



APRIL 2020 COMMUNIQUE

Important information for all Police Fitness Personnel of Ontario Members

Hello to all,

We hope that during this time everyone is staying healthy and active. The PFPO has met three times (via Zoom) over the course of the past month. We have been discussing what police services are doing for fitness testing and fitness training. All police services appear to have closed their fitness rooms/gyms to prevent the spread of the COVID-19 virus. The PFPO realizes this may mean some responsibility falls on your shoulders to come up with resources for ways to ensure that members can continue to workout safely and effectively. Many sites are cropping up on social media and it can be difficult to separate the good ones from the dubious ones. We would like to recommend some sites and have listed them at the bottom. Please feel free to suggest any other sites that you like by emailing them to: pfpo.administrator@pfpo.org.

Important Restriction for all Fitness Appraisers:

At this time NO ONE should be PIN testing as we must conduct ourselves with due diligence in physical distancing. Some of the components (i.e. the sit and reach, blood pressure, heart rate, etc.) cannot be done from six feet away.

Note: With regard to the cardio component, there are differing opinions as to where and how far away you should be if you are training with someone else. Currently, the PFPO recommendation is that you run, jog, bike, walk, etc. BY YOURSELF and prevent the spread of the disease. This recommendation has been made after discussion by the PFPO Executive of some credible research results. However, don't forget that an excellent suggestion to promote with your colleagues to stay active would be to practice the PIN components especially if they have not completed their PIN test this year.

Important Re-certification Date Adjustment and Course Date cancellation:

Anyone who was to expire as a PIN Appraiser this year will be extended until June 30, 2021. Due to the circumstances, the PFPO Executive, have decided that this is the best action to take. We have cancelled the June full and recert courses at Peel Police. We hope that the planned course at Toronto Police Service in November will be able to run. We will send out more communication closer to that date.

Let's all try to stay as healthy as we can. That means taking care of both your mind and your body. Relaxing, socializing (via media means), eating nutritiously and exercising. Take care of your members too. Be a resource to them.

Stay safe and healthy,

The PFPO Executive

Website Recommendations from the PFPO:

1. **Participation website:** *Activities for the whole family*

<https://www.participation.com/en-ca/everything-better>

2. **YMCA website:** *On-line classes and children activities*

<https://ymcagta.org/health-and-fitness/schedules>

3. **Loblaw website:** *Cooking class videos, shopping, nutrition*

<https://secure.pcinsiders.ca/insidersproject/en>

4. **Cancer Society website:** *Healthy diet, physical activity*

<http://www.aicr.org>

5. **Centre for Active Living website:** Evidence-based research for you + FREE physical activity forum on May 5th

<https://www.centre4activeliving.ca/>

6. **Brock - Niagara Centre for Health and Well-being website:** home workouts

<https://brocku.ca/health-well-being>