

Annex D (Physical Readiness Training) to 1-507th BACSOP

1. General.

a. Physical Readiness Training at the BAC has four simple functions:

(1) Assess for potential injuries that may prevent Soldiers from executing airborne operations

(2) Build Esprit de Corps

(3) Sustain current physical fitness level of the Soldiers

(4) Maintain focus on physical fitness in the Army and DoD

b. We must not allow the cumulative effects of morning PRT and the daily training plan to become a cause for injury or removal from training of students.

c. Students who fail the BAC APFT are afforded a retest and may be subject to being dropped from the course. During the remainder of the course, if students show they are physically unfit and not able to complete the morning PRT session or the daily training tasks, and thus a safety risk to themselves, they will be subject to being dropped from the course. This should be assessed early and a recommended action should be pushed through the Commander and 1SG to the CSM immediately.

d. PRT is the Commander's program and will be supervised by the company leadership with oversight by Battalion leadership.

e. Exercises will be IAW FM 7-22 Sustaining Phase. The PRT Plan will consist of the Preparation, Activities, and Recovery drills IAW GTA 07-08-003.

2. Typical Schedule.

a. PRT will be executed from 0600 to 0700. The companies will double time from the company area to the ground or tower training area. PRT will be conducted as platoons, sections, or company. All students and cadre will execute 10 pull-ups or 10 push-ups prior to entering the PRT pits. All PRT sessions begin in the assigned training area. No scheduled morning PRT sessions will be conducted with the exception of stretching in the vicinity of the barracks.

b. Instructors will conduct exercises in the PRT pits using the extended rectangular formation. The primary PRT instructor will have at least three assistant instructors in the pit with the Soldiers demonstrating correct form and making corrections as required.

c. Unit runs will be the standard for the Basic Airborne Course. The intent is to reinforce the team concept and build esprit de corp. Unit runs will be done in platoon formations to reinforce the cadre leadership and cadence will be called. Students will not call cadence during PRT runs or moving back and forth to training. All available cadre will participate in unit runs.

d. Unit formation runs will be no longer than 37 minutes.

e. Each company will assign a straggler NCO and the company truck will trail the formation to pick up fallouts, sick or injured Soldiers. Students who request to go on sick call and receive an "RTD" will be considered a run fall out. Students who fail to complete two (2) standard timed runs (9 minute mile +/- 15 seconds) within the course will be recommended to be dropped from the course.

f. During track runs, the unit will break down into sections of four files with two files on each side of the track. The section leader, cadence caller, and section trail NCO will run in the middle. Platoon Sergeants will maintain at least 20 meter separation between platoons to better control the pace and to minimize the "accordion effect." Cadence callers will position themselves in the last one-third of the section so the end of the section can hear them.

g. Commanders are responsible for reviewing their morning plan and daily RMW with their company cadre prior to daily PRT. At a minimum, it will include:

- (1) Weather effects
- (2) Number of students in/out of training
- (3) Unit PRT plan
- (4) Control/risk mitigation measures

h. Training schedules will be posted in the company area and will be accessible by all students. The training schedules will include the PRT and run schedules in addition to each day's airborne training.

Appendix 1 (Airborne APFT)

1. General.

- a. The APFT and Flexed Arm Hang assessment will be administered to aid in quickly determining the physical readiness of students attending the Basic Airborne Course.
- b. Students will be afforded a primary test and retest.
- c. Students who are a two-time failure in any event are subject to be dropped from the course.
- d. Every student has a right to appeal to the 1SG, Company Commander, CSM, and Bn Commander for consideration. At no time will a student's right to appeal be denied.
- e. Students will conduct an Army APFT with the standard being 60% of the 17-21 age group, no matter the age of the student. The Flex Arm Hang Assessment will be 20 seconds for all Students attending the course.

2. Administering the APFT.

- a. Prior to administering the APFT, the 1SG or the company Master Fitness Trainer will brief all graders on the APFT grading standards. The grading standards will be read directly out of the BACSOP. The APFT will be conducted IAW FM 7-22, Appendix A.
- b. APFT failures who wish to protest their results will be afforded an opportunity to do so after the re-test is conducted.
- c. The 20 second flexed arm hang assessment will be conducted after the students complete the APFT. Cadre will not assist the student during the flexed arm hang.
- d. Pending Commander's guidance, students who fail the flexed arm hang assessment can be further assessed on the Slip Pull Simulator in order to further evaluate the students' upper body strength capability.
- e. Students who fail any event during the initial APFT will be terminated from the remaining APFT events and be given a retest the following day.

