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This episode is sponsored by 511, a company that I've used for well over a decade and continue to use to this day.

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And 511 is offering you guys, the audience of the Behind the Shield podcast, a discount on every purchase you make with them.

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Before we get to that code, I want to highlight a couple of products that again, I personally use today.

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One of the most impressive products they just released is their Rush Backpack 2.0.

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Now for many of you, whether you're going to the fire station, the police station, whether you're traveling with your family,

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whether you're taking training courses, we have to fly, we have to drive, we have to take trains.

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And I have to say, I own multiple backpacks, many of 511's different ones, but as far as a daypack, this one was the most impressive.

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There are so many different compartments. The way it sits on your back is incredibly comfortable.

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If you are a concealed carry person, there's also a spot for a weapon.

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So they've thought of multiple, multiple things that a man or woman would have to do on a daily basis.

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That is in addition to all of the products that I talk about a lot.

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Their uniforms fit for men or fit for women in the first responder professions.

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The footwear that they offer, whether it's the Norris sneaker or the Atlas system that is designed for foot health

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and therefore knees and back and hips and shoulders and neck.

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As a civilian, I live in a lot of their clothes as well.

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Their jeans stretch, you can actually squat down in them.

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We live in Florida here, so I wear a lot of their shorts, which again, very, very lightweight material.

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You can get it wet and it will dry almost immediately.

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And then moving to the fitness and tactical space, I used to have just a regular weight vest.

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Recently, I switched to a 511 vest and actually bought ballistic plates as well.

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My thinking was simply, if I'm going to have a vest, why not have one that protects me as well?

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And that tack vest is trusted by law enforcement all around the country.

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So I mentioned they were going to offer you a discount code.

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So if you go to 511tactical.com and enter the code SHIELD15, S-H-I-E-L-D-1-5,

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you'll get 15% off not just that one purchase, but every time you visit their store.

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And if you want to learn more about 511, their mission, their products,

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then listen to episode 338 of the Behind the Shield podcast with the CEO and founder, Francisco Morales.

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Welcome to the Behind the Shield podcast. As always, my name is James Gearing.

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And this week, it is my absolute honor to welcome on the show Kyle and Emily Rolfe.

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Now, Emily is a radiographer and also a successful CrossFit Games athlete.

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Kyle, originally from England, is now a law enforcement officer as well as Emily's coach.

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So we discuss a host of topics from their journeys into the world of CrossFit, shift work, the NHS,

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addiction, the blood clot that almost took Emily's arm, modern medicine,

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the innate ability of the human body to heal itself, Kyle's organization Code3 Conveyance, and so much more.

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Now, before we get to this incredible conversation, as I say every week, please just take a moment.

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Go to whichever app you listen to this on, subscribe to the show, leave feedback, and leave a rating.

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Every single five star rating truly does elevate this podcast, therefore making it easier for others to find.

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And this is a free library of well over 900 episodes now.

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So all I ask in return is that you help share these incredible men and women stories

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so I can get them to every single person on planet Earth who needs to hear them.

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So with that being said, I introduce to you Kyle and Emily Rolfe. Enjoy.

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Well, Kyle and Emily, I want to start by saying two things.

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Firstly, I want to say thank you to Dr. Sean Rocket, who has not only been on the show himself,

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but has brought some other amazing humans to me. And obviously this is another example of that.

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And secondly, I want to welcome you both to the Behind the Shield podcast today.

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Thank you. Thank you. Thanks for having us.

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So where on planet Earth are we finding you this afternoon?

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Where on planet Earth? It's we're in, I say sunny, it's sunny today, which is rare.

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We're in Vancouver, Canada. But yeah, the sun is out. So.

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Beautiful. Yeah, the sun's out here too, but I live in Florida, so that's not quite so unusual.

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It's always sunny in Florida. It is gorgeous, especially today.

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All right. Well, then I would love to kind of walk each of you through your early lives.

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And obviously then we'll get to where they intersect and then we'll bounce back and forth.

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But Emily, let's start with you. Tell me where you were born and tell me a little bit about your family dynamic,

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what your parents did, how many siblings.

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So I was born in Kamloops, B.C. It's like maybe a four hour drive from Vancouver.

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It's more up north in the mountains, kind of we call it like more Booneville, I guess, compared to Vancouver.

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I have one older brother. He's two and a half years older. Grew up chasing him, obviously.

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Did all the sports growing up, trying to keep up to my older brother. My parents were both very active.

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My dad was a collegiate weightlifter and wrestler.

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And then my mom was a track and field athlete and she actually made the Olympic team in the 80s for a jab and throw.

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So both very athletic parents passed down to my brother and I, I would say.

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When you were growing up, were you around them training? Were you watching them?

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Because one thing I always point to is how amazing it is to watch the CrossFit kids,

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the young kids that grow up watching their parents exercise and that becomes their norm. It becomes their baseline.

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Yeah. So, yeah, I remember. I mean, my parents still train like they still are religious with their workouts.

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So, yeah, I grew up with it all the way.

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Obviously, I was brought to the weight room a lot.

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I don't remember it being a like we weren't there hours.

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I just remember going and seeing my mom and my dad do stuff and I remember being at the track with my mom and yeah, watching her throw balls.

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I remember when I was little heavy, heavy weighted balls.

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But as a kid, you don't really care. Like you're stoked because you get to go on the playground.

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And I remember we got to bring like a treat. So I'd bring like my Smarties or something.

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And that was like my most exciting part.

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What about the lifting? Was he an Olympic lifter?

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Because that's something when I got into CrossFit about 17 years ago now.

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So somewhat early in the kind of, you know, metamorphosis of it.

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And one of the areas I think that most of us were just awful at was Olympic lifting.

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And then you'd have certain people that that's what they did in high school.

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And they were just so much better as one guy, one of our coaches, Alex.

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I mean, he could just put crazy weight over his head and it was simply that his dad was a CrossFit coach earlier on and then he just competed in weightlifting.

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So how did that factor into your success later on?

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Yeah, so my dad, he was actually a science high school teacher, too.

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So he was the Olympic weightlifting coach at the high school and he had his own weightlifting club and they'd have a competition every year.

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And my brother did it all the way through. So I grew up around it.

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When did I learn to lift? I was young. I was probably like eight or something.

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Like I was young, but I hated it.

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Like all I wanted to do was gymnastics and then I had to do like a couple of weightlifting competitions a year and I hated like I hated doing it.

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I just like did not was not interested at all.

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I would say all the way up until I started doing CrossFit and then I was like, oh, maybe dad, can you can you refresh me, teach me?

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So, I mean, it's super helpful having a dad that technique wise, like he knows he knows what he's got a great eyes, great coach.

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I've never been a super strong athlete.

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So the weightlifting part of CrossFit has never been a strength of mine.

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And that's just, I think, the way I'm made up.

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So, I don't know. It's not like, oh, just because my dad's a weightlifting coach, like I'm a great weightlifter.

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Like, yeah, I learned the techniques young and that helped.

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Like my first CrossFit class, I knew how to snatch and you had to clean and jerk.

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Like a lot of people walk into a CrossFit class and they have no idea.

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Right. And that takes years. So I definitely had that base, which was really helpful.

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When you look back now, I mean, CrossFit has done so much and it served me incredibly well as a firefighter for my whole career.

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But, you know, there has been an evolution.

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In the day, you know, I was doing it from the main site being laughed at by people in the gym wondering what this crazy Englishman was doing,

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almost vomiting in the gym every every couple of days.

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But then, you know, then I became a coach.

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And then when I look back, I realized all the mistakes.

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We just didn't know what we were teaching very well.

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We saw the videos, we learned the cues, but we didn't really understand it.

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When you look back now, let's take the kind of high school age.

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You know, what are what are the some of the things that you're seeing in the coaching now in twenty twenty four that maybe wasn't happening fifteen years ago?

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Yeah, I think just CrossFit as a sport has evolved so much.

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And when like when I was in high school, was there even CrossFit? I don't know.

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Or I sure sure didn't know about it at that time.

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And then I think when I started doing CrossFit and I remember like watching a bit with my dad and he was like,

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this is ridiculous because, you know, people are snatching with like rounded backs and like, you know, the beginning of CrossFit.

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And that's why people made fun of it, because it was like the technique was a joke and people were getting injured.

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And so it wasn't a good look, I wouldn't say, for weightlifting at the beginning.

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Now, I think it's yeah, it's night and day difference.

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And, you know, sometimes I say to my dad, like, man, if you had a weightlifting club now,

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like back when it was kind of like the weird thing to do, you know, you kind of had to be a bit different to join weightlifting.

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And like now, like that club would flourish, like he'd have a waitlist for training days for sure.

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So it's kind of like, oh, for him, you know, ten years too late.

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But me, like I'm in my prime. It's great.

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I think it's the same for wrestling when UFC came along and started evolving.

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You know, again, the wrestlers were kind of the weirdos, the scary weirdos, let's be honest.

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But and now, you know, the transition from that to MMA is very, very clear.

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Yeah, like they had to they had to plead with people to fill up competitions, you know, when I was a kid, I remember.

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And now now there's waitlists like you have to sign up when it opens or else you can't compete for weightlifting, which is it's crazy.

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Absolutely. All right. Well, you mentioned gymnastics.

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So walk me through the kind of gymnastic, competitive journey that you had.

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Yeah. So I like I say, that's all I wanted to do.

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My parents kept me in other sports up until I was about 10 or 12, just cross country running, volleyball, basketball, swimming, soccer.

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And I was kind of good at everything. So it was like easy to do everything.

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But all I wanted to do is gymnastics. And then finally, I think they just didn't want me to specialize so early as a kid and then just burn out.

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But yeah, finally, I started going five, six days a week, five hours a day.

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And I competed nationally for six years, I think.

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And then, yeah, transitioned right from gymnastics to pole vault.

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They were just pulling gymnasts and they're like, oh, you know how to like flip through the air.

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You'll be good at this. So I did that for a year and then CrossFit right after that.

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One more question before we go to Kyle.

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I've had so many conversations now, a lot, you know, many of the gurus in CrossFit when it comes to the athletes and the coaches as well, but also all kinds of disciplines through an English eye.

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And I'm sure Kyle probably shares the same thing.

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When we go through high school back home, you're exposed to a lot of sports, but there's not really that kind of elitism because it just isn't the money in English sports apart from football.

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That's it. You're not making money playing cricket really or anything else.

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So you end up people leave school and then they keep playing pub leagues and all these kind of things.

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What I saw in the US was so many Uncle Rico stories.

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Oh man, I was going to be the next quarterback of whatever wasn't for my ACL, my shoulder, whatever it was.

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And then as you start speaking to a lot of these coaches and being a parent yourself, you start to realize that in some instances there is that specialization.

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And it almost seems like performance is at the detriment of wellness in some of our young athletes.

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What's your perspective of that?

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Yeah, I agree.

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And I think that's what my parents didn't want to do, especially with my mom being so high level.

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They know to be really good at something, you have to kind of zero in on that.

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You can't be doing everything.

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I think now with the CrossFit world, I would say that's the one negative thing about kids starting CrossFit so early is like all of us that are 30,

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whatever year old now, we all kind of did like competitive sports till we were till we found CrossFit, till we were in our 20s.

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And then we focused on CrossFit, where some of these kids are focusing on CrossFit and they're 13 years old.

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And it's like, well, I was doing gymnastics till I was 21st, you know, kind of thing.

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So I don't know, I think only time will tell, really.

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Like, it's too young of a sport to see where these 12 year olds are going to be in 10, 20 years.

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But yeah, I don't know. Maybe they'll be way better than we are.

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Maybe.

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Well, I've always said that when you've got that very, very small percentage like yourself that actually are so driven that they end up doing this competitively and forging a career out of it.

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But I think what's what was lost, at least in a lot of the coaching that I saw was and this wasn't the coaches so much.

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It was the athletes. It was get fit and then find out what that fitness is going to do for you.

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You know, go to the beach with your kids, you know, take up a sport, whatever it is.

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But use CrossFit to get really good at something.

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Don't just do CrossFit. Otherwise, as Kenny Powers says, for the rest of you, you're just, you know, getting really good at working out and you're not doing anything with your fitness specifically.

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And that's the thing, like going back before it was CrossFit, like it was interval training.

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It was plyometrics. Like what that was training for, I don't want to say real sports, but that was training for your actual sport.

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Like you'd go to a weight workout, like in track, we'd jump, we'd pole vault, and then we'd go to the weight room and do like CrossFit kind of style stuff.

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So it's like, yeah, it's crazy the way it's actually a thing now.

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Absolutely.

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Well, Kyle, let's go back to your origin story then. So tell me where you were born, a little bit of your family dynamic, what your parents did, how many siblings?

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Born in the UK. So I was born in London or just south of London, a place called Sig Cup.

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But I was mainly raised in Lincoln, which is about 150 miles northeast of London, on the East Midlands of England.

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My father was a police officer, kind of followed in his footsteps.

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My mom was a police officer before I was born, but then she went into nursing.

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After she had kids, she went and recertified and became a nurse.

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And I have one older brother who's also two and a half years old, and he's just turned 40, the old git.

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I just turned 50, easy.

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Yeah, it's all right.

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You don't look it though.

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No, wow, you look great.

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Yeah. And then I suppose, yeah, usual upbringing in England, you talk about playing all sports.

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Yeah, played football, sorry, soccer, as the Americans call it, or North Americans call it.

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I played copious amounts of soccer, rugby, cricket, tennis, badminton, anything, anything sports I did, I represented my school in pretty much all of them.

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I think the only one I didn't do was tennis.

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I didn't really represent my school in, ironically, even though I played tennis quite a lot, because we had a couple of really good racket sport players in our school.

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So they just beat me to it, I think, and they represented the school.

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Everything else, yeah, I did.

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What is your perspective of the availability for us to play sports?

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Someone made a really interesting observation about a year ago now, and I think it was an American guest.

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But they were saying that we have beautiful facilities here in America, but everything costs.

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So you want to rent a softball field or maybe a basketball court or something, you're going to have to pay, get a whole team together and then get them to chip in 20 bucks, and then you can rent the thing.

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00:17:39,000 --> 00:17:42,000

When I grew up, we had leisure centers and it was almost nothing.

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00:17:42,000 --> 00:17:52,000

There was a pool, then when you said badminton, I can't even visualize really, apart from an actual school, anywhere where you can go inside and play volleyball, badminton, all those kind of things.

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00:17:52,000 --> 00:18:03,000

So what have you seen as far as the contrast, if any, between the access to sports you had as a young boy in the UK and what you see in the States or Canada?

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00:18:03,000 --> 00:18:07,000

I think the sports in North America compared to England is completely different anyway.

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00:18:07,000 --> 00:18:15,000

I mean, you talk about football or soccer is the biggest sport in probably, I'd say, Europe, to be quite honest.

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In North America, you've got hockey, basketball, baseball, American football.

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Soccer is around, but it's not as big.

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And then we've got rugby as well.

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00:18:25,000 --> 00:18:37,000

I suppose if you could compare it to anything like North America is like the white collar of sports, whereas in England and a lot of European countries are the blue collar of sport.

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00:18:37,000 --> 00:18:39,000

So for us, all we need is a field.

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Now, as a kid, I would, well, you probably remember this, you'd throw down your jumper and that was your golf post kind of thing.

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That was it.

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You don't need anything else, a patch of grass in a park or in a field nearby.

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00:18:52,000 --> 00:18:57,000

You know, old farmer Smith would be really annoyed that his carrot crops got trod over.

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00:18:57,000 --> 00:18:59,000

But you're like, I'm going to go and play football.

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00:18:59,000 --> 00:19:02,000

It's as simple as that.

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00:19:02,000 --> 00:19:07,000

Whereas in hockey, you've got to pay for ice time, you've got to pay for all the padding and stuff.

