



Nova Scotia/Nunavut Command  
The Royal Canadian Legion

61 Gloria McCluskey Avenue  
Dartmouth, Nova Scotia B3B 2Z3

Tel: 902-429-4090

Fax: 902-429-7481

Email: [info@ns.legion.ca](mailto:info@ns.legion.ca)

[ns.legion.ca](http://ns.legion.ca)

## All Branch Mail Out #67

**Date:** November 22, 2019

**TO:** NS/NU Branches  
ATTENTION: Branch Presidents  
NS/NU Executive Council  
NS/NU Zone Commanders  
NS/NU Past Presidents

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

**Subject:** 2020 Nijmegen March

**Message:** Comrades: Please find attached/enclosed information on the 2020 Canadian Armed Forces Nijmegen March Team. For widest distribution please.

The Canadian Armed Forces Nijmegen March Team is sponsored by Dominion Command to allow them to visit Vimy Ridge during their time in Europe. In return the CAF has invited the participation of a Legionnaire on the team at CAF expense. This letter is a call for volunteers to apply for the Legion position on the CAF Nijmegen Team for 2020.

The Nijmegen march is held annually in the Netherlands and involves marching for 4 days for approximately 40 kms per day carrying a 10 kg pack. Starting from the departure from the airport in Canada until their return home, the CAF will cover off travel, room and board for the Legion participant. **There are some expenses involved for the member such as the purchase of marching boots, personal medical coverage, travel to and from the departure airport, etc...**

#### **POLICY (included on the application forms)**

The parameters listed below are contained on the application form constitute the Dominion Command policy on having a Legionnaire attend the event as a representative of the Legion. They are:

- a. Must be a Legion member in good standing in the year for which he or she applies to attend;
- b. Must have the endorsement of the Branch and Command to which he or she belongs;
- c. Must be physically fit and able to perform the required preparation training;
- d. Must be acceptable by the Department of National Defence for participation;
- e. Must be able to handle own costs for medical, transport, accommodation and meals should he or she become sick or unable to participate at any time after starting the trip to Nijmegen;
- f. Must be in possession of a complete and proper Legion uniform as defined in the Ritual and Insignia manual (Chapter 1);
- g. Must wear the Legion uniform as prescribed in the general by-laws when participating in events such as wreath laying ceremonies, receptions, etc.;
- h. Must be responsible for the provision of all materials and documents required by the Department of National Defence;
- i. Must be responsible for all costs and expenses not covered by the CAF; and
- j. Must have a current up-to-date passport with at least six months remaining on it from the end of July 2018.

The Nijmegen March is a grueling 4 day affair that requires a high level of fitness which is achieved only through training. The selected candidate must ensure that they are physically fit and have been and able to follow a training regime that will allow them to complete the following two minimum standards prior to the Nijmegen 4-day march:

- a. March a minimum of 500 km with a 10 kg pack over the training period; and
- b. March at least two 40 km marching days on successive days.

In order to apply, Applicants must confirm they have read the above, complete the attached form, and submit through NS/NU Command office not later than Monday January 13 2019. Incomplete and late submissions will not be considered.

Dominion Command selection of the participant will be final. A list will be established at the end of January 2020 to confirm the person chosen and alternates in order of selection should the member chosen be unable to attend.



**DOMINION COMMAND, THE ROYAL CANADIAN LEGION  
2020 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 2020 Nijmegen March are required to complete and submit this application form to their Provincial Command office by **13 January 2020**.

**CERTIFICATION OF REQUIREMENTS:**

1. Are you a member in good standing (*The General By-Laws*, section 101.c.) as of 1 January 2020?

(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 (attach a separate page if necessary)

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 2020.

(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 Legion at the 2020 Nijmegen March:

- \_\_\_\_\_
- \_\_\_\_\_

4. In your own words, please describe your motivation to represent the Legion at the 2020 Nijmegen March (attach on a separate page).



**APPLICANT:**

If chosen as the Nijmegen March representative, I agree to be available for media interviews and to provide short regular updates for Legion public use before, during and after the March. I also agree to help share my story via the Legion's social media channels at appropriate junctures along the way. Support from Legion staff will be provided to carry out these public updates.

Signature:

\_\_\_\_\_

Applicant (print name and sign)

Date

**APPROVAL:**

Supported by:

\_\_\_\_\_

Branch President (print name and sign)

Date



## BASIC FITNESS REQUIREMENTS

**Based on the former CAF fitness assessment test:**

Basic Physical Requirements		
	Men	Women
<b>Pushups</b>		
Under 35 years of age	19	9
35 and Older	14	7
<b>Sit-Ups</b>		
Under 35 years of age	19	15
35 and Older	17	12
<b>Aerobic Fitness 2.4 KM RUN - FITNESS CATEGORIES (Time in minutes)</b>		
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.