3. Set-up of the APFT.

- a. The "unlock" NCO is responsible for set-up of the PRT pit (Reference Diagram 1: APFT set-up). Cadre are responsible for completion of the following tasks:

(1) Milk crates and push boards equal to the number of cadre available for grading will be placed running parallel to the front and back of the PRT pit (Reference Diagram 1: APFT set-up).

(2) Orange cones will be placed at the 2 entrances to the tower track to prevent vehicular traffic from disrupting the APFT.

(3) Ensure there are ample score sheets.

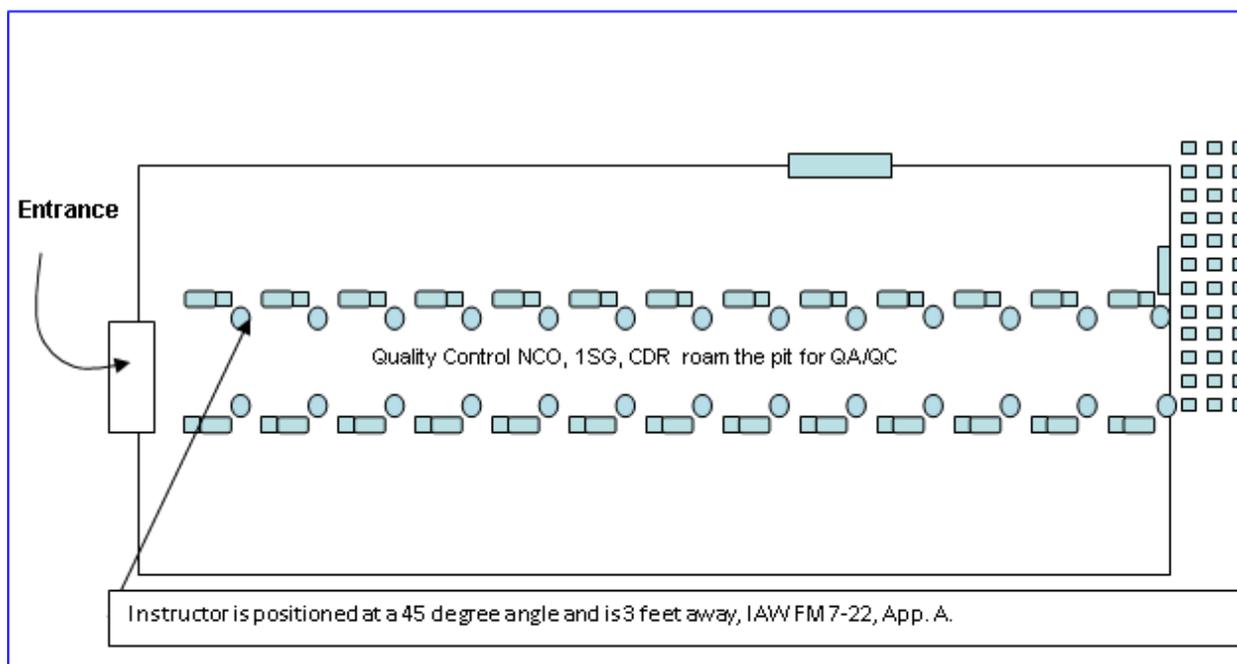
(4) Water buffalo will be centrally located near the ISLT and AIMS will be set up and ready to be used by the Students.

(5) Ensure the track is free of any debris that may cause injury to personnel.

(6) A fallout/CASEVAC vehicle will follow students during the 2 mile run.

(7) During hot weather months cadre will be positioned in 2 man teams on the far corners of the PT track next to the ice sheet station to better observe any hot weather casualties

b. Immediately following the APFT, the company must turn off all lights in the training area, police up the orange cones, and place equipment back where it belongs.



4. Re-test.

- a. Students who fail any event during the APFT will be terminated from the remaining APFT events.
- b. Re-test will be conducted on Day 2 of training.
- c. May be conducted in Company area as long as sufficient light is present.
- d. All 2 Mile Run APFT Re-tests will be conducted on the Tower Track.