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00:19:07,000 --> 00:19:17,000

I mean, I speak to parents of kids at work and stuff, and they're spending thousands of dollars, like a month, for ice rink, hire time,

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00:19:17,000 --> 00:19:22,000

because you've got to have to pay for the Zamboni, the upkeep of the ice, the refrigeration and all that kind of stuff.

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It's crazy money.

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Whereas in for us, it was like I said, just throw down a jumper and get a spherical object and go kick it around or an egg shaped object and go kick it around.

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That was it.

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It was simple as that.

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00:19:34,000 --> 00:19:37,000

Yeah. I always say that with American football, it should be named egg chucking.

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00:19:37,000 --> 00:19:40,000

It's basically what it is.

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00:19:40,000 --> 00:19:45,000

It's still to me, I watched my first ever Super Bowl the whole way through this year.

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00:19:45,000 --> 00:19:48,000

Only because Taylor Swift was there.

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00:19:48,000 --> 00:19:50,000

Yeah, that's why I watched it, because of Taylor Swift.

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00:19:50,000 --> 00:19:52,000

Yeah.

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00:19:52,000 --> 00:20:01,000

But I was just like, it's crazy how they call it football and they spend, I think the average plays around seven seconds or something.

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00:20:01,000 --> 00:20:03,000

So talk about explosive.

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00:20:03,000 --> 00:20:08,000

I got to like five hours in, I was like, is this game ever going to bloody end?

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00:20:08,000 --> 00:20:11,000

So very, very different from me.

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00:20:11,000 --> 00:20:20,000

I've always said just take out all the specialization, just get two teams and you have to do everything quarterback, you know, tackle block, receive just the same two groups of people.

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00:20:20,000 --> 00:20:24,000

You can't switch out for offense or defense, take away all the bloody commercials.

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00:20:24,000 --> 00:20:28,000

It would be a really fun game, but they've destroyed it by breaking it up.

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Yeah, it's called rugby.

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We played there for years.

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Exactly. I like the forward throw though.

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I used to play like touch football, American football, had a friend in school that was into it and it was fun.

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It really was.

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But that was how we played.

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You play both sides, you never stopped, you were tired.

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00:20:42,000 --> 00:20:45,000

But this, oh, I only do kicking.

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00:20:45,000 --> 00:20:47,000

Just let me know if you need it kicked.

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00:20:47,000 --> 00:20:49,000

Like, no, get on the field.

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00:20:49,000 --> 00:20:51,000

You got to run and that guy's going to try and kill you.

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00:20:51,000 --> 00:20:53,000

Off you go.

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Actually, the closest game we ever played, I don't know if you remember, I was in scouts and Cubs and all that kind of stuff as well as a kid.

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00:20:59,000 --> 00:21:01,000

But for me, it was death ball.

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00:21:01,000 --> 00:21:06,000

And that's basically, I suppose the closest game I think of is Aussie rules football.

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00:21:06,000 --> 00:21:09,000

And that game is just insane.

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00:21:09,000 --> 00:21:11,000

But that was basically what it was.

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00:21:11,000 --> 00:21:16,000

It was like, all right, anything goes, this ball goes over there and you've got to go and touch it to that side of the field.

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00:21:16,000 --> 00:21:17,000

Go.

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00:21:17,000 --> 00:21:18,000

And it was just a full on, it was brilliant.

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00:21:18,000 --> 00:21:19,000

I love that game.

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00:21:19,000 --> 00:21:20,000

That's how it all started, wasn't it?

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Mob football, that's the origin of soccer, rugby, all the things.

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So, yeah.

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Well, then I was listening to you and forgive me, I forgot the name of the podcast, but it was a very humorous Irish guy that was the host that you were on.

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Coffee pods and wads, yeah.

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Pedro.

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Yeah, it was very funny.

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But in the conversation with him, I heard you say about your mum rising up through the nursing ranks and ended up being quite high in the NHS.

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While we're on this subject, because obviously we're going to get to medicine with Emily's story as well.

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This is just my personal opinion.

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00:21:56,000 --> 00:22:03,000

When I look around the world, there are philosophies that I think are so beautiful that work so well in certain countries.

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00:22:03,000 --> 00:22:10,000

Finland's education, Portugal's drug decriminalization, Norway's prison system and the UK's healthcare system.

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00:22:10,000 --> 00:22:15,000

At its core, we all chip in and we take care of people when they need the help.

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And if you do it properly, that would also, in theory, drive you to have as healthy a population as possible, to use as little tax money as possible.

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From now across the Atlantic, I've seen that beautiful system, cut and cut and cut and privatized and all that kind of stuff.

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So it's kind of in tatters now.

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But that's James Gearing's perspective.

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00:22:38,000 --> 00:22:39,000

I think it's a beautiful system.

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00:22:39,000 --> 00:22:47,000

And I think it's amazing from being a paramedic, taking someone to hospital and not being asked for their social security number.

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00:22:47,000 --> 00:22:48,000

That's the first thing.

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00:22:48,000 --> 00:22:52,000

But actually being asked what's wrong with you, how can we help, which is the UK system.

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What is your perception or have you had conversations with your mum about the NHS?

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00:22:57,000 --> 00:23:01,000

And then what have been your experiences with the Canadian system?

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00:23:01,000 --> 00:23:02,000

I've been very privileged.

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I actually worked for the National Health Service in the UK as well from 2004 to 2010.

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00:23:07,000 --> 00:23:11,000

I was in a much different role than I was now.

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00:23:11,000 --> 00:23:12,000

Oh, I am now.

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00:23:12,000 --> 00:23:16,000

I provided first, second and third line of support and computer systems.

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00:23:16,000 --> 00:23:24,000

So I supported 107 different practices in Lincolnshire, including GPs and all that kind of stuff.

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00:23:24,000 --> 00:23:27,000

And then I have also worked for the health service.

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Well, I worked in the security side of health service in Canada.

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So I've been very, very privileged and exposed to all this kind of stuff here as well.

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So the difference, as you said, and I well, with Emily's injury, we got a little bit of exposure to it in America.

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What the best thing about the UK is, as you said, you walk in and you you're taken care of.

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It doesn't matter who you are, where you are, what you are like.

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00:23:53,000 --> 00:23:54,000

It doesn't matter.

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00:23:54,000 --> 00:24:03,000

You're going to be taken care of, and that's what our national insurance, it was a national insurance number back then.

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00:24:03,000 --> 00:24:04,000

You were covered.

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00:24:04,000 --> 00:24:13,000

And then when we were part of the EU, we had another thing that worked everywhere in Europe as well.

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00:24:13,000 --> 00:24:22,000

I can't remember the name of it, but that allowed us to go to hospitals there if needs be, if you got injured on holiday or whatever, which is great.

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And the nice thing about UK as well, I think, is that they have a hybrid.

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They have private health care where you can pay and jump queue.

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And if you know, hypothetically, you're a high end sportsman, you need an ACL repair or whatever you can pay.

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You can go and see that specialist or go and go and see Sean and get your shoulder or elbow fixed or whatever he's going to do.

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00:24:46,000 --> 00:24:50,000

In Canada, you can't seem to do that as easily.

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00:24:50,000 --> 00:24:54,000

You can get private health care, but it's not as easy.

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00:24:54,000 --> 00:24:58,000

And it's different province wide.

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00:24:58,000 --> 00:25:04,000

So National Health Service, back when I worked for it, was the biggest company in the world.

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00:25:04,000 --> 00:25:08,000

Like hands down, it employed the most people out of every company in the world.

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00:25:08,000 --> 00:25:19,000

And then it was back when my mum started, it was like you went there for a career and you did, you know, you'd start at the bottom.

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As a staff nurse or an RN nurse and then work your way up.

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She went all the way up to sister, matron and then into all the managerial side of things.

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So that was when she started, that was her plan.

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It was her career and she's still there.

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00:25:38,000 --> 00:25:41,000

She's actually working for New Zealand Health Care now.

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00:25:41,000 --> 00:25:42,000

Oh, really?

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00:25:42,000 --> 00:25:50,000

Yes. So she's been in nursing now for 30 odd years, goodness knows at least.

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00:25:50,000 --> 00:25:55,000

And as you said, it's changing so much.

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00:25:55,000 --> 00:26:04,000

I think I'm careful when I say this, unfortunately with how immigration has happened and everything, it has a huge impact.

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00:26:04,000 --> 00:26:09,000

I mean, I think the population of England is over 70 million now.

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00:26:09,000 --> 00:26:14,000

Well, Canada is, goodness knows how many times bigger than England.

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00:26:14,000 --> 00:26:17,000

England can fit into BC 10 times, I think it works out to be.

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00:26:17,000 --> 00:26:23,000

So that just tells you how big Canada is because BC has got 12 provinces and BC is one of them.

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00:26:23,000 --> 00:26:37,000

So when you've got a population of 35 million in a whole country compared to England, it's got 70 odd million, twice the population in, you know, a 12th, 20th of the size, whatever it is.

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00:26:37,000 --> 00:26:41,000

And you have all these people that are coming in using the system.

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00:26:41,000 --> 00:26:43,000

Well, it's going to take a beating.

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00:26:43,000 --> 00:26:45,000

There's only a certain amount we can do.

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00:26:45,000 --> 00:26:48,000

There's only a certain amount of people that are going to school and to become doctors.

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00:26:48,000 --> 00:26:52,000

There's only a certain amount of people schooling, come to nurses, paramedics and whatnot.

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00:26:52,000 --> 00:26:55,000

It's going to have a huge, huge impact.

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And yet you're going to have everybody say, oh, it's terrible.

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00:26:58,000 --> 00:26:59,000

It's all this.

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00:26:59,000 --> 00:27:01,000

There's grass in every field.

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00:27:01,000 --> 00:27:02,000

There's also shit in every field.

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00:27:02,000 --> 00:27:03,000

Sorry, excuse my phrase.

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00:27:03,000 --> 00:27:04,000

There's crap in every field.

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00:27:04,000 --> 00:27:06,000

Now you can say whatever you want on here, by the way.

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00:27:06,000 --> 00:27:12,000

Yeah, it's you know, the grass is greener on the other side of the hedge, but there's also those potholes you've got to avoid.

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00:27:12,000 --> 00:27:13,000

Right.

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00:27:13,000 --> 00:27:22,000

So yeah, I mean, when I went home, you know, every time I go home, it's so heartbreaking because people seem to be fatter and sicker every single time I go back.

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00:27:22,000 --> 00:27:25,000

And I'm going back again next month.

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And it shows that obviously that there's been a shift in that system.

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And it's the same with immigration.

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Like this country is built, you know, the U.S. is built on immigration.

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00:27:34,000 --> 00:27:38,000

It doesn't mean that you open all the borders wide and just let everyone run in.

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00:27:38,000 --> 00:27:49,000

But I think if people have been here and proven themselves that maybe didn't come here legally initially, then we fight to get them registered and pay in tax and that way contributing to the country.

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00:27:49,000 --> 00:27:52,000

But, you know, you've got that going on.

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00:27:52,000 --> 00:27:56,000

You've got the 999 abuse and then you've got the ill health of the nation.

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00:27:56,000 --> 00:27:59,000

If you have healthier people, you use less resources.

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00:27:59,000 --> 00:28:00,000

It's that simple.

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00:28:00,000 --> 00:28:02,000

But I don't see that happening in the UK.

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00:28:02,000 --> 00:28:06,000

People just seem to be sliding the same way as the U.S.

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00:28:06,000 --> 00:28:08,000

There's there's bad apples everywhere.

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00:28:08,000 --> 00:28:09,000

There's good apples and bad apples everywhere.

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00:28:09,000 --> 00:28:11,000

There are people that are going to come in.

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00:28:11,000 --> 00:28:17,000

I used to work with a lot of Polish guys that came over, but they were hardest workers I've ever come across.

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00:28:17,000 --> 00:28:20,000

Like they would work every hour that God sends them.

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00:28:20,000 --> 00:28:22,000

They really would. I love working with those guys.

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00:28:22,000 --> 00:28:23,000

I enjoyed it.

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00:28:23,000 --> 00:28:26,000

They were good fun and they worked really hard.

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00:28:26,000 --> 00:28:29,000

And oddly enough, their economy is getting stronger now.

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00:28:29,000 --> 00:28:35,000

So they're sending them back and they go in there and they're buying up businesses in the UK and stuff like they own.

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00:28:35,000 --> 00:28:37,000

Lawrence Fishburne.

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00:28:37,000 --> 00:28:38,000

Not Lawrence Fishburne. What am I saying?

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00:28:38,000 --> 00:28:40,000

The actor. They own the actor.

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00:28:40,000 --> 00:28:42,000

They can't do that.

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00:28:42,000 --> 00:28:44,000

Lawrence David is what I'm trying to say.

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00:28:44,000 --> 00:28:46,000

Lawrence David, the trucking company.

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00:28:46,000 --> 00:28:47,000
They own the trucking company.

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00:28:47,000 --> 00:28:53,000
It's one of the biggest trucking companies in the UK and it's owned by the Polish now because they've just done a better job about it.

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00:28:53,000 --> 00:28:54,000
Right.

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00:28:54,000 --> 00:28:59,000
And it's probably the same in the US.

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00:28:59,000 --> 00:29:04,000
You've got a lot of people come over whether they come over the border or if they're coming in as refugees or what not.

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00:29:04,000 --> 00:29:15,000
There are people that want to come in and work and then there are people that want to come in and go, no, I want to abuse the system and just live off, you know, what the government give me and stuff.

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00:29:15,000 --> 00:29:16,000
And that's the problem.

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00:29:16,000 --> 00:29:19,000
It's where that abuse happens.

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00:29:19,000 --> 00:29:21,000
And there's always going to be that problem.

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00:29:21,000 --> 00:29:35,000
There's always been that issue like going back to when the British Empire went around, people moved countries or whatever and, you know, we sent out our non-Law abiding citizens to Australia.

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00:29:35,000 --> 00:29:38,000

Now they, you know, send them to an obviously horrible island.

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00:29:38,000 --> 00:29:40,000

Is it horrible?

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00:29:40,000 --> 00:29:41,000

You're going to hate it.

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00:29:41,000 --> 00:29:44,000

It's all sand and sun and palm trees.

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00:29:44,000 --> 00:29:45,000

Yeah, sounds terrible.

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00:29:45,000 --> 00:29:47,000

Yeah, except every animal wants to kill you.

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00:29:47,000 --> 00:29:49,000

That's the only thing for me.

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00:29:49,000 --> 00:29:51,000

Well, coming from London, it's the same thing there too.

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00:29:51,000 --> 00:29:52,000

Yeah, exactly.

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00:29:52,000 --> 00:29:54,000

Except animals are humans.

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00:29:54,000 --> 00:29:56,000

But anyway, that's a whole different ball.

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00:29:56,000 --> 00:29:58,000

I did notice you said home though.

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00:29:58,000 --> 00:30:00,000

I don't refer to England as home anymore.

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00:30:00,000 --> 00:30:01,000

It's not my home.

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00:30:01,000 --> 00:30:02,000

Canada is my home now.

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00:30:02,000 --> 00:30:04,000

So, see, it's weird.

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00:30:04,000 --> 00:30:05,000

I never saw it.

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00:30:05,000 --> 00:30:06,000

Because I'm.

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00:30:06,000 --> 00:30:07,000

Yeah, it's where the heart is.

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00:30:07,000 --> 00:30:08,000

It's where the heart is.

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00:30:08,000 --> 00:30:09,000

It's weird for me.

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00:30:09,000 --> 00:30:10,000

Are you in the US?

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00:30:10,000 --> 00:30:13,000

Yeah, yeah, I live in Florida and I've been here for 22 years now, I think.

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00:30:13,000 --> 00:30:15,000

So almost half of my life.

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00:30:15,000 --> 00:30:20,000

But it's not that it's, you know, I mean, I've got a flag, you can see the other shoulder behind me.

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00:30:20,000 --> 00:30:22,000

You know, it's who I am.

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00:30:22,000 --> 00:30:23,000

It's how I was raised.

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00:30:23,000 --> 00:30:24,000

I was born and bred.

