



Nova Scotia/Nunavut Command
The Royal Canadian Legion

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All Branch Mail Out #5a - 2017

Date: February 16, 2017

To: NS/NU Command Branches
NS/NU Zone Commanders
NS/NU Executive Council
NS/NU Past Presidents
NS/NU Command Staff

From: Valerie Mitchell-Veinotte
Executive Director
NS/NU Command, RCL

Subject: Reminder 2017 Nijmegen March

Message: **Comrades:** On December 20 2016 an all branch mailout was sent by Dominion Command regarding the 2017 Nijmegen March. This message is sent as a reminder that applications are to be sent to NS/NU Command for selection. The deadline for submissions to NS/NU Command is 8:30 am February 24 2017. The application is attached and more information can be found at the following link:

<http://us9.campaign-archive2.com/?u=da9e45b58648742e100d22f26&id=db4edeed7e>

2017 Nijmegen march

Good day, please find below the information for the 2017 Nijmegen march application process. The forms can be downloaded from RCL DC Website under the Committee Resources section, under Forms/Nijmegen March: <http://www.legion.ca/resources/>

*DOMINION COMMAND, THE ROYAL CANADIAN LEGION
2017 NIJMEGEN MARCH INDIVIDUAL APPLICATION FORM*

To be filled out by the Candidate

*PLEASE TYPE IN THE INFORMATION REQUESTED OR HANDWRITE IT LEGIBLY
ATTACH ADDITIONAL INFORMATION AS REQUIRED*

First Name and Family

Name: _____

Male or Female:

Legion Membership

Number: _____

Branch Name &

Number: _____

Home Mailing Address:

Contact Phone Number: (_____) _____ -

E-Mail Address: _____ @ _____

Members interested in applying to participate in the 2017 Nijmegen March are required to complete and submit this application form to their Provincial Command office by 15 February 2017.

CERTIFICATION OF REQUIREMENTS:

1. *Are you a member in good standing (The General By-Laws, section 101.c.) as of 1 January 2017?*

(circle one): Yes No

Describe in general terms your experience as a member of the Legion and, if applicable, your experience in the CAF or the RCMP :

2. *I have read the physical fitness requirements attached to this form and I confirm that I am physically fit and able to perform the required preparation training.*

(circle one): Yes No

3. *I am aware that I am responsible to handle my own costs for medical, transport, accommodation and meals should I become sick or unable to participate at any time after starting the trip to Nijmegen.*

(circle one): Yes No

4. *I am aware that I am responsible for all costs and expenses not covered by the CAF.*

(circle one): Yes No

5. *I am in possession of a complete and proper Legion uniform, as defined in the Legion Ritual, Awards and Protocol Manual (chapter 1), and I am aware that I must wear the Legion uniform as prescribed in The General By-Laws when participating in events such as wreath laying ceremonies, receptions, etc.*

(circle one): Yes No

6. *I am aware that I am responsible for the provision of all materials and documents required by the CAF.*

(circle one): Yes No

7. *I have a current up-to-date passport with at least six months remaining on it from the end of July 2017.*

(circle one): Yes No

BACKGROUND:

1. *Do you exercise regularly (Yes No) ? If so, list your activities, describing how long you have been doing it, level of intensity and approximate frequency:*

• _____

- _____

- _____

2. Have you ever participated in a long distance walking / marching event, including a prior Nijmegen March (Yes No) ? If so provide brief description, location and date:

- _____

- _____

3. Describe in general terms the training program you intend to follow should you be chosen to represent the RCL at the 2017 Nijmegen March:

- _____

- _____

4. In your own words, please describe your motivation to represent the Legion at the 2017 Nijmegen March (attach on a separate page).

APPROVAL:

Supported

by: _____

Branch President (print name and sign)

Date

Need to have also the applicant's signature on this form

BASIC FITNESS REQUIREMENTS

Based on the former CAF fitness assessment test:

Basic Physical Requirements

	Men	Women
Pushups		
Under 35 years of age	19	9
35 and Older	14	7
Sit-Ups		
Under 35 years of age	19	15
35 and Older	17	12

Aerobic Fitness 2.4 KM RUN - FITNESS CATEGORIES (Time in minutes)

Age	Men	Women
Under 30 Years	11:56 - 10:13	14:26 - 12:36
30-34	12:26 - 10:35	14:55 - 12:57
35-39	12:56 - 10:58	15:25 - 13:27
40-44	13:25 - 11:12	15:55 - 13:57

45-49 13:56 - 11:27 16:25 - 14:26

50-54 14:25 - 11:57 16:54 - 14:56

PUSH-UPS

Lie flat on your stomach with your legs together, using your toes as the pivot point. With your fingers pointing forward, place your hands below your shoulders. Push up by straightening your arms until your elbows are locked, then return to the starting position (with your chest just touching the floor). Keep your body in a straight line throughout. Exhale as you push up; inhale on the way back down. Perform this motion in a continuous manner.

SIT-UPS

Lie on your back, with your knees bent at a 90-degree angle, and put your feet flat on the floor. Place your hands on the side of your head (covering your ears). Press your lower back against the floor to begin the movement, curl up and touch your elbows to your knees (count one), and then return to the starting position. Exhale as you come up; inhale on the way back down. Perform as many sit-ups as you can in 60 seconds.

AEROBIC FITNESS 2.4 KM RUN

Complete the test on a regulation running track (six laps of a 400-meter track) or over a measured flat course.

DOMINION COMMAND, THE ROYAL CANADIAN LEGION

2017 NIJMEGEN MARCH APPLICATION FORM

Provincial Command: _____

Provincial Command, under the signature of the President, will forward to Dominion Command, NLT 15 March 2017, its Command's top candidates listed in order of priority (maximum of three).