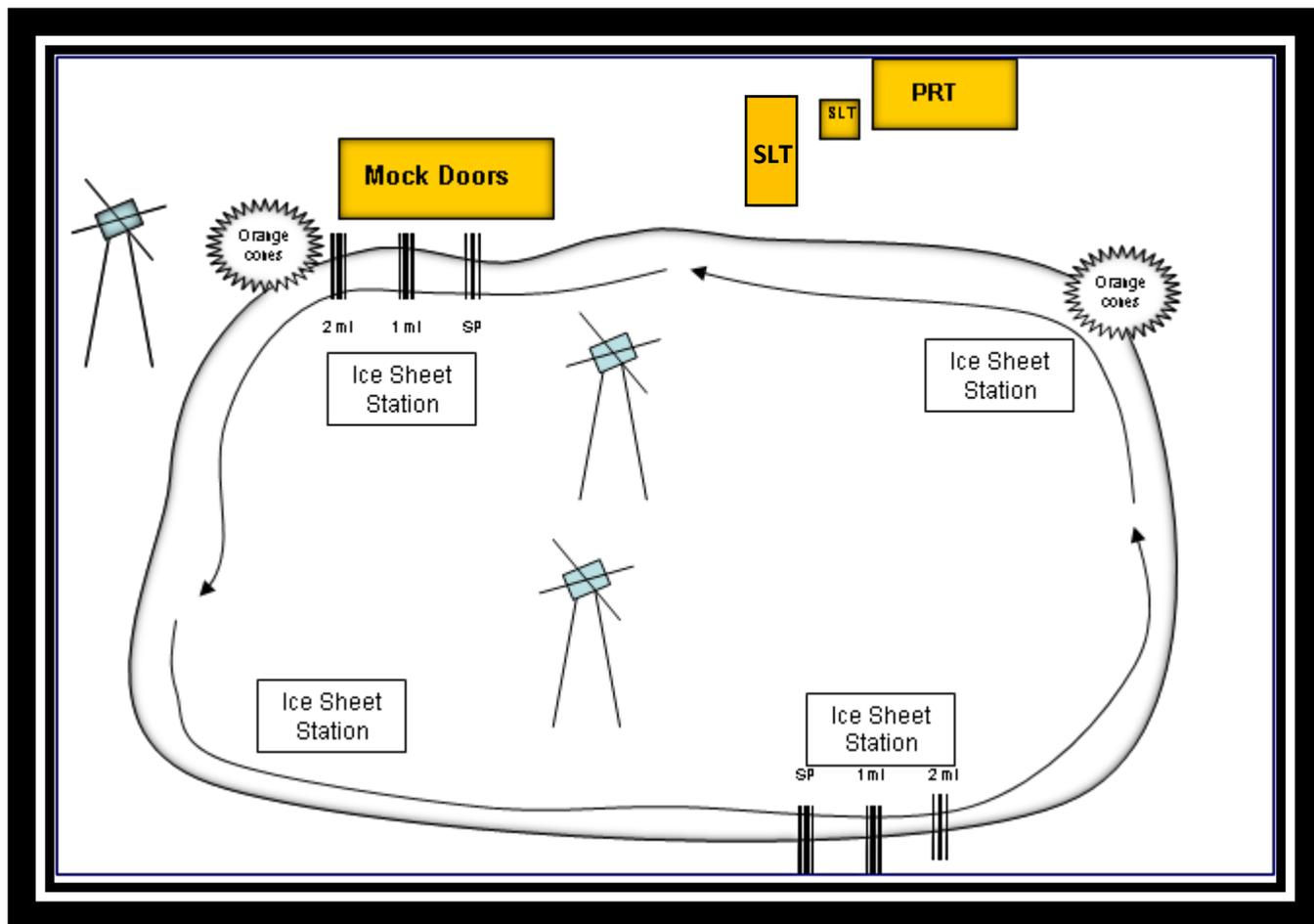


Diagram 2: 2-mile run route at Tower Branch

“The Push-Up event measures the endurance of the chest, shoulder, and triceps muscles. On the command, “**Get set**”, assume the front-leaning rest position by placing your hands where they are comfortable for you. Your feet may be together or up to 12 inches apart (measured between the feet). When viewed from the side, your body should form a generally straight line from your shoulders to your ankles. On the command “**Go**”, begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground. Then, return to the starting position by raising your entire body until your arms are fully extended. Your body must remain rigid in a generally straight line and move as a unit while performing each repetition. At the end of each repetition, the scorer will state the number of repetitions you have completed correctly. If you fail to keep your body generally straight, to lower your whole body until your upper arms are at least parallel to the ground, or to extend your arms completely, that repetition will not count, and the scorer will repeat the number of the last correctly performed repetition.” “If you fail to perform the first 10 push-ups correctly, the scorer will tell you to go to your knees and will explain your deficiencies. You will then be sent to the end of the line to be retested. After the first 10 push-ups have been performed and counted, no restarts are allowed. The test will continue, and any incorrectly performed push-ups will not be counted. An altered, front-leaning rest position is the only authorized rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, your performance will be