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00:30:24,000 --> 00:30:28,000

But I served with an American flag on my shoulder for a long time, you know.

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00:30:28,000 --> 00:30:30,000

So it's just to me, this whole planet is my home.

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00:30:30,000 --> 00:30:34,000

But so when I talk about going home, it's, you know, that's where I was born and bred.

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00:30:34,000 --> 00:30:39,000

But it's not that I and my family think that I turn my back on the UK and so I can't bloody win either way.

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00:30:39,000 --> 00:30:45,000

So but to me, you know, like everywhere, I genuinely feel like this whole planet is our home.

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00:30:45,000 --> 00:30:48,000

So I don't really acknowledge borders too much.

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00:30:48,000 --> 00:30:49,000

I mean, we have to legally.

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00:30:49,000 --> 00:30:54,000

But, you know, I see I see that the human nurse of everyone around us.

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00:30:54,000 --> 00:30:59,000

So like you said, there's rotten apples, but they're few and far between, I think.

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00:30:59,000 --> 00:31:00,000

So all right.

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00:31:00,000 --> 00:31:06,000

Well, then, Emily, since we're talking about medicine, let's walk through your journey into radiography.

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00:31:06,000 --> 00:31:09,000

What made you choose that profession?

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00:31:09,000 --> 00:31:14,000

Oh, it was it was my back fall.

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00:31:14,000 --> 00:31:19,000

My plan C, to be honest.

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00:31:19,000 --> 00:31:21,000

I wanted to do physio.

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00:31:21,000 --> 00:31:25,000

I was kind of I still wanted to compete in gymnastics.

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And I don't know if you know much about gymnastics, but the US is where you want to do collegiate gymnastics.

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Canada is not we don't do that here.

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So I was kind of at a crossroads.

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It's like, try to get a scholarship to the US or just continue competing club and just see how far I can go here.

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And I had a couple teammates and friends that went to the US and kind of weren't really getting an education.

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You kind of just go for your sport.

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And like, that's that's why you're there.

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So whatever you get is kind of a bonus.

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But so I kind of thought, you know, maybe I'll try to do both.

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I'll stay here. I'll still compete.

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And then I'll try to get something decent through my education, too.

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So I just did my bachelor of science thinking I'll go into physio or go into med or pharmacy or something like that.

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And then five years later, I don't even know.

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I did a couple of the entry tests and, you know, kind of I think I just applied for radiography as like a plan C if I don't get into physio or anything.

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And then I got into that right away and I thought, oh, I'll just do this while I decide what I'm really going to do.

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And then, yeah, I went to school for that.

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It was only a two year thing after my degree and.

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Liked it, enjoyed it, kind of liked the hours was like, maybe I don't want to do, you know, 12 hour shifts and be at the hospital all day and night like a doctor would.

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And yeah, I just kind of.

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And by that time I had started CrossFit and I was like, oh, well, now this is my priority.

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So and yeah, so just kind of kept going.

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While we're on that subject, when I look at the way a lot of myself and a lot of other people in the kind of workman's comp.

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So you get hurt as a firefighter, as a police officer.

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There's a real kind of aversion to, you know, MRIs and an X-ray, not so much X-rays, MRIs and some of the really excellent diagnostics that we have out there.

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And a lot of times, you know, people we put weeks and weeks and weeks behind start in PT or that kind of thing because they really don't know what it is.

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And it's kind of the well, we'll do an X-ray, which, you know, OK, let's make sure you haven't broken a bone.

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Well, that's not really telling you much about any of the other tissues in the body.

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And then just see if it kind of heals on its own.

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So by the time you realize it hasn't, you know, and you've got something more significant, you're in a two, three months of not doing PT by that point.

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What is your perspective on all the imaging that you work with?

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And I mean, obviously, you work more with the athletes as well, but just in general, with a traumatic injury, how soon should imaging be done?

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Oh, no one's ever asked me that.

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I mean, like you said, the sooner the better.

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Unfortunately, with our like I work in primarily in CT right now, and patients are waiting half a year, like six months and MRI ultrasound.

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Like it's all like six month waiting list, which is ridiculous.

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Like anything if you have if you have a torn knee or something, so you're waiting six months, you know, on your rehab, like you said, or like even more life threatening things like, oh, I might have cancer here or something.

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So you have to wait six months and just stress that it's growing or spreading like like that's ridiculous.

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I don't and I don't know if it's because of covid kind of put everything back with.

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So now we're just like dealing with a backlog.

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I'm not sure if that's partly why it's so bad right now, but I guess we'll know in a couple of years.

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I may be biased here, James, but I think and I personally I feel that if you have someone like a fire officer, police officer, paramedic or anything like that, or someone who's in the front line support, rather than your person who's like, oh, I, you know, occasionally get up and go for a walk.

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And I strain my ankle stepping off the curb.

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Those people in my, my opinion should get priority.

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Yeah, I wish we could do that and go straight to the top of the queue because then it's not going to have a negative impact on all the other systems.

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So if we have less police officers, we have less paramedics, less fire officers.

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Well, it has a knock on effect kind of thing.

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And some surgeons, some of the surgeons that I work with do kind of do that. Like, they take the young athlete or the fit healthy person and I'll fix his hip first because I know he's going to be diligent in his rehab.

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And you know, he's eating well and he's doing all these other things like, yeah, I don't blame them like.

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If Emily's, and I don't want to go off on a tangent here, but if Emily had her injury in Canada, she would probably still be off. That's how bad it would be.

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Well, no, mine was like emergent surgery.

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But what I'm saying is if that happened here, like, well, I don't know, because you wouldn't have gotten to the hospital as quickly as you did.

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That's the thing. Sometimes we talk about like, oh, what if I wasn't at the games and what if I was just at home? He's like, would you have gone to the hospital? No.

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Like I would have gone to train. I would have gone home. Like, oh, my hand really hurts. But just got it checked.

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We've got a hacksaw in the in the in the garage and just, you know, gone to town glory style.

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Just about the flesh wound.

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Yeah, exactly.

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Well, with that, I think what what's the reoccurring theme? I just interviewed Tulsi Gabbard. I don't know if you know who that is, but she's one of the people that was on the Democratic card at the time.

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She's not with that party anymore, but military, you know, she's super fit herself.

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She's, you know, kind of walk softly, but carry a big stick with the whole philosophy of war and sending our troops off.

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Really just great human being. But we were kind of talking about all these issues and every single time it was that false economy.

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And it's even with this, if you have if you don't invest enough in your radiographers and your MRIs and CT machines, there has to be a much greater cost of all those people on that waiting list that are probably not working or, you know, or, you know, whatever it is on light duty or whatever the thing is.

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So whether it's the NHS, whether it's that system and then whether the fire service, I mean, we work our firefighters to death literally in this country.

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They work 56 hours a week minimum and then understaffed. They work in 80 hour weeks. It's insane.

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And so then they break and then there's this massive cost at the end.

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So it seems like, you know, if we could realize this and have the courage to say to a nation or, you know, a province or whatever it is, hey, we're going to need some extra money, but it's going to save us, you know, hand over fist down the road because we're going to get rid of this backlog.

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And that means that all those people are going to be back to work. Yeah. Yeah. Cure the snowball effect, I think a little.

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A lot of people don't know this, but I think like an injured first responder, I think it costs mainly like one and a half times more to have someone who's injured because you've got to cover them.

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And then you've got to cover the person that's going to cover them. So if you have someone that's doing double time or overtime or whatever.

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So, like you said, it has an amazing knock on effect. Not amazing. It's absolutely dreadful, but it's a huge, huge impact.

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Absolutely. Well, Emily, you talked about entrance tests. Kyle, talk to me about the Royal Marines and then how skiing won in the end.

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So I initially started training for the Royal Marines back in 2002, 2002, between 2002, 2004. And I was like, I'll go and do my back in England, the A levels. You probably remember A levels.

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Yeah, I'd never got to actually take any because I wasn't smart enough. I was in the A level classes.

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I did them and I got a couple of passes or whatever, but I didn't get a sufficient amount of grades to go on to university or anything like that. I got enough to go on to.

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I think actually maybe I didn't. I don't remember. I was going to go office all right to go to into officer training. And I was like, you know what? I think I'm just going to go for regular.

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So I started training for regular potential Royal Marines course and build up all my fitness and everything.

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And I put put it off, put it off, put it off. And then I had a slight medical thing, nothing big, but I just couldn't get past a certain thing because I unfortunately waiting on time things with NHS.

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I was like, oh, man, I need to go and do this. I was really fit and healthy. I said, OK, well, all right, I'll get this done. And then it happened like all of a sudden 2010 by this time, like this, let's say how long it took to wait.

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And things have gone on and whatnot. I was like, all right, well, I'm going to go and go and do a ski season. So I ended up going to a ski season.

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I said to the time I weren't off to be all right. I'll be back after my ski season. I'll come to you. She's like, yeah, fine. No problem.

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So I went to switch into the skis. I was like, that was fun. Went back to NHS to work as a contractor and I was OK. Good to go for the.

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Oh, there's an application for Canada here. So I applied for Canada. I could do another season. It'd be fine.

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When it did another season and said the same thing, I'll be back in a bit. And he's like, yeah, by this time, is that. Yeah, right. Whatever. I'm like, no, no, I'll be back.

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So I did a first season and I was like, Canada was a lot of fun. Like we had amazing snow.

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Everybody compared to Switzerland, everybody spoke English. You know, it was it was a lot of fun.

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I was like, all right, one more, one more and then I'll go back. And by this time I was 20, 24, 25.

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So I'd have been older going into the Marines, but still plenty of time left.

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I think I was still relatively fit. And then. I met her and I was like, ah, so had to think things through.

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I went I went to New Zealand because my parents had just moved there. I went over there, did another season.

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I was like, right. Well, I kind of got to make a decision here.

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So I moved back to Canada and continued working, set up my now or not now, but my personal training, a sports nutrition business and all that kind of stuff and coaching them.

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And I was like, well, I'm probably not going to go in the military now.

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I'm going to go a different route. And I was like, well, I've always wanted to do some form of military service or paramilitary service.

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So I may as well go towards the policing side of things.

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And here I was having to wait. And back when I came here to get permanent residency here was really long.

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It took me three, three years to get my permanent residency. It was a long time.

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And I just I went down to came down to Vancouver.

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I was at school for BCIT for her X-ray and CT. And I worked as a for a thirteen dollar an hour job as a security officer, worked every hour that God sent me.

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And luckily, I was exposed to some pretty traumatic stuff.

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But stuff that would help me with my application for policing and one in particular as a gentleman, like was going to commit suicide and had to negotiate with him and then get police in and whatever.

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And all the police officers were all VPD officers and they gave me references to the department.

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And in June 2016 or April, in fact, it is exactly today that I got my permanent residency.

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Ten years ago. Sorry. Eight years ago.

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Eight years ago to the day. So that's kind of ironic.

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But yeah, I got my residency.

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And then in June, I applied for the police because I could now apply for the police after this incident happened and what and what went on.

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And in September, I was in the Academy and then I've been working the police ever since.

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When I think of Vancouver, I know this is just one area, but sadly, we say if you think of Ohio and West Virginia, the addiction crisis and Gabbo Matei, Gabbo Matei, he's based in there and I've studied a lot of his work.

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What through these years have been your insights as far as that problem?

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And then have you noticed any kind of common denominators about the root cause of why so many men and women in Vancouver are struggling at the moment?

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Well, there's I wouldn't say there's one root cause.

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There's a lot of root causes. I mean, the financial cost to live in Vancouver is astronomical.

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Yeah, the drug side of things is is there so readily available?

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And we passed a more I say we the government passed a bill that now you can possess drugs to a certain amount.

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And it's quite a quite a large amount.

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Like if I if I saw someone that now I think you know, possession of purpose of trafficking and I'd have to articulate or whatever.

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But there is a large amount.

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The the issue you have it comes from oxycodone and all that kind of stuff that's come in and people get addicted.

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I speak to a lot of these. I see them daily.

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People. And so you worked in like the like the downtown like we call the East Side.

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But the drug you worked in that it is the most compact and yet.

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How am I trying to say there's such a large amount of people in like a two block radius.

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I think it's like three and a half thousand people or something in a two block radius that users.

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And it's we have people that come from even from LAPD, Seattle, lots of police departments all around.

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New Zealand police were here a few months back because they come here and they see our opioid crisis and crisis with the drug.

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And and fence and all that because heroin doesn't exist anymore.

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Eighty seven percent of all drugs in 83 percent of all drugs in B.C. are cut with fence.

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So it's just unbelievable.

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And the amount of overdoses that we get a day.

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I mean, I remember when I was working in the hospital, I saw one guy, he came in three times in an ambulance.

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So different ambulance, different crew, three different times in an ambulance.

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00:46:06,000 --> 00:46:13,000

And every time when they knock on him or naloxone, he's way he'd be pissed off.

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00:46:13,000 --> 00:46:14,000

Like you just took my high away from me.

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00:46:14,000 --> 00:46:17,000

Now I've got to go back and do it again. And he go and do it again.

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00:46:17,000 --> 00:46:23,000

And the best way I can describe the drugs here is and it's awful to say this, it's like a cookie.

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Sometimes you get chocolate chips and you get loads of them and it's like and then other times you get no chocolate chips inside.

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Well, this is crap. And then they and that's why we're getting like 20 year olds that just did it once at a party like at the hospital.

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Yes. At least these days.

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And then those that do use their their tolerance for it goes up.

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So they have to use more.

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And then the cost of it goes up because of all that happened, like during during the the pandemic, like it's like the cost of it goes up.

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During during the pandemic, like it was crazy.

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It was insane. And yeah, it's we will be paying for that for years.

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Everybody will in the world. But it's it's a fire that we keep fighting as best we can and do the best we can with the judicial system we have.

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And the it gets hard. I mean, you as a fire officer, you'll know this more than anybody.

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You probably went to your fair share of overdoses and whatever, because that's how they used in in North America.

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In England, I never I don't know if I may be wrong in saying this, but fire officers were fire officers.

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They weren't paramedics as well.

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They probably have training and stuff and they'll still go to car crashes of everything like as normal.

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But I don't think they were used as like a second ambulance service.

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No, no. They're first responder trained.

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So I know that, you know, they will respond to medical calls.

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An interesting anomaly is Dublin. I've had a few guys from there now.

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They actually are paramedics as well.

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Now, if I understand it right, their firefighters are not transporting on the ambulance, but their firefighter trained on the excuse me, paramedic trained on the fire engine, the fire truck.

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What's what's really been apparent to me is such a shame because you'll get, you know, a city try quote, air quotes decriminalization and then everyone point and go see it doesn't work.

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And I think it's the same as the NHS when that one person dies in the ER waiting room.

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They're like, see, you know, socialized medicine doesn't work.

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And the problem is, if you don't do it properly, of course, it's not going to work.

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And what what I've observed again, I went to Portugal, my son, my family moved to Portugal and sat down with the guy who spearheaded their decriminalization.

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And the difference was they didn't just change the law.

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They took a huge amount of money again, false economy.

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You need to you need money up front and they created addiction centers, mental health counseling, job creation.

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And it was a huge success in less than 10 years.

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They went from basically the worst addiction crisis in I think it was either Europe or the world.

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I never, I never remember which one to the lowest, like they complete.

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And now you think about the safety of their offices on the street, the amount of space there are in the court system now.

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I mean, everything now you can focus on the dealers and the smugglers and everyone else.

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But the piecemealing, the same way as, you know, the Obamacare trying to be NHS, it wasn't even close to that.

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So, of course, it failed.

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So this is the problem is that I haven't seen one area do it properly yet.

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Like actually say these addicts need medical attention.

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They have a mental health problem that they are leaning into their addiction for.

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And it's perfectly underlined because when COVID happened, what did we lose?

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Connection. Johan Hari says the opposite of addiction is not sobriety, it's connection.

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And so people are lonelier and more depressed and they lean into their addiction.

