If it is a component of a course or class other than Performance Objective – Physical Fitness
- If the hours were collected before the first parade of the current training year (First Monday in September)
- If the hours collected have already been submitted for school/community organizations other than cadets

## YES

- If it is an organized activity from a recognized group
- If it is an event/activity designed to benefit the community
- If it a structured program which includes tutoring, visiting, and/or coaching
- If it is an event/activity to support/promote work of a global nature/environmental awareness
- If the hours collected have not already been submitted for school/community organizations other than cadets

Cadets are encouraged to see the Training officer of the cadet corps if any questions arise...

**NOTE:** 4.5 hours of organized physical fitness is the minimum requirement for promotion to the next rank in the Canadian Cadet Movement. This form must be completed, signed, and submitted to the Training Officer one week prior to the writing of the promotion exam.

**NOTE:** 1 hour must come from an organization outside of the Canadian Cadet Movement **or** 1 hour must be from the Canadian Cadet Movement.

**NOTE:** Parents/Guardians may not sign the form unless they are directly involved in the organization/event directed.

### **CADET IDENTIFICATION**

Cadet Name (Please Print): \_\_\_\_\_ Rank: \_\_\_\_\_

Total hours completed (all attached forms must be signed and total 4.5 or more hours): \_\_\_\_\_

### **OFFICE USE ONLY**

Training Officer Signature: \_\_\_\_\_

Commanding Officer Signature: \_\_\_\_\_

### ***Organized Physical Fitness Activity #1***

Activity: \_\_\_\_\_ Hours: \_\_\_\_\_

Organization task was done for: \_\_\_\_\_

Date activity was completed: \_\_\_\_\_ Individual or Group based? \_\_\_\_\_

Supervisor (Print Name): \_\_\_\_\_ Supervisor Signature: \_\_\_\_\_

Cadet Signature \_\_\_\_\_

*By signing this declaration the supervisor and the cadet acknowledge that the stated requirements have been met*

### ***Organized Physical Fitness Activity #2***

Activity: \_\_\_\_\_ Hours: \_\_\_\_\_

Organization task was done for: \_\_\_\_\_

Date activity was completed: \_\_\_\_\_ Individual or Group based? \_\_\_\_\_

Supervisor (Print Name): \_\_\_\_\_ Supervisor Signature: \_\_\_\_\_

Cadet Signature \_\_\_\_\_

*By signing this declaration the supervisor and the cadet acknowledge that the stated requirements have been met*

### ***Organized Physical Fitness Activity #3***

Activity: \_\_\_\_\_ Hours: \_\_\_\_\_

Organization task was done for: \_\_\_\_\_

Date activity was completed: \_\_\_\_\_ Individual or Group based? \_\_\_\_\_

Supervisor (Print Name): \_\_\_\_\_ Supervisor Signature: \_\_\_\_\_

Cadet Signature \_\_\_\_\_

*By signing this declaration the supervisor and the cadet acknowledge that the stated requirements have been met*

**Organized Physical Fitness Activity # \_\_\_\_\_**

Activity: \_\_\_\_\_ Hours: \_\_\_\_\_

Organization task was done for: \_\_\_\_\_

Date activity was completed: \_\_\_\_\_ Individual or Group based? \_\_\_\_\_

Supervisor (Print Name): \_\_\_\_\_ Supervisor Signature: \_\_\_\_\_

Cadet Signature \_\_\_\_\_

*By signing this declaration the supervisor and the cadet acknowledge that the stated requirements have been met*

**Organized Physical Fitness Activity # \_\_\_\_\_**

Activity: \_\_\_\_\_ Hours: \_\_\_\_\_

Organization task was done for: \_\_\_\_\_

Date activity was completed: \_\_\_\_\_ Individual or Group based? \_\_\_\_\_

Supervisor (Print Name): \_\_\_\_\_ Supervisor Signature: \_\_\_\_\_

Cadet Signature \_\_\_\_\_

*By signing this declaration the supervisor and the cadet acknowledge that the stated requirements have been met*

**Organized Physical Fitness Activity # \_\_\_\_\_**

Activity: \_\_\_\_\_ Hours: \_\_\_\_\_

Organization task was done for: \_\_\_\_\_

Date activity was completed: \_\_\_\_\_ Individual or Group based? \_\_\_\_\_

Supervisor (Print Name): \_\_\_\_\_ Supervisor Signature: \_\_\_\_\_

Cadet Signature \_\_\_\_\_

*By signing this declaration the supervisor and the cadet acknowledge that the stated requirements have been met*