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And it's very easy to be judgy on the on the opioid addict.

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But how often are we on our phones? We're leaning into fast food, leaning into alcohol.

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00:50:09,000 --> 00:50:12,000

Well, that's all socially acceptable. So let's not talk about that.

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So this is what is interesting.

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And everyone has their opinion and the law enforcement community is the hardest one to really be able to step back because you're the ones told to enforce these laws.

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But the arresting your way out of addiction model has been going since the 1930s in America and it just isn't working.

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So, again, for me, I don't I think it's going to happen eventually.

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But we need to shift from looking at someone as a criminal.

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And this isn't the people this isn't the crimes that they have committed aside from that assault burglary.

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That's a crime that has to be done. But someone struggling with addiction, if the stigma is removed,

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Portugal saw a lot of people ask for help once they realize they weren't going to get arrested for it.

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We have kind of tried that here. As you said, I don't think it's been implemented correctly.

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00:51:00,000 --> 00:51:08,000

I'm I'm nothing. I don't know anything. But I've been to Portugal. I've seen it like firsthand as well.

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I I do agree.

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It's the it's the support side of things. The other side of things, though, is there are people that they like all of a sudden.

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00:51:21,000 --> 00:51:24,000

No, I'm entitled to this. I'm entitled to that. I'm entitled to that.

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And so they they you flip it on its head and you've got that bad apple because they're now I'm not going to spend money on this.

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00:51:31,000 --> 00:51:35,000

I'm not going to do that. I should just get given that because that's who I am.

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And, you know, it's a very, very, very fine line. And I think it's I would say almost impossible to do in Canada.

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I wouldn't say I would say probably North America, to be honest, because you have such a diverse range of people.

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Portugal certainly has immigrants, but you also have a majority of people in there are Portuguese majority.

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And, you know, that they they're not the biggest country either.

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They don't have millions and millions and millions of people like North America.

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So is it possible to do that? Probably because of how their government ran it.

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And I do think it is a great idea. And I heard the same thing.

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I heard that the government just went, yeah, we're going to provide the support.

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00:52:23,000 --> 00:52:27,000

No, it's not going to be illegal for you to do it. OK, you're doing heroin. OK, great.

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00:52:27,000 --> 00:52:31,000

Come see me at this clinic. We'll take you off it. We're going to give you a methodos.

617

00:52:31,000 --> 00:52:34,000

We're going to give you that. We're going to get you out. And we're going to do this, this and this.

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And it's the same with schooling systems as well.

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Like my my brother's just moved to New Zealand because of the American school system.

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He's where he was in the state. It wasn't working for him. Gone to a new country.

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It's completely different. And his son's getting help.

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They need some tuition and whatnot. So, as I said, there's grass, green grass in every field.

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There's also crap in them all. But I think there is a lot of.

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00:53:02,000 --> 00:53:04,000

And I choose my words very carefully.

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00:53:04,000 --> 00:53:08,000

There's a lot of politicians who go, I will promise you the world.

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00:53:08,000 --> 00:53:11,000

And then they don't deliver on it. And there are people like, yeah, great.

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00:53:11,000 --> 00:53:13,000

And then about, yeah, it's going to be this planet. It's this going to.

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00:53:13,000 --> 00:53:17,000

Oh, we're going to build a border around this or we're going to build a wall.

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00:53:17,000 --> 00:53:20,000

Oh, you know, I'm not going to throw anybody under the bus.

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There's there's politicians, you know, they'll make these decisions and knee jerk reactions and whatever.

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And a lot of a lot of the time, it doesn't work a lot of the time, unfortunately.

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So I'm not saying you can't do nothing because you have to do something.

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But it's till it's the best idea and it's really, really thought through.

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It's very difficult. Yeah.

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00:53:43,000 --> 00:53:45,000

No, I mean, it's a valuable perspective.

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I think the difference in Portugal as well is that they actually address the Portuguese people and they got everyone involved.

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So everyone had a part and everyone was part of the solution.

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There's very much a feeling here of pointing to a certain government building and saying you need to fix this.

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00:53:59,000 --> 00:54:04,000

And then your people you're pointing to were elected through a terrible system where they're not even leaders as well.

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And then everyone wonders why things don't work.

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So, yeah, anyway, I digress. We'll move on to CrossFit.

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Well, Emily, you have this kind of athletic journey as a young woman.

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And obviously you're exposed to strength and conditioning at that point.

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Talk to me about your introduction to CrossFit, your first workout, if that was one that was memorable.

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And then what was it that dragged you down that path?

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Yeah, so I think just the time in my life, like I say, I was just coming down to Vancouver for school and I was done with gymnastics.

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I was done with track and field.

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So I was kind of like, what's the next next thing?

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So the timing was perfect.

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Yeah, I remember just like watching.

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We were actually at a CrossFit competition together because Kyle, with his personal training business, you were doing something there.

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And he dragged me along to help him.

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And I was like, like begrudgingly, my fault, went to help him, was watching these girls do.

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I specifically remember like handstand stuff.

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And I was like, I can do that.

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And yeah, people, you know, some random people were, oh, you should do it.

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00:55:18,000 --> 00:55:19,000

No, no, no.

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00:55:19,000 --> 00:55:22,000

Like at that time, I was still like, not embarrassed.

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But like I said before, like CrossFit kind of had the bad rap.

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I was like, I'm not doing that.

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Like, looks ridiculous.

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Fast forward, what, two weeks later, I moved to Vancouver.

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Just by chance, meet some people.

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And they're like, oh, come to this class.

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Okay, fine.

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So I went.

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Drank the Kool-Aid.

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Yeah, basically.

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I remember the first workout was Helen.

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The three rounds of 400 meter run, pull ups, kettlebell swings, whatever it is.

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00:55:51,000 --> 00:55:54,000
And yeah, breezed through that.

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00:55:54,000 --> 00:55:56,000
And I was like, this is pretty easy.

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00:55:56,000 --> 00:56:00,000
And I feel bad for saying that because a lot of people are like, oh, my first CrossFit workout.

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00:56:00,000 --> 00:56:01,000
Like I was on the ground.

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00:56:01,000 --> 00:56:02,000
I was dying.

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00:56:02,000 --> 00:56:05,000
You know, I felt like I was going to throw up.

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00:56:05,000 --> 00:56:12,000
Me, like I did Helen and, you know, finished like toward the top of the class.

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00:56:12,000 --> 00:56:15,000
And I was like, okay, I guess I'm kind of good.

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00:56:15,000 --> 00:56:18,000
And then really wasn't tired.

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00:56:18,000 --> 00:56:22,000
I remember coming home and I like went for a run that evening because I was like, okay, sweet.

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00:56:22,000 --> 00:56:26,000
That was just like one part of my day, whatever.

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00:56:26,000 --> 00:56:33,000

But yeah, I think the it felt like I was doing gymnastics again, like, you know, swinging on the bar.

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00:56:33,000 --> 00:56:35,000

Like my hands were sore again.

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You know, I was learning muscle ups because you don't really do muscle ups in gymnastics.

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So like the new skill kind of keeps you coming back for more when you're learning something every day.

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And, you know, it helps when you're you do something and you're kind of instantly good at it.

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And yeah, so that was all just very like good, good feedback.

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And I just, yeah, kept going.

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Helen was my first one.

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And I wrote a book about three years ago.

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And I've talked about that.

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It was a bunch of short stories basically.

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And the takeaway was fitness or nutrition or back injuries or mental health, whatever it was.

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But I remember my friend showing me this cannonball with a handle on it.

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And I'm like, what are we going to do with this?

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00:57:15,000 --> 00:57:17,000

This for a geriatric pirate?

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00:57:17,000 --> 00:57:18,000

What's this going on?

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00:57:18,000 --> 00:57:19,000

But it did.

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00:57:19,000 --> 00:57:20,000

It murdered me.

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00:57:20,000 --> 00:57:21,000

Absolutely murdered me.

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00:57:21,000 --> 00:57:22,000

And I was so humbled.

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00:57:22,000 --> 00:57:24,000

And then it's funny you talking about muscle ups.

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I had a realization years later.

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00:57:26,000 --> 00:57:29,000

I was never good at the kipping muscle ups on the rings.

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But I could do the strict as I built my strength up.

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And then when I was able to finally do it, I was like, oh, my God, I just realized that all I've mastered is the beginning position of every gymnast on the planet.

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Not even starting yet.

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Like I've just spent years just trying to get up on the rings in the first place.

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So yeah, it's very humbling when you see the people who are experts in each of these disciplines in CrossFit, when you actually kind of look at what high performance is supposed to look like.

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Dave Durante in gymnastics, for example.

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Yes, you're right.

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00:57:59,000 --> 00:58:02,000

Like the men, that's how they start their ring routine.

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00:58:02,000 --> 00:58:04,000

Like you do a strict muscle up.

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Obviously, girls didn't do rings.

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But our first movement on the uneven bars, it's called a kip.

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But it's basically a bar muscle up, which we learned when we're seven.

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Exactly.

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Yeah.

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00:58:18,000 --> 00:58:24,000

And it was like and then Helen, everyone was like swinging like worm on hooks.

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00:58:24,000 --> 00:58:33,000

And I was like, oh, like, you know, coming from gymnastics, everything's so strict and rigid, you know, and I was like, oh, I can just like kind of cheat and use my legs to help me get up.

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00:58:33,000 --> 00:58:34,000

This is sweet.

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00:58:34,000 --> 00:58:37,000

This is easy.

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00:58:37,000 --> 00:58:41,000

What is your like?

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00:58:41,000 --> 00:58:45,000

We're staying with with pull ups for a second coming from a gymnast.

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I learned the kip, but I never did the butterfly because again, I wasn't going to compete in CrossFit.

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And when my again, my own personal individual philosophy of this was the what they call it, the butterfly in the pool was because someone found a loophole in the rules from the breaststroke.

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That's how that thing came about.

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And that's kind of how I saw the butterfly pull up.

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00:59:08,000 --> 00:59:17,000

So to me, to me as a coach and as an athlete, I never learned the butterfly because I didn't need to be faster at pull ups for what I needed.

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You know, I was doing it to be a better firefighter.

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So I would do strict pull ups or the gymnastic hip.

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Obviously, if you're going to be a competitive athlete in the world of CrossFit, you need to have the butterfly pull up.

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What is your kind of philosophy on the non competitive athletes that walk into the CrossFit schools and the importance of a strict, a gymnastic or a butterfly?

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Yeah, I 100% agree with you.

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You yeah, the only reason why we're doing that kind of stuff is because you're going to lose if you don't like if you're competing, right?

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You need to be fast.

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00:59:52,000 --> 00:59:55,000

That's the fastest way to do them.

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And now for me, because I do them all the time, I think it's the easiest way to like he'll program tipping chest a bar every once in a while.

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And I'm like, like, it's so hard because you have to hold it here before you go down or else your swings going to be funny.

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01:00:11,000 --> 01:00:19,000

It's way harder. And then like, obviously, strict is even harder when I give a strict, but they threw a workout with strict this year, didn't they?

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01:00:19,000 --> 01:00:23,000

And what a loser. They like strict, strict pull ups or whatever.

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01:00:23,000 --> 01:00:25,000

And I was like, there you go. That's where you do it.

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Yeah, I agree with you. Like strict strength first.

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Always like if you have the strength, you can learn the technique.

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But if you don't need to be.

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01:00:34,000 --> 01:00:37,000

Butterflying if you don't have any strength.

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In my opinion, brilliant. Well, Kyle, you you ended up you talked about personal training.

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We didn't go into it super deeply, but you taught skiing.

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01:00:45,000 --> 01:00:48,000

You taught rugby, obviously got into the strength and conditioning side.

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01:00:48,000 --> 01:00:52,000

I heard you talking about Reiki as well, which must come in really handy.

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01:00:52,000 --> 01:01:01,000

And I mean, but so how how did that cross pollination start where you ended up coaching?

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Because as you said, you know, you're not a high level cross fit athlete specifically, but you know, you're you're an athlete.

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I mean, it doesn't have to be cross fit.

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How did you start fusing that where you were able to to become a great coach?

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01:01:13,000 --> 01:01:15,000

And I guess Joe Kalsagi is a perfect example.

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01:01:15,000 --> 01:01:21,000

His dad never boxed and he learned how to box and taught his son to be one of the best boxing champions we ever had.

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01:01:21,000 --> 01:01:30,000

Yeah, I think if Emily may agree with me, I think why I'm lucky is I have a very good eye.

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01:01:30,000 --> 01:01:37,000

So through I've been coaching in some form for 24 years of my life.

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And I started with martial arts, helping out in the kids class as a teenager.

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You help out kids class and I went on to rugby from rugby.

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I went on to ski instruction and personal training.

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01:01:48,000 --> 01:01:52,000

So you have to watch people all the time and skiing, especially.

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I mean, I think that's probably what's helped me the most because everything's happening so fast.

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01:01:59,000 --> 01:02:02,000

And you have to watch certain things.

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01:02:02,000 --> 01:02:05,000

And I've always worked with I don't deal with symptoms.

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01:02:05,000 --> 01:02:06,000

I deal with causes.

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01:02:06,000 --> 01:02:15,000

So if you have, you know, take take a muscle, for example, someone says, I'm not I'm not very good at muscle.

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OK, well, why not?

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01:02:16,000 --> 01:02:18,000

Well, I'm really good at pushing.

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01:02:18,000 --> 01:02:20,000

I'm not so good at pulling.

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01:02:20,000 --> 01:02:28,000

Right. Well, simple thing is work on your pull and I think and learn to, you know, engage, engage your lats first, pull down on the bar.

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01:02:28,000 --> 01:02:32,000

And then rotate over and you're going to be all right at the pushing part because you just got to rotate over.

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01:02:32,000 --> 01:02:34,000

So work on a pull in.

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01:02:34,000 --> 01:02:36,000

And that's what I've done with Emily.

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01:02:36,000 --> 01:02:42,000

So I I one of her first in 2016, she went to a crossfit coach.

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01:02:42,000 --> 01:02:45,000

I said, look, I said, I don't know anything about CrossFit.

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01:02:45,000 --> 01:02:47,000

I don't claim to know anything about CrossFit.

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01:02:47,000 --> 01:02:48,000

So go do your thing.

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01:02:48,000 --> 01:02:50,000

She went and she was being coached.

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01:02:50,000 --> 01:02:54,000

And every week there was I'm not going to throw any names in the bus or anything like that.

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01:02:54,000 --> 01:02:59,000

He was coaching news that I'll do a one rep max back squat every week.

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01:02:59,000 --> 01:03:02,000

And I said to her, why, why on earth would you do that?

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01:03:02,000 --> 01:03:04,000

Like, why would you expect to keep getting better?

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01:03:04,000 --> 01:03:06,000

You can't just get better from that.

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01:03:06,000 --> 01:03:07,000

You need to be time under tension.

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01:03:07,000 --> 01:03:09,000

You need to be working in the correct percentage.

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01:03:09,000 --> 01:03:11,000

And that's all stuff I know.

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01:03:11,000 --> 01:03:12,000

I've been very lucky.

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01:03:12,000 --> 01:03:16,000

I continue to research and learn new stuff.

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01:03:16,000 --> 01:03:22,000

I've got friends, some of the best strength and conditioning coaches in the world that I'm associated with.

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01:03:22,000 --> 01:03:26,000

And I was like, well, that really doesn't make sense to me.

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01:03:26,000 --> 01:03:29,000

So I said, here, here's a leg training program.

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01:03:29,000 --> 01:03:31,000

And Emily, what do you start with?

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01:03:31,000 --> 01:03:34,000

Like one, one twenty, one thirty five clean.

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01:03:34,000 --> 01:03:40,000

And I think you could one, you could one rep max, maybe a back squat, one sixty five.

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01:03:40,000 --> 01:03:43,000

I was like, no, for like a year, for a year.

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01:03:43,000 --> 01:03:44,000

This is this is ridiculous.

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01:03:44,000 --> 01:03:50,000

So I did one program with which it was twelve, twelve, twelve weeks.

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01:03:50,000 --> 01:03:54,000

And Emily went from doing like one sixty five to doing two hundred plus.

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01:03:54,000 --> 01:03:58,000

Like it was a forty pound increase, like a massive increase.

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01:03:58,000 --> 01:04:00,000

I said, well, that's because you've done time under tension.

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01:04:00,000 --> 01:04:02,000

You've strengthened your ligaments and tendons.

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01:04:02,000 --> 01:04:04,000

You've done things properly.

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01:04:04,000 --> 01:04:06,000

And then that's what we've done for years.

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01:04:06,000 --> 01:04:10,000

Now, Emily will be the first to say she said, oh, I'm I'm my strengths, my weakness.

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01:04:10,000 --> 01:04:12,000

Now, that's not entirely true.

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01:04:12,000 --> 01:04:17,000

It just takes Emily a lot longer because of her muscle fibers.

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01:04:17,000 --> 01:04:23,000

So her muscle fibers, predominantly one B and one A and the odd bit of two A.

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01:04:23,000 --> 01:04:27,000

So I had to train her muscle fibers to do the switchover.

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01:04:27,000 --> 01:04:29,000

And I was like, well, I know the science behind that.

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01:04:29,000 --> 01:04:32,000

I know what you have to do in the training system.

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01:04:32,000 --> 01:04:39,000

And we've actually got to a stage in the last couple of years where it's like, all right, now we're starting to catch up

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01:04:39,000 --> 01:04:43,000

because we bridge the gap with the muscle fibers.

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01:04:43,000 --> 01:04:46,000

And I trained her in a way or she's trained in a way.

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01:04:46,000 --> 01:04:50,000

I've just written it down on paper and shout out occasionally.

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01:04:50,000 --> 01:04:57,000

But she's trained in a way and being very disciplined that it has developed into the areas that she needs to work on.

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01:04:57,000 --> 01:05:04,000

So when I was starting, if there was a workout under like 15 minutes, like I'm not good.

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01:05:04,000 --> 01:05:06,000

Like it had to be long. It had to be.

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01:05:06,000 --> 01:05:10,000

And now it's like, OK, I can do these sprint workouts and I can.

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01:05:10,000 --> 01:05:12,000

Yeah. So that's what we've done.

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01:05:12,000 --> 01:05:20,000

And where Emily is incredible and I think the best athletes in the world is they do the things that they're not good at.

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01:05:20,000 --> 01:05:29,000

And, you know, the iceberg terminology, oh, you see the competition on the top, all the hard works underneath the water kind of thing.

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01:05:29,000 --> 01:05:31,000

You know, it's all done in.

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01:05:31,000 --> 01:05:39,000

It's all that hard work done in the dark day in, day out and the nutrition, the sleep and everything else, it all adds up.

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01:05:39,000 --> 01:05:45,000

And unfortunately, you talk about the phones and everything is that they've put a silver button.

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01:05:45,000 --> 01:05:47,000

You know, we want this now, we want this now, we want this now.

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01:05:47,000 --> 01:05:50,000

Everybody wants speed. It doesn't happen like that.

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01:05:50,000 --> 01:05:56,000

That's not how how we as humans are meant to be.

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01:05:56,000 --> 01:05:59,000

We want to be. Yeah, no, absolutely.

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01:05:59,000 --> 01:06:07,000

Well, again, speaking for 95 plus percent that aren't competitive crossfit athletes at this point.

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01:06:07,000 --> 01:06:16,000

What is your perception of the one rep max for me personally, you know, as an athlete and now as a coach, I find a lot more value in a three rep max.

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01:06:16,000 --> 01:06:19,000

That's going to require more time under tension, more control.

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01:06:19,000 --> 01:06:21,000

Obviously, you've got to go down and up.

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01:06:21,000 --> 01:06:29,000

You know, yes, if you're in a competition setting, certainly in Olympic lifting and powerlifting, you're going for a one rep max if you're in a crossfit competition.

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01:06:29,000 --> 01:06:32,000

But for everyone else, I feel like that's something.

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01:06:32,000 --> 01:06:38,000

I think it's a deadlift, for example, like if you want to see the worst technique ever program a one rep max deadlift.

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01:06:38,000 --> 01:06:49,000

So what is your perception of the average person, whether they're a sedentary granny or a police officer, firefighter, soldier that's not competing in crossfit on the low number barbell movements?

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01:06:49,000 --> 01:06:51,000

Well, I think you're sorry. Go ahead.

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01:06:51,000 --> 01:06:59,000

No, I was I was just going to add you're also going to put out all the duds and whatever for two weeks if you do that in a crossfit class.

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01:06:59,000 --> 01:07:10,000

So if you think about it in a perspective of like working and counting, when does one person do a one rep max?

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01:07:10,000 --> 01:07:13,000

Think of I'll take a fire officer, for example.

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01:07:13,000 --> 01:07:18,000

Well, you don't do a one rep max pick up a hose and then and fling it around.

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01:07:18,000 --> 01:07:23,000

You carry that hose for miles and you do, you know, you hook it up and then you got to climb your ladder, get in.

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01:07:23,000 --> 01:07:27,000

Maybe you've got to pull up for a window, break down a door, whatever you got to do.

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01:07:27,000 --> 01:07:33,000

Or you've got to do lots of reps of jimmying to open up a car door or something like that.

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01:07:33,000 --> 01:07:35,000

I don't I don't know. I'm not trying to speak for you.

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01:07:35,000 --> 01:07:37,000

And it's the same with a police officer.

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01:07:37,000 --> 01:07:41,000

They're not going to do a one rep max pick up a guy and push him over his head.

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01:07:41,000 --> 01:07:47,000

They're going to have a fight with a guy and, you know, try and get him into custody and take you into that.

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01:07:47,000 --> 01:07:52,000

So I actually find the one rep max to be ridiculous.

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01:07:52,000 --> 01:07:58,000

I think it's great for feature strength if it's in strongman, if it's in Olympic lifting or not.

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01:07:58,000 --> 01:08:02,000

But again, it comes down to that work beforehand.

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01:08:02,000 --> 01:08:07,000

So you've got to do you've got to take all that additional work.

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01:08:07,000 --> 01:08:09,000

And what people forget about is the ligaments and tendons.

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01:08:09,000 --> 01:08:12,000

Your muscles can be absolutely on fire and whatever.

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01:08:12,000 --> 01:08:14,000

But you've got to have good ligaments and tendons.

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01:08:14,000 --> 01:08:17,000

You've got to have good synovial fluid flowing around.

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01:08:17,000 --> 01:08:19,000

And I could go on about this all day.

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01:08:19,000 --> 01:08:29,000

But what I find very interesting is that I would say 99.9 percent of all life is not a one rep max.

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01:08:29,000 --> 01:08:36,000

And the reason why is because one day and I talk about females menstrual cycles, you talk about people sleep nutrition,

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01:08:36,000 --> 01:08:41,000

your one rep max one day could be hypothetically 300 pounds.

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01:08:41,000 --> 01:08:46,000

That's a 300 pounds bench press or clean or whatever you want to say.

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01:08:46,000 --> 01:08:48,000

But the following day, you didn't sleep as well.

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01:08:48,000 --> 01:08:53,000

You were tossing and turning or you're dealing with kids or 101 different things.

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01:08:53,000 --> 01:08:56,000

The following day, your one rep max might be 250.

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01:08:56,000 --> 01:08:58,000

So it's completely irrelevant.

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01:08:58,000 --> 01:09:02,000

Whereas if you say to her, OK, now base it off.

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01:09:02,000 --> 01:09:04,000

And I always say this to Emily when she's training.

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01:09:04,000 --> 01:09:10,000

Don't base your one rep max off all the time what you are your one rep max.

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01:09:10,000 --> 01:09:12,000

Like if you're one rep max at the end, I'm feeling good.

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01:09:12,000 --> 01:09:15,000

All right, push it a little bit more. I'm not feeling so good.

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01:09:15,000 --> 01:09:16,000

OK, let's dial it back.

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01:09:16,000 --> 01:09:19,000

It's it's manipulation all the time.

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01:09:19,000 --> 01:09:23,000

So that's why I personally think anyway, I could go on about this all day.

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01:09:23,000 --> 01:09:25,000

I won't. I won't.

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01:09:25,000 --> 01:09:29,000

I won't. Well, let's add to that because you just opened the door of shift work.

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01:09:29,000 --> 01:09:31,000

I think it's extremely important as well.

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01:09:31,000 --> 01:09:34,000

I mean, this in the fire service, I told you about the hours they work.

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01:09:34,000 --> 01:09:40,000

If you think about that over 10, 15, 20 years, you are going to break.

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01:09:40,000 --> 01:09:42,000

Your performance is going to be absolutely horrendous.

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01:09:42,000 --> 01:09:46,000

And, you know, all the repairs from your training, the tendons, ligaments,

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01:09:46,000 --> 01:09:52,000

you know, synovial fluid, the brain bath that it takes every night when we're supposed to sleep.

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01:09:52,000 --> 01:09:53,000

None of that is happening.

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01:09:53,000 --> 01:09:55,000

So our performance is going down.

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01:09:55,000 --> 01:09:59,000

And I think that's the unspoken conversation of the fat police officer.

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01:09:59,000 --> 01:10:02,000

Some of them are just shit, let's be honest.

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01:10:02,000 --> 01:10:06,000

But there's a lot of them where the shift work is contributing to the hormonal disruption

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01:10:06,000 --> 01:10:10,000

and all the things that is making it harder, you know, energy wise,

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01:10:10,000 --> 01:10:13,000

making it harder to process your food, et cetera.

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01:10:13,000 --> 01:10:18,000

So but now we're talking about an elite performance, which is, you know, arguably, Kyle,

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01:10:18,000 --> 01:10:22,000

you're in that foot pursuit and someone's running towards the school with a kitchen knife.

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01:10:22,000 --> 01:10:27,000

This is when you are expected to have elite performance as a firefighter, the same thing.

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01:10:27,000 --> 01:10:31,000

So what have you witnessed, Emily, as far as the impact for you on your training?

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01:10:31,000 --> 01:10:38,000

I heard you touch on it and I heard that you had some very intelligent philosophies to offset some of that.

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01:10:38,000 --> 01:10:44,000

What has been your experience of the detriment of shift work on a high competitive athlete like yourself?

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01:10:47,000 --> 01:10:52,000

So I don't do nights anymore.

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01:10:52,000 --> 01:10:56,000

But when I did, you know what?

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01:10:56,000 --> 01:10:59,000

Well, you applied for your position you're in, so you wouldn't in that, right?

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01:10:59,000 --> 01:11:02,000

Yeah.

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01:11:02,000 --> 01:11:10,000

I think mentally I hated it more than physically what it did to me because I was so regimented.

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01:11:10,000 --> 01:11:15,000

I made it work and, you know, I was disciplined.

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01:11:15,000 --> 01:11:25,000

Like I would finish a night shift in the morning, do my training till 11 or 12 p.m., sleep till 9 p.m.,

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01:11:25,000 --> 01:11:28,000

get up, train again, go to work like there was nothing else.

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01:11:28,000 --> 01:11:31,000

You know, I prepped all my meals like I made sure I ate really well.

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01:11:31,000 --> 01:11:40,000

I ate throughout my night of working like breakfast, lunch, dinner, you know, in the night to mimic the day.

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01:11:40,000 --> 01:11:44,000

So like I could train well, like I was just super regimented.

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01:11:44,000 --> 01:11:49,000

So honestly, I think I did OK.

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01:11:49,000 --> 01:11:53,000

But you're right, as soon as one of those goes, like you're screwed.

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01:11:53,000 --> 01:11:59,000

Like you don't sleep in the day, you know, you like you're not really hungry at night sometimes.

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01:11:59,000 --> 01:12:04,000

And I know a lot of people just don't eat because like your body's confused, like your stomach hurts and you're not sure.

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01:12:04,000 --> 01:12:10,000

Are you hungry or you just need to take a poo or like, you know, like you don't know because your body's all flip flopped.

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01:12:10,000 --> 01:12:13,000

And so I tried everything that I control.

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01:12:13,000 --> 01:12:16,000

I tried to keep the same.

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01:12:16,000 --> 01:12:23,000

And I'm lucky I can sleep really well because again, like lack of sleep, like I've noticed it.

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01:12:23,000 --> 01:12:27,000

Like if you don't sleep, well, yeah, you're tired, you're training, whatever, all that.

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01:12:27,000 --> 01:12:35,000

But also, like you crave greasy, carby foods, like you crave like not good things.

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01:12:35,000 --> 01:12:38,000

And like it's just a down slope.

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01:12:38,000 --> 01:12:46,000

But I was fortunate that I could make it work well.

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01:12:46,000 --> 01:12:51,000

I guess so. Yeah, you guys, their works harder, their shift works harder.

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01:12:51,000 --> 01:12:59,000

You know, they they don't get their scheduled breaks like we do and stuff like that all adds up and they're they're on constant high alert all night.

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01:12:59,000 --> 01:13:00,000

Right.

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01:13:00,000 --> 01:13:07,000

Whereas I can be like kind of dozy and, you know, till I get a patient, you know, it's so it's a different it's a different thing.

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01:13:07,000 --> 01:13:11,000

But can I add to that? Absolutely.

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01:13:11,000 --> 01:13:17,000

Yeah, I think you'd be aware of like, obviously, the circadian rhythm is what gets messed up the most.

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01:13:17,000 --> 01:13:22,000

And that has, as you as you know, the detrimental effect on everybody.

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01:13:22,000 --> 01:13:27,000

But as Emily just touched on the code, we call it being in code yellow.

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01:13:27,000 --> 01:13:31,000

So we code white, you're totally, you know, relaxed or whatever code yellow.

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01:13:31,000 --> 01:13:40,000

You're on alert code red, like things are going down and then code black is where you're like, there's nothing else but this thing you're dealing with.

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01:13:40,000 --> 01:13:42,000

You're very focused on that.

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01:13:42,000 --> 01:13:47,000

And you should never actually go code black because your peripheral vision, everything goes.

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01:13:47,000 --> 01:14:02,000

And I think you would definitely be able to attest to this as a fire officer when you're in situations, you've got to be wary of everything else and whether the structure of the building is going to fall or if there's going to be people coming out and acting radically.

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01:14:02,000 --> 01:14:12,000

We have to do that all the time as first responders. And I'm not saying Emily doesn't. But that has that is probably one of these biggest things.

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01:14:12,000 --> 01:14:16,000

And you talk about mental health is mental health is imperative.

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01:14:16,000 --> 01:14:25,000

And so and you talked about the fat police officer. I got to a stage in policing and I'm I'm now acknowledging it.

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01:14:25,000 --> 01:14:29,000

I was the unhealthiest I've ever been as a as a person.

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01:14:29,000 --> 01:14:34,000

Now, I was still able to luckily, you know, touch wood.

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01:14:34,000 --> 01:14:45,000

I'm because I have been a very reasonable underplay a little bit, a very good standard of athleticism before I could still do everything I needed to do.

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01:14:45,000 --> 01:14:51,000

I you know, I was still able to run after people if I need to. I'd still be able to fight and win whatever that kind of thing.

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01:14:51,000 --> 01:14:56,000

I've never not been able to pass my physical or anything like that, because that is.

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01:14:56,000 --> 01:15:00,000

But for me, looking back, I'm like, well, I'm heavier than I ever should be.

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01:15:00,000 --> 01:15:02,000

I shouldn't be this heavy and things start hurting.

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01:15:02,000 --> 01:15:07,000

You know, if I go to sleep wrong, I'd wake up achy and I'm like, that shouldn't happen.

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01:15:07,000 --> 01:15:11,000

Like I like sleep shouldn't injure me. Sleep should repair me.

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01:15:11,000 --> 01:15:15,000

I'd be scared to go to sleep. I'd be like, you know, I don't know if you ever saw Lee Evans as a comedy.

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01:15:15,000 --> 01:15:17,000

He was like, you sleep. Did it. Yeah, that was exactly me.

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01:15:17,000 --> 01:15:21,000

I wake up with like a I can't move kind of thing.

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01:15:21,000 --> 01:15:34,000

And I've been fortunate recently, like in the last couple of years, I've been OK, get back onto regular training and and better still eat like crap because the North American diet.

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01:15:34,000 --> 01:15:45,000

But and then Emily will kill me for this. I do make some bad choices because I buy all chips or, you know, like, unfortunately, I like food, but I'm doing much, much better.

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01:15:45,000 --> 01:15:49,000

I'm in a much better place. And everything you talk about knock on effect.

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01:15:49,000 --> 01:15:52,000

It has a knock on effect because I'm sleeping better.

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01:15:52,000 --> 01:15:55,000

I'm able to train better. I'm able to do more stuff.

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01:15:55,000 --> 01:15:58,000

And then I'm better at my job.

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01:15:58,000 --> 01:16:02,000

I'm better at providing service to the public because I'm more alert.

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01:16:02,000 --> 01:16:05,000

I'm able to do much more.

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01:16:05,000 --> 01:16:15,000

And I'm really, really starting to see that even in the last, I would say, probably last three months where I've noticed a massive, massive difference in that kind of stuff.

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01:16:15,000 --> 01:16:23,000

So it's spurring me on to keep going. Plus, I've set a goal for what I want to do in my career and where I want to get to.

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01:16:23,000 --> 01:16:25,000

So goal setting, I think, is very important. Go ahead.

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01:16:25,000 --> 01:16:28,000

I think we're also lucky in the stages of our life right now.

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01:16:28,000 --> 01:16:32,000

We don't have kids. We don't have a dog. We don't have anything else to worry about.

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01:16:32,000 --> 01:16:37,000

And I think that's when you're shift worker and you OK, I can only sleep till 2 p.m.

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01:16:37,000 --> 01:16:39,000

Because I got to pick up the kids from school or I got to do this.

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01:16:39,000 --> 01:16:45,000

Like, that's a whole nother ballgame. Like, I think that's that's what you're talking about. Detrimental.

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01:16:45,000 --> 01:16:49,000

Like us, we can afford to be selfish and I'm going to black out my room till 9 p.m.

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01:16:49,000 --> 01:16:52,000

And put in my earplugs and like, no one's going to bother me.

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01:16:52,000 --> 01:16:57,000

Like, that's very privileged. 9 p.m. She sleeps the whole day.

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01:16:57,000 --> 01:17:01,000

No, I'm saying if I work at night.

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01:17:01,000 --> 01:17:07,000

Brilliant. Well, I want to get to one more area of training and then we'll go to the kind of the medical side that you experience.

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01:17:07,000 --> 01:17:12,000

But when it comes to training a tactical athlete and I talked about this a lot,

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01:17:12,000 --> 01:17:17,000

what I realized is that CrossFit was doing so many things well for me as a firefighter,

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01:17:17,000 --> 01:17:20,000

but I wasn't really moving weight over distance.

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01:17:20,000 --> 01:17:23,000

And so I incorporated Julian Pino's work.

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01:17:23,000 --> 01:17:29,000

So the sled push and pull, the rope pull, the sandbag work, some of the kettlebell carries.

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01:17:29,000 --> 01:17:34,000

And that's those strongman movements with the perfect compliment for me to add to my CrossFit training,

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01:17:34,000 --> 01:17:37,000

to give me a well-rounded kind of athlete.

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01:17:37,000 --> 01:17:44,000

I've seen that play into a lot of the CrossFit games, you know, the actual workouts now.

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01:17:44,000 --> 01:17:50,000

And I've seen also, it's funny, I've seen those really good CrossFitters come do competitions at the gym where I train

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01:17:50,000 --> 01:17:56,000

and they do all these kind of wonky, funny looking ring muscle ups that, again, find the loopholes and the rules

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01:17:56,000 --> 01:18:01,000

and, you know, putting them all together, but then you give them a hundred and fifty pound sandbag and it destroys them.

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01:18:01,000 --> 01:18:08,000

So, you know, Kyle, from a police officer's perspective and Emily, if you want to throw in your perception as well,

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01:18:08,000 --> 01:18:12,000

talk to me about the world of strongman and then how you apply that,

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01:18:12,000 --> 01:18:19,000

whether it's as a police officer or how you train for it as a CrossFit athlete.

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01:18:19,000 --> 01:18:20,000

Do you want to go first?

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01:18:20,000 --> 01:18:23,000

Well, I'll go quick. I love that kind of stuff.

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01:18:23,000 --> 01:18:26,000

Like, that's why I love the game so much.

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01:18:26,000 --> 01:18:31,000

One, because of the surprise element, like they're going to tell us right before we do it. Great.

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01:18:31,000 --> 01:18:33,000

Like, I don't want to practice it really.

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01:18:33,000 --> 01:18:42,000

But also, like if we know, you know, things like the pig, like weird things are going to come up at the games that we don't do

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01:18:42,000 --> 01:18:49,000

throughout the year. Like, I love that kind of stuff. And he's really good at programming weird things.

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01:18:49,000 --> 01:18:53,000

And yeah, that's that's my favorite part, really.

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01:18:53,000 --> 01:18:56,000

I've been very lucky from playing a fairly high standard rugby.

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01:18:56,000 --> 01:19:04,000

I've been messing around with heavy object, be it tires, sledgehammers, sandbags, all that kind of stuff for years.

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01:19:04,000 --> 01:19:14,000

But I really do truly believe that that is the most carryover for life, because you're never going to have,

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01:19:14,000 --> 01:19:17,000

especially if you talk about deadweight. Well, people say deadlift.

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01:19:17,000 --> 01:19:21,000

Well, deadlift is a stiff bar, for example, with a weight on it.

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01:19:21,000 --> 01:19:28,000

But a dead person that weighs 200 pounds and moving around moves completely different to a bar.

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01:19:28,000 --> 01:19:33,000

Like when you've just got a piece of iron and a couple of iron plates, the other is completely different.

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01:19:33,000 --> 01:19:38,000

So true strength. I think sandbags is one of the best thing.

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01:19:38,000 --> 01:19:46,000

And we're very fortunate. We've got sandbag kettlebells, sandbag medicine balls, sandbag sandbags, heavy sandbags.

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01:19:46,000 --> 01:19:49,000

You've got a sea bag. That's what her go-rock stuff comes up.

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01:19:49,000 --> 01:19:53,000

Plus we have a tank and sleds and all that. I love all that kind of stuff.

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01:19:53,000 --> 01:19:56,000

And I will program the most bizarre stuff for anybody.

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01:19:56,000 --> 01:20:05,000

I said because one, because I think especially how Dave Castro thinks as a Navy SEAL officer is like anything goes.

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01:20:05,000 --> 01:20:13,000

And when I've beaten Emily down and I'm pretty harsh, she'll tell you I'm a harsh coach. I'm pretty ruthless.

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01:20:13,000 --> 01:20:19,000

I'd be like, give me 100 percent. And when you've done that, now go do it again.

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01:20:19,000 --> 01:20:23,000

And she's just like and she'll break down in tears or whatever kind of thing. But she does it.

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01:20:23,000 --> 01:20:29,000

But that is the mindset of the Navy SEALs and the Royal Marines and all the elite kind of guy.

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And you guys, because you could go out there. Yeah, you've gone into your house. You've rescued the family.

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01:20:34,000 --> 01:20:39,000

You get downstairs. The mom comes back conscious. My other kid is in the bedroom underneath the floorboards.

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01:20:39,000 --> 01:20:44,000

Like, you know, all right, I got to go again. So it's about that kind of thing.

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01:20:44,000 --> 01:20:49,000

And I think the odd object thing is incredible.

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01:20:49,000 --> 01:20:59,000

If you want to train and I'm not saying like a strongman like the Mitch Hoopers and Cooper Cooper Cooper Cooper,

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01:20:59,000 --> 01:21:06,000

he's incredible. And he's really, really quite an incredible athlete in regards to his lifting side of things.

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And he can move bags around. If you ask him to run up and down like the Birds Cleaver,

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01:21:11,000 --> 01:21:15,000

I think would he be able to do it? Maybe. But I don't think as much.

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So I think the biggest thing we're seeing for CrossFit is we're doing rugby is a huge carryover, I find,

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01:21:22,000 --> 01:21:27,000

because it's 80 minutes running, powerful hitting, carrying people, lifting people.

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I think it's really good. Gymnastics is also incredible.

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Professional rowers and swimmers, if they now gone into lifting, you see all that kind of stuff because they've got the endurance.

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But if you had honestly, if you had Mitch Hooper who lost a load of weight and gained a load of endurance,

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which would take years, Mitch is probably what, 325 I think he is. He's a big dude.

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01:21:57,000 --> 01:22:07,000

But could you imagine someone who can move odd objects like that and have the endurance of Emily or Tia or, you know,

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01:22:07,000 --> 01:22:16,000

I even say, then that's what a CrossFit athlete is. So there's these guys and girls that do all these odd object stuff.

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01:22:16,000 --> 01:22:23,000

And you throw in anything to them and they just go, all right, that's going to be like this. And I'll do it.

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And not to blow Emily's trumpet, but she's very good at, like I said, I'll throw things in, I'll be like,

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01:22:29,000 --> 01:22:33,000

that seed bag, you can only hold it this way or whatever. You can only grab it this way.

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And she will like, I'm like, figure it out, because that's how it could be.

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01:22:37,000 --> 01:22:44,000

And the more problem solving you do is, as you definitely experienced as a fireman, I certainly experienced as a police officer,

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01:22:44,000 --> 01:22:52,000

the more problem solving you do, the better you get at doing different tasks. Problem solving is ironic.

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01:22:52,000 --> 01:22:59,000

But like the more problem solving you do, the easier tasks become because you're like, oh, that's like doing this or this is like doing that.

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01:22:59,000 --> 01:23:07,000

And I think it's incredible. It's really interesting to see. And I do think it's quite an exciting time for CrossFit

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and the competition side of stuff for where it's going, how they're throwing that kind of stuff in there.

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And now they're doing tactical games. They're doing, well, if I could train more like that all year, it'd be great.

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But like, yeah, obviously you have to do the classic CrossFit to make it through the ranks first.

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But yeah, brilliant. Again, another thing I can go on about all day. I love it. I love it.

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01:23:32,000 --> 01:23:39,000

Brilliant. Like I said, when those two were put together, the machine that you create with the actual CrossFit was,

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and even some of the functional stuff inside, like I loved, I could barely do like more than one pull up when I was 20, I think it was, like pitiful.

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01:23:47,000 --> 01:23:53,000

And then fast forward 10 years in CrossFit, I could climb the rope in an L-sit all the way up without using my, you know what I mean?

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So you see these progressions and they're incredible. But then when you add in the stuff that we just talked about,

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01:23:59,000 --> 01:24:02,000

now, as you say, you just don't know what you're going to experience.

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01:24:02,000 --> 01:24:06,000

Firstly, I'd want to ask that mother, by the way, why is your child under the floorboards?

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01:24:06,000 --> 01:24:12,000

That would be one of my questions to the police officer. But yeah, you don't know what you're going to experience.

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01:24:12,000 --> 01:24:20,000

And you literally could be climbing into a sewer pipe, climbing up a tree, you know, throwing ladders and then realizing you got the wrong building

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01:24:20,000 --> 01:24:24,000

and picking up that ladder and down a dark alleyway in the middle of a lightning storm in Florida.

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01:24:24,000 --> 01:24:31,000

So there isn't that, you know, that clinical setting. And then with the bar, as you touched on, people don't have handles.

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01:24:31,000 --> 01:24:36,000

That's the big thing. And I give someone one of those, I've got a Rogue 150 and it's like a stone.

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And you give someone like that and that's the same as, you know, 135 and then 210s on each side, completely different experience.

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01:24:43,000 --> 01:24:49,000

People can barely get off the ground. So I think it's good to have that humility with the odd objects.

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01:24:49,000 --> 01:24:53,000

And then what CrossFit does so well is that red zone as a police officer, as a firefighter.

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01:24:53,000 --> 01:25:00,000

I want the last time I thought I was going to die to be a few days ago, not a few years ago in the Academy.

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01:25:00,000 --> 01:25:10,000

Yeah, agreed. All right. Well, speaking of almost dying, let's go to the 2022 CrossFit Games.

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That's a good segue. Get away from the kid under the floorboards.

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01:25:16,000 --> 01:25:24,000

So prior to that, walk me through if any kind of injuries or any contributing factors had happened before.

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01:25:24,000 --> 01:25:29,000

And then let's walk through day one and then the issues that you started seeing.

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Yeah, so training up to the Games was great. I was feeling good. I was feeling fit.

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About two weeks maybe before the Games, I felt just a little bit of a twinge in my bicep area here and thought, oh, OK, like just pulled it a bit.

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01:25:47,000 --> 01:25:54,000

Just felt like I, oh, maybe I did too many pull ups and rope climbs and, you know, I'm tired.

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And it kind of got a little worse, but not too bad. Like it was enough to ignore.

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01:25:59,000 --> 01:26:03,000

I started feeling all more things. I remember I was rowing and it started to kind of light up.

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01:26:03,000 --> 01:26:09,000

That's kind of the word I used for you, right? Like it just said, oh, it's kind of just lit up.

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01:26:09,000 --> 01:26:15,000

I had a small little bruise, so I thought, oh, like I've just strained it. It's just whatever.

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01:26:15,000 --> 01:26:19,000

A few days rest, nothing a few days rest can't fix.

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01:26:19,000 --> 01:26:24,000

So I went on with training and started to taper, flew to Madison.

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01:26:24,000 --> 01:26:29,000

I saw a physio there because I was getting regular physio.

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01:26:29,000 --> 01:26:36,000

And I remember we were training, what was it, maybe three days before the Games started, two days at the gym.

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01:26:36,000 --> 01:26:44,000

And he had me do some pull ups and I couldn't even, whatever you prescribed, I forget.

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01:26:44,000 --> 01:26:45,000

I think it was like eight.

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01:26:45,000 --> 01:26:50,000

I couldn't even do eight in a row. It's just like, and I remember saying to him, like my arm is just lit up.

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01:26:50,000 --> 01:26:56,000

Like it just feels like, yeah, I just couldn't really describe it.

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01:26:56,000 --> 01:27:04,000

But you're kind of at that point, you know, you're competing, you're in that mindset, like whatever.

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01:27:04,000 --> 01:27:06,000

If I'm injured, like I'm still going to do the Games.

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01:27:06,000 --> 01:27:10,000

Like, you know, just like you're, you know, you're that athlete mindset.

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01:27:10,000 --> 01:27:12,000

Like nothing's going to stop me now.

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01:27:12,000 --> 01:27:19,000

So whatever it is, it doesn't really matter because we know come day one, like I'm doing it.

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01:27:19,000 --> 01:27:25,000

So yeah, just kind of ignored it. I put my, what is that, compressing.

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01:27:25,000 --> 01:27:29,000

I have this air compressor thing for my legs, put it on my arm.

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01:27:29,000 --> 01:27:31,000

Thought that might make it, that made it a little worse.

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01:27:31,000 --> 01:27:39,000

So I'm like looking back, it's so easy to see, OK, like my hand was freezing, you know.

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01:27:39,000 --> 01:27:45,000

Well, I always have cold hands. So, you know, like it's just, you know, like anything in retrospect, you look back, you know,

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01:27:45,000 --> 01:27:52,000

here are the signs, Emily, but when you're in it, of course, it's easy to make an excuse about everything.

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And yeah, I just remember just hoping, OK, the rest day before the Games, like it'll feel better after that.

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And, you know, it didn't really, I got it taped the morning of the Games and just,

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01:28:08,000 --> 01:28:14,000

hope for the best. 3, 2, 1, go, wasn't it? Yeah. 3, 2, 1, go.

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01:28:14,000 --> 01:28:22,000

And the first event had, I think it was 75 Tota Bar, then a bike and then 75 Chester Bar and a bike.

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01:28:22,000 --> 01:28:29,000

And I was one of the first off the Tota Bar. You were one of the first out, fourth in.

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And then the bike, I just remember it throbbing and aching.

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01:28:33,000 --> 01:28:38,000

Kind of just like shaking out my arm during the bike and like, what the heck?

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01:28:38,000 --> 01:28:44,000

Somehow did 75 Chester Bar, kept like peeling off on one side because I was,

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01:28:44,000 --> 01:28:49,000

this hand was just kind of there for support, but I wasn't able to grip with it at all.

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01:28:49,000 --> 01:28:54,000

13 sets. Yeah, kind of my.

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01:28:54,000 --> 01:28:59,000

And then I remember the second bike, I ripped off my grips because I thought, oh, maybe like it's too tight on my wrist.

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01:28:59,000 --> 01:29:03,000

That's why my hand's kind of white and it hurts so much.

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01:29:03,000 --> 01:29:11,000

Finished the event. I think I was mid pack. We're better than mid pack. 14.

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01:29:11,000 --> 01:29:16,000

And then I just remember like the pain was really, really bad after that event, like just throbbing.

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01:29:16,000 --> 01:29:20,000

My hand was throbbing. My whole arm was throbbing.

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01:29:20,000 --> 01:29:26,000

It was like, I don't know if you ski ever, but it was like when you take your

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01:29:26,000 --> 01:29:31,000

feet out of your ski boots at the end of the day and the feeling comes back because they were they've been numb all day.

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01:29:31,000 --> 01:29:37,000

And, you know, that hurt. It was kind of like that. That's probably the best way I can equate it.

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01:29:37,000 --> 01:29:46,000

And then at that time, I knew, OK, maybe I'll go to medical, see if they can do something about this.

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01:29:46,000 --> 01:29:51,000

And yeah, that was that was when I met Dr. Rocket. And that's when the whole thing started.

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01:29:51,000 --> 01:29:55,000

But so walk me through them. I was going to ignore it as long as I could.

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01:29:55,000 --> 01:30:00,000

Because, yeah, I mean, obviously, Dr. Rocket was the one that connected us for this conversation in the first place.

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01:30:00,000 --> 01:30:03,000

And, you know, he's a phenomenal guy.

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01:30:03,000 --> 01:30:07,000

But when people listening, you know, it's not it's not like your arm is hanging off.

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01:30:07,000 --> 01:30:10,000

It's not like, you know, your eyeballs are in the back of your head.

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01:30:10,000 --> 01:30:19,000

It's more of a harder thing to identify, especially if I'm assuming the rest of your body was probably warm and maybe compensating for some of the coolness.

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01:30:19,000 --> 01:30:28,000

So what was it that they started to realize when you were initially being seen and then walk me through the diagnosis and the treatment for that?

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01:30:28,000 --> 01:30:33,000

Yes, you're right. So I walked off the field with all the other girls and like later they message me.

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01:30:33,000 --> 01:30:39,000

They're like, what happened to you? Like you were fine, you know, because I didn't say anything.

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01:30:39,000 --> 01:30:48,000

But yeah, the main thing I think Dr. Rocket will tell you, I had no pulse in my no radio, no radio pulse or on there.

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01:30:48,000 --> 01:30:51,000

Yeah, no pulse in this arm.

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01:30:51,000 --> 01:30:53,000

And I think that was his main concern.

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01:30:53,000 --> 01:30:56,000

The pain had kind of gone away for me at that point.

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01:30:56,000 --> 01:31:00,000

So I was kind of like, it's fine. Can I just like forget?

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01:31:00,000 --> 01:31:02,000

Like I came to you. Can I just go now?

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01:31:02,000 --> 01:31:07,000

Like kind of thing. And obviously he didn't let me go smartly.

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01:31:07,000 --> 01:31:10,000

And then at the games, they have the ultrasound there.

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01:31:10,000 --> 01:31:14,000

So they were able to see that it was like blocked.

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01:31:14,000 --> 01:31:21,000

And that's the time when they withdrew me and said, you need to go to the hospital now.

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01:31:21,000 --> 01:31:26,000

And then I had surgery two hours later, like a five hour surgery.

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01:31:26,000 --> 01:31:28,000

It was it was quite five and a half hours.

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01:31:28,000 --> 01:31:31,000

It was longer than five hours.

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01:31:31,000 --> 01:31:33,000

Five and a half.

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01:31:33,000 --> 01:31:36,000

You try being on the other side of it. You have a nice little sleep.

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01:31:36,000 --> 01:31:37,000

It's not good for a slot.

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01:31:37,000 --> 01:31:40,000

Well, Kyle, talk about that then. So you're watching Emily compete.

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01:31:40,000 --> 01:31:47,000

All of a sudden she walks off with the girls. You know, what was it like through the patient's loved ones eyes at that point?

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01:31:47,000 --> 01:31:52,000

So, Emily, we have two hats. I have husband hat and coach hat.

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01:31:52,000 --> 01:31:55,000

So when I wear the coach hat, I'm yes, I am a husband.

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01:31:55,000 --> 01:31:57,000

I always will be a husband. That's the most important hat.

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01:31:57,000 --> 01:32:06,000

But I am I try and kind of separate the two, especially when competing.

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01:32:06,000 --> 01:32:10,000

So I've seen her go around and I'd seen this on the bike.

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01:32:10,000 --> 01:32:12,000

I'm like, what the hell is she doing?

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01:32:12,000 --> 01:32:16,000

She's like flicking off chalk or whatever, because she'll tell you she talks like a monster.

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01:32:16,000 --> 01:32:18,000

And I was like, I don't know what's going on.

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01:32:18,000 --> 01:32:21,000

And I saw a go I go in on the first thing before she even did this.

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01:32:21,000 --> 01:32:23,000

I was like, wow, she went in. Why? Why?

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01:32:23,000 --> 01:32:26,000

Why is she not out? I was a bit worried like something had gone on.

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01:32:26,000 --> 01:32:29,000

Anyway, she didn't come outside. Oh, man, she's got some work to do.

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01:32:29,000 --> 01:32:32,000

So she pedaled down, finished the workout.

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01:32:32,000 --> 01:32:36,000

And I went to see her and yeah, rocket was there and he's testing a pulse.

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01:32:36,000 --> 01:32:41,000

He's like, she hasn't got on all, you know, hasn't got a pulse.

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01:32:41,000 --> 01:32:43,000

And he said, and her hands blue.

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01:32:43,000 --> 01:32:47,000

And I touched her hand and you know, well, you probably dealt with dead people,

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01:32:47,000 --> 01:32:50,000

but dead people are very cold. That's how it felt to me.

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01:32:50,000 --> 01:32:57,000

I was like, but for strength, they're always cold. Warm heart, warm heart, cold hands, warm heart.

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01:32:57,000 --> 01:33:05,000

It's fine. But I was like, you try not to show too much emotion because you don't want to worry your athlete kind of thing.

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01:33:05,000 --> 01:33:11,000

So she goes and gets an ultrasound.

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01:33:11,000 --> 01:33:22,000

And I, for me, I was like, OK, I'm going to have to like put this husband hat to one side for a second and be very, very matter of factual.

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01:33:22,000 --> 01:33:27,000

So I went outside and I said, OK, like call it as it is, guys, what do we have here?

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01:33:27,000 --> 01:33:32,000

And Rockets said he's like, he said, she hasn't got a pulse.

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01:33:32,000 --> 01:33:35,000

I think there's a blood clot in the arm. She needs to get a hospital.

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01:33:35,000 --> 01:33:39,000

So right. I said, so are you telling her that she needs to be done?

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01:33:39,000 --> 01:33:44,000

He was like, well, she needs to kind of quit. I went, that ain't happening.

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01:33:44,000 --> 01:33:47,000

I said, she's not going to quit. I said, you're going to have to tell her.

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01:33:47,000 --> 01:33:53,000

And they went, oh, I see. I see. Ain't coming from me. I'll never get the end of it.

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01:33:53,000 --> 01:34:01,000

But I was kind of steering them in that direction. I had I had to make that decision side of things and be very whatever.

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01:34:01,000 --> 01:34:03,000

And then we go to the hospital.

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01:34:03,000 --> 01:34:07,000

They were like, oh, we'll call an ambulance. And I'm like, I'm thinking of strain on the system.

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01:34:07,000 --> 01:34:10,000

I was like, don't worry about that. We'll get an Uber.

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01:34:10,000 --> 01:34:16,000

You know, we'll get an Uber from the thing. Like, don't worry about the ambulance because it's all added up and costs and everything.

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01:34:16,000 --> 01:34:19,000

There's people she's obviously just on a competition. I didn't want to go on an app.

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01:34:19,000 --> 01:34:23,000

You didn't want to go either. I was still ready to do the next event.

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01:34:23,000 --> 01:34:27,000

Well, because you talk about thunderstorms, the thunderstorms started happening.

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01:34:27,000 --> 01:34:32,000

So I jokingly and she got right on it. I said, oh, there's a thunderstorm.

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01:34:32,000 --> 01:34:34,000

You'll be all right. You'll be back for the next event.

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01:34:34,000 --> 01:34:40,000

She was like, really? And the doctor in the hospital is like, no.

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01:34:40,000 --> 01:34:47,000

So Emily goes for a CT and a doctor pulled me to a side and I said, OK, I said a spade, a spade.

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01:34:47,000 --> 01:34:51,000

Tell me what you've got. She said, right, we're going to have to prep her for bypass.

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01:34:51,000 --> 01:34:56,000

We're going to have to potentially. Well, we're going to have to cut her open and remove whatever they've got in there.

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01:34:56,000 --> 01:35:00,000

So, OK, I said, what do you need from me?

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01:35:00,000 --> 01:35:06,000

Kind of thing. She was like, well, you have to sign all these resuscitation forms and all that kind of stuff.

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01:35:06,000 --> 01:35:11,000

So I'm not letting on any of this to Emily because she's already traumatized as it is.

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01:35:11,000 --> 01:35:16,000

And then I had to go back and speak with her parents and stuff.

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01:35:16,000 --> 01:35:20,000

And I said to them, OK, she's gone off to surgery. This was two.

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01:35:20,000 --> 01:35:25,000

So by two o'clock, she was in surgery, two o'clock in the afternoon. She was in going under.

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01:35:25,000 --> 01:35:34,000

And I went back to the hotel, got stuff, picked up her mum and dad who had been at the event or just missed it, whatever it was.

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01:35:34,000 --> 01:35:40,000

And they were like, well, what's going on? I said, well, the surgeon said they've got to go do this, this and this.

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01:35:40,000 --> 01:35:49,000

I said, well, get a call in a bit. I said, but I'll probably head to the hospital in a couple of hours because she's going to have pre surgery and afterwards.

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01:35:49,000 --> 01:35:54,000

So about three hours after that happened, I showered, got changed and whatever.

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01:35:54,000 --> 01:35:57,000

And I was like, well, I should probably head back. I've not heard anything, but I'm going to head back.

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01:35:57,000 --> 01:36:01,000

And I said to her parents, so her parents came with me. So we went back.

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01:36:01,000 --> 01:36:07,000

We got four, four and a half hours, four hours in.

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01:36:07,000 --> 01:36:13,000

And he rang me because I'd rang to see if they were and he rang me back and he said, I'm still working on it.

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01:36:13,000 --> 01:36:17,000

He said, I've seen her hands. I can see that she's a professional athlete.

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01:36:17,000 --> 01:36:21,000

She obviously does a lot of work. It's it's urged me to continue on.

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01:36:21,000 --> 01:36:29,000

I want to keep working because I think I can remove all three blood clots without doing a bypass.

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01:36:29,000 --> 01:36:35,000

I'm like, three blood clots. OK, sure. That's kind of that's a new one.

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01:36:35,000 --> 01:36:40,000

And he's like, and they're arterial. I'm like, oh, OK.

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01:36:40,000 --> 01:36:45,000

So I don't know much about the anatomy. I know a little bit. I was like, that's not normal.

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01:36:45,000 --> 01:36:50,000

So anyway, pulls him out. She comes out surgery and I'm looking at the board at this point.

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01:36:50,000 --> 01:36:56,000

And it says Emily Rolfe out surgery into pre post recovery.

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01:36:56,000 --> 01:37:01,000

And the doctor comes down, he speaks to me, he's like, yeah, he said, I pulled out three blood clots from her arm.

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You know, she's going to be OK. She won't be able to do this.

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And it's told the whole thing. Go into the recovery room.

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She gets wheeled in. She comes in. She's like, obviously been through a huge traumatic surgery.

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And the first thing she says, she's groggy. And she's on obviously whatever.

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She's like, she's like. What was the next event? That was the first question.

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01:37:26,000 --> 01:37:34,000

What was the next event? And I and I told her and she's like, oh, I've been really good at that.

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01:37:34,000 --> 01:37:38,000

Hi, how are you? Like, yeah, yeah.

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01:37:38,000 --> 01:37:42,000

So she won't remember it at all. She was high as a high as a kite.

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01:37:42,000 --> 01:37:45,000

And you talk about drugs and whatever.

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I read through her her chart and said that they'd given her a dose of oxycodone.

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And I was like, OK, don't give her any more of that.

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And they were like, oh, no, you know, I'm a I'm a husband.

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01:37:59,000 --> 01:38:02,000

She's not in the right state of mind to make the decision right now.

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01:38:02,000 --> 01:38:05,000

I said, if she is in extreme pain, she will tell you.

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I said, but I can assure you she's not.

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01:38:08,000 --> 01:38:13,000

And I cut her off and they were like, oh, I'm like, no, you are not giving my wife any oxycodone.

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It's not happening. So do you want to.

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So it's funny, they kept asking me my pain levels like that night the next day when I was still in the hospital.

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And I was like, I'm fine.

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Like compared to the pain that I was feeling before the games, like nothing like I was in zero pain.

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It was it was unreal. She was high.

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Well, it's crazy because you look at the back story.

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I use that pain scale and there's a there's an actual name for it.

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I used to call it the smiley face scale because I wouldn't even ask the patient.

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01:38:42,000 --> 01:38:44,000

I just look at it and go, you're only a two.

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01:38:44,000 --> 01:38:48,000

I don't need to ask you. Your face is telling me everything.

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01:38:48,000 --> 01:38:51,000

But then you discover that that was actually created by Purdue.

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So their salespeople could tell that, excuse me, sell that as the fifth file a sign.

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So the tool that I use as a paramedic, my whole career that I thought was a bit shit.

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Finally, after I transitioned out, I realized that it was a bit shit because it was made basically to push drugs on people.

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Hmm. Yeah, interesting.

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Yeah, it's crazy.

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And also, I've always said that people will play it up more than it is because they want they want more reaction.

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However, if anybody says to me, I'm a seven, I'm like, you're probably a nine.

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So it's I've always been the kid that's like going to downplay it because if I say it how it really is, like, yeah, my mom's not going to let me go to gymnastics or I'm not going to be able to do this.

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So like, yeah, she's she's she's still like that with me.

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I'm the same. I don't.

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Again, like same with Emily, like if you were in pain or whatever, you weren't able to go and do your sportswear.

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So how is it? Ah, you know, like a one or two.

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It's like falling off.

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What about when I think of, you know, obviously a complete arterial block, you're talking about death of tissue.

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01:39:58,000 --> 01:40:02,000

So what did they tell you? Was there a little bit getting past the clots?

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Let's talk about how big the clots were, because from the pictures that that I saw, it wasn't like a little, you know, five millimeter clot that was blocking your artery.

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Yeah, I mean, I didn't see them, but apparently they were like there was a couple big like well, there was one in your shirt.

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There was one in the bicep here.

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It's so good. I'm not trying to show the scar bicep here. And then there was two in the forearm and by the sounds of things,

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her body had grown an additional blood supply to supply to the hand.

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So they were chronic.

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And I heard that word and I was like, oh, sweet. That means like it's not acute, like chronic.

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I've been dealing with it for a bit. That means I can probably compete and then we'll deal with it later.

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But it became acute because of her gripping onto the bar and doing whatever.

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So there had been some sort of blockage for quite a while and the body is so incredible that it created a bypass of its own, basically.

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They figured a month at least.

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It's crazy, isn't it? It's amazing.

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01:41:13,000 --> 01:41:17,000

They crazy the body just went, oh, I'll grow under the artery path.

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Yes, I'm going to get blood to my arm.

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And like in training, there's nothing I noticed. Like, oh, my arm's kind of weaker.

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Like there was nothing like that.

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Yeah, that goes back to the medicine conversation.

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There's so many good things about medicine.

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We just discussed a perfect example of where modern medicine saved your arm, if not your life.

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But I think that there's a lot of arrogance in chronic disease management that says, oh, well, the body doesn't know what it's doing.

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We'll give you a pill for that. Like if you give body exercise, daylight food and some community, just sit and watch.

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You'll be amazed. Yeah.

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01:41:53,000 --> 01:41:54,000

Like the yeah, you're right.

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01:41:54,000 --> 01:42:04,000

The amazing things it does to maintain like homeostasis is like, yeah, I was very lucky when they put the life or limb bracelet on my hand.

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01:42:04,000 --> 01:42:09,000

I was like, don't cut this one. Cut this one kind of thing.

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Yeah, exactly. Yeah.

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01:42:11,000 --> 01:42:14,000

Labeling the all up. That was quite the experience.

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And then, of course, the recovery was like I hadn't dealt with anything like that before.

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Like, yeah, it was tough just like lifting, like lifting a cup of water.

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Like you couldn't do that at the beginning, just like starting from square one.

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And I remember trying to grip a barbell.

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It was probably three weeks after something and I couldn't even get my hand in that like weird position to hold a barbell.

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And I said to Kyle, like, how am I ever going to you know, when you're so injured, you just don't see yourself ever getting back there doing what you did before.

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And, you know, I couldn't get my heart rate up even because because it was a blood issue.

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Right. So they didn't want blood like streaming into this arm.

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Like it had to heal. So it was like I had to take it easy on that.

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What she's trying to say, it was the worst, worst four weeks of my life because I got this ear bitten off.

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The longest I didn't do physical exercise.

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01:43:11,000 --> 01:43:13,000

Yeah.

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It was probably a full week.

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So how did you incrementally work back in and then how did you maintain strength in other areas?

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So you you you try to prevent as much atrophy in the unaffected parts of your body.

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Right. So by the time I could train again, I would say it was around September.

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Not with my arm, but I could, you know, I could do squats.

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I could do like the biker stuff like that.

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So Kyle, he's trust him to put an elite program together that kills you.

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Like I had no. That was when I was doing that 10 sets of 10 with the tempo.

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Yeah, but I wasn't getting any heart rate up.

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So that's why it was hard.

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He had me on a hard leg cycle that I did not feel like I was going to atrophy at all.

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And and then simultaneously he had me on.

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He built this whole rehab program for my arm, which, you know, started with super easy thing, like lots of banded things,

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because I couldn't I couldn't hang on the bar like I couldn't.

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So he had to read devise.

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It was a grip thing we started with. Right.

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Every morning I was because talking of like hands and dexterity and stuff like they say the best thing for people to break their wrist is actually like gaming and texting and stuff like we have such intrinsic muscle groups in there.

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So I was like, well, we did.

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So every morning I just get it to do.

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I hold. Excuse me.

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01:44:44,000 --> 01:44:47,000

I'm not trying to give you the finger, but I say this finger.

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Then I'd be like, now grip this finger and I would be able to tell from the pigmentation on my fingers of how much she was getting better and how quickly the blood would return supply.

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So it was very it was a great learning curve for me.

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And she and and Emily was like, they said, oh, don't pick up more than a jug of milk.

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OK, well, a jug of milk was a pint and it was a liter.

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Now it's too late.

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And then by the end, it was for, you know, a full gallon kind of thing.

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01:45:13,000 --> 01:45:17,000

So develop just little things like that every day.

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And I think just life, like things you do in the kitchen, you know, you're doing stuff like you're kind of moving.

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That's all helping.

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You know, I couldn't lift a pot.

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It was too heavy.

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01:45:27,000 --> 01:45:31,000

But like little things that brushing your teeth, like some things you did with the other hand, right.

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01:45:31,000 --> 01:45:34,000

So get that dexterity back.

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But it's quite humbling how you start on ground zero.

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All these things that you don't even think about that you do every day, you have to think.

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I'm sure anyone with an injury can relate to that.

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But what about mentally?

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You know, you have this identity as I mean, not you know, you're obviously a radiographer as well, but you know, an elite cross fit athlete and whether it's a policeman or a firefighter or, you know, an athlete.

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Sometimes when there's an injury or a medical problem, it's it's kind of jarring for people.

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So what was that like for you? And then also, what about the the kind of the emotional scar as you start getting through training?

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Was there a kind of mental block that you had to push through to?

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Yeah. So my identity, I try to not have my identity in CrossFit because we know it's like it's a short lived thing.

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I try to have other things in my life. But in that regard, I would say I never lost that identity because I just knew that I was going to be back.

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Like there was never any doubt. You know, like I said, yeah, there was doubt like, oh, am I going to be able to pick up this bar?

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But in the back of my mind, there was no question that I was going to go to the Games next year.

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Like, I don't know how I was going to do it, but I just felt like there was no like, oh, is this the end of me? Like nothing that never entered my mind.

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So I think that kind of made it easy because I was like, well, you know, I have this I'm dealing with it.

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I'm going to work through it, but I'll be back. And maybe that was I don't know.

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Maybe that was naive of me to think, but it worked. So positive mindset. Yeah.

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And then what was the other thing you said? So, for example, I heard my back as a firefighter and it was actually foundation training was the big thing that helped me heal that no surgery, no meds.

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It was incredible, but it was deadlifting again.

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You know, it was lifting a patient, but the deadlift is the thing that I really worried about, you know, as I was getting back in.

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And there was a mental block for a while until I'd shown my mind that my body was strong enough to do the thing it was scared of because it got hurt doing a similar thing lifting a person in the past.

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Right. Did you have that kind of mental block with this or was it because it wasn't an acute thing?

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It wasn't as much of an issue. Yeah, not so much of an issue because, you know, it didn't happen during a certain skill.

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01:47:57,000 --> 01:48:02,000

I think if that then that's harder. I remember my first muscle up.

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01:48:02,000 --> 01:48:06,000

I was a little scared just because you have to be so aggressive and pull so hard.

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01:48:06,000 --> 01:48:11,000

And I'm like, is it ready? Like things like that.

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01:48:11,000 --> 01:48:24,000

And then things that I remember, I was back competing four months later in Dubai, and I still had to like wear little socks on my surgery area here because it was still like.

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We had to do an event carrying a sandbag and I couldn't stand like the rubbing of the sandbag on my scar area.

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Like it was just still very sensitive. But I think mentally that was fine.

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I was just like, oh, this is still like I'm still hurts. So I just like wrap it, wear a sock, whatever.

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You did. She did a thing every morning of any time she'd have any form of pain in the army blight chip pulse.

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OK, I got some good. I still do that. You're right. That is a that is a mental thing.

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01:48:54,000 --> 01:49:00,000

So any time my fingers are freezing or something, I'll just like check my pulse.

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01:49:00,000 --> 01:49:04,000

OK, we're good. It's hard when you do get cold hands already, though.

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01:49:04,000 --> 01:49:06,000

My wife, my wife is the same. She's always cold.

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01:49:06,000 --> 01:49:14,000

And I shared a meme the day on the Internet and it's a lobster boiling in a two lobsters boiling in a pot.

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01:49:14,000 --> 01:49:20,000

I'm cold. Yeah, that's it. Yeah.

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Yeah. All right. Well, then I want to hit one more area.

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When when we have a discussion about working in uniform and again, this ties in with the dense identity,

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I think one of the dangers is as a soldier, as a police officer, a firefighter,

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if you go all in and as an athlete as well and then something happens,

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01:49:41,000 --> 01:49:46,000

whether you choose to retire, whether you get fired, whether you know whatever the thing is,

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01:49:46,000 --> 01:49:54,000

it can be very jarring. And I think that where I am really excited now is when I see entrepreneurial ship in our professions,

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because then that gives people a great opportunity to transition and still have something that they're already a part of.

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So have that new tribe that they've created. So talk to me about Code 3 conveyance.

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So I came across this. Yeah, yeah, it's a good I came across this through a friend of mine

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who had set up a business and it was basically for first responders to drive snowbirds or people that I call them snowbirds because they migrate down for the winter

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and they basically want their cars down in the area that they're going to.

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So I ended up doing a drive for him and he spoke to me and he was like, I'm sorry, I've got some stuff going on in my life and I'm not going to be able to do this anymore.

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So I said, well, I've I've always been entrepreneurial, I think I don't I know I'm very good at it,

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but I've always enjoyed challenging myself with new businesses and that kind of stuff.

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And I'm like, I've always been that you talk about uniform and stuff like that.

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Uniform is a part of me. It doesn't define me. Yes, I'm a police officer.

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I'm very passionate about being a police officer, but I'm more than a police officer.

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01:51:09,000 --> 01:51:15,000

I was a person before I was a police officer. So don't go around love my job and all that kind of thing.

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But I do think there's some people that go into careers or whatever and it defines them.

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And then unfortunately, it can be a negative thing as well, where that's all they have and they have nothing else.

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And it can be detrimental. So I was like, well, this seems like a really, really good idea.

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And I said, look, I really enjoy driving for you did a lot of good for me. I love driving anyway.

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I like getting on the road, putting on your podcast or, you know, your favorite album of music and whatnot.

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So I said, Would you mind if I kind of take this over?

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He's like, No, not at all. I said, Look, I'm not trying to sit on your toes.

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Anytime you want to come back, you let me know I'll step aside kind of thing. I'll do whatever.

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01:52:01,000 --> 01:52:07,000

Anyway, moving on, it's actually only been coming up a year tomorrow or next month.

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01:52:07,000 --> 01:52:10,000

And he said, I'm not I'm not coming back.

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So in short, what we do is we provide a service more for the actual first responders or retired first responders,

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01:52:21,000 --> 01:52:26,000

because the way he worded it was so well put is road trip therapy.

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Because you get in a car, you turn off like you focus on your driving and you either you miss listening to the latest Joe Rogan podcast or whatever, you know, kind of thing.

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01:52:37,000 --> 01:52:41,000

Yeah, I did some studying. I did some studying for an exam I was doing.

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Unfortunately, it passed. It's not hard enough. But that's another matter.

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01:52:44,000 --> 01:52:49,000

But I did some study and I did a lot of music, talked to a lot of friends, you know, just.

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01:52:49,000 --> 01:52:53,000

And I just drove from California back up to Vancouver.

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And since then, I've driven from Vancouver down to California.

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01:52:56,000 --> 01:53:06,000

And I've got drives from Arizona to the island or I've got stuff from Florida to the East Coast and all that kind of stuff.

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So what I've done is I've advertised for first responders or ex first responders to come and drive for us.

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And they're not employees. They are volunteers that are paid for their expenses.

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So there's no real money making in it. But what they do get is the mental health side of stuff.

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I'm not making a huge amount of money out of it either.

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Yes, it is a business, but I'm not making hundreds of thousands of dollars and I'm not charging these people.

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I think so. The people are important as face employers.

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They get a driver that knows how to handle a vehicle because they've had additional driver training from a paramedic fire service or in the police.

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We do have some CBSA guys as well because they do some driving stuff and they have someone that they can trust the vehicle with.

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It's not going to be a 20 year old spotty kid who's going to absolutely rag the hell out of your car and try and get it to eight thousand RPM.

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And their vehicle gets delivered there, a bit more mileage on it or whatever.

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But the guys and girls get a trip out of it.

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So they say to a lot of the guys and girls like maybe play golf.

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It's like Chuck your golf clubs in the back and then bring them back on a plane.

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You don't have to pay for one ticket kind of thing.

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And we cover the part of the expenses that it covers their airfare, it covers their hotels, their meals and all that kind of stuff.

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So it's a win win for everybody.

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I love hearing all these different ideas because everyone is unique.

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If you're the kind of person that there's a lot of people out there that do just enjoy driving, that do like taking road trips.

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Then what a great opportunity.

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It's obviously not a race either.

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So it's not you have to do like a 22 hour nonstop drive to get the car there.

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I have done that.

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No, you don't have to do it.

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I can't.

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I think the most I drove from California to Florida, California when I got hired out there and then a few years later, California back to Florida.

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And we took five days.

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I'm like eight, ten hours at the most is all I can do.

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So but yeah, but I mean, what a beautiful way to see parts of the country.

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So I think and then like you said, with the road trip therapy, you know, if you go with someone, I mean, I just took my son to the beach today, which by the way was incredible because I was standing in the ocean and two dolphin appeared like 20 feet from me.

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So a real God moment there.

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But just to drive there and a drive back, you know, we just we talk.

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It's when you're side by side with someone in the car, you do tend to kind of open up.

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Yeah, I mean, I just had actually a fire officer from Winnipeg.

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He just did a drive. He dropped off a car for me yesterday in Winnipeg from Palm Springs.

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And he was just like, thank you so much.

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The opportunity I can't divulge too much, but he lost his partner in a, you know, due to medical health and whatever.

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And he was like, this is a real thing.

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I'm like, the fact that you get to open, I mean, he's got, you know, he has a new girlfriend that he's he drove back with and kind of thing didn't smuggle in the country as well.

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He could just like the kids.

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Exactly right.

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Yeah.

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It's it was great for him and he was like, anytime you need a driver kind of thing, love it kind of thing.

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And it's awesome for me because I've got a really reliable driver that is going to represent the company that we have in a really good light.

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And he gets something out of it as well.

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You know, he's able to have a bit of a time with his new girlfriend, go for nice meals, you know, stop off.

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And it is a beautiful drive from the West Coast on the West Coast and then not so much to Winnipeg, I wouldn't say.

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But, you know, going up through the mountains, it's pretty picturesque.

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So it was great.

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It was a win.

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01:56:58,000 --> 01:57:03,000

Brilliant. So people listening, where can they find out more about that?

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Just go to our website, Code3Conveyance.

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Brilliant.

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All right. Well, for people listening for you guys specifically, if they want to learn more about you, follow you during the games, any of those kind of things, where are the best places online for each of you?

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I would say my Instagram.

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I do not unfortunately have a YouTube channel.

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So don't have time.

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01:57:29,000 --> 01:57:32,000

Emily Rolfe 19, isn't it?

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Is your handle that way?

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01:57:33,000 --> 01:57:34,000

Yeah.

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01:57:34,000 --> 01:57:37,000

I use social media to look at everybody else.

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01:57:37,000 --> 01:57:39,000

That's what I do.

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01:57:39,000 --> 01:57:41,000

Yeah, you will not find Kyle on social media.

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01:57:41,000 --> 01:57:44,000

Yeah, I got the I've got the odd bit on there.

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That's it.

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01:57:45,000 --> 01:57:48,000

Brilliant. Well, I want to thank you so much, both of you.

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I know you just came in from work.

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I'm sure you got a lot of training ahead of you as well.

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But it's been an amazing conversation to lead through all the different topics that we discussed from two very unique perspectives.

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01:57:58,000 --> 01:58:04,000

So I want to thank you so much for being so generous with your time this evening and coming on the Behind the Shield podcast.

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01:58:04,000 --> 01:58:05,000

It was absolutely pleasure.

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01:58:05,000 --> 01:58:06,000

Nice to meet you.

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01:58:06,000 --> 01:58:07,000

It was fun.

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01:58:07,000 --> 01:58:09,000

Thank you.