terminated. You must return to, and pause in, the correct starting position before continuing. If you rest on the ground or raise either hand or foot from the ground, your performance will be terminated. You may reposition your hands and/or feet during the event as long as they remain in contact with the ground at all times. Correct performance is important. You will have two minutes in which to do as many push-ups as you can. Watch this demonstration.”

NOTE: Instructors will demonstrate the exercise.

“The Sit-Up event measures the endurance of the abdominal and hip-flexor muscles. On the command “**Get Set**”, assume the starting position by lying on your back with your knees bent at a 90-degree angle. Your feet may be together or up to 12 inches apart (measured between the feet). Another person will hold your ankles with the hands only. No other method of bracing or holding the feet is authorized. The heel is the only part of your foot that must stay in contact with the ground. Your fingers must be interlocked behind your head and the backs of your hands must touch the ground. Your arms and elbows need not touch the ground. On the command, “**Go**”, begin raising your upper body forward to, or beyond, the vertical position. The vertical position means that the base of your neck is above the base of your spine. After you have reached or surpassed the vertical position, lower your body until the bottom of your shoulder blades touch the ground. Your head, hands, arms or elbows do not have to touch the ground. At the end of each repetition, the scorer will state the number of sit-ups you have correctly performed. A repetition will not count if you fail to reach the vertical position, fail to keep your fingers interlocked behind your head, arch or bow your back and raise your buttocks off the ground to raise your upper body, or let your knees exceed a 90-degree angle. If a repetition does not count, the scorer will repeat the number of your last correctly performed sit-up. If you fail to perform the first 10 sit-ups correctly, the scorer will tell you to “**Stop**” and will explain your deficiencies. You will then be sent to the end of the line to be re-tested. After the first 10 sit-ups have been performed and counted, no restarts are allowed. The test will continue, and any incorrectly performed sit-ups will not be counted. The up position is the only authorized rest position.

“If you stop and rest in the down (starting) position, the event will be terminated. As long as you make a continuous physical effort to sit up, the event will not be terminated. You may not use your hands or any other means to pull or push yourself up to the up (rest) position or to hold yourself in the rest position. If you do so, your performance in the event will be terminated. Correct performance is important. You will have two minutes to perform as many sit-

ups as you can. Watch this demonstration.”

NOTE: Instructors will demonstrate the sit up event. “What are your questions about this event?”

“The 2-mile run measures your aerobic fitness and endurance of the leg muscles. You must complete the run without any physical help. At the start, all soldiers will line up behind the starting line. On the command “**Go**”, the clock will start. You will begin running at your own pace. To run the required two miles, you must complete the required 2-mile distance (describe the number of laps, start and finish points, and course layout). You are being tested on your ability to complete the two-mile course in the shortest time possible. Although walking is authorized, it is strongly discouraged. If you are physically helped in any way (for example, pulled, pushed, picked up and/or carried), or leave the designated running course for any reason, the event will be terminated. It is legal to pace a soldier during the two-mile run as long as there is no physical contact with the paced soldier and it does not physically hinder other soldiers taking the test. The practice of running ahead of, along side of, or behind the tested soldier while serving as a pacer is permitted. Cheering or calling out the elapsed time is also permitted. The number on your chest is for identification. You must make sure it is visible at all times. Turn in your number when you finish the run and go to the area designated for recovery. Do not stay near the scorers or the finish line as this may interfere with testing.” “What are your questions about this event?”

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Appendix 2 - Flexed Arm Hang Conduct and Standards

1. The following will be read to the students prior to each administering of the FAH test:

a. "The Flexed Arm Hang measures upper body strength and your ability to successfully pull and hold a proper slip in order to avoid fellow jumpers in the air and hazards on the drop zone. Upon receiving the command "**Mount the bar**," you will step up on to the foot pegs and grasp the bar with your palms facing towards you. Upon receiving the command "**Hang free**," you will step off the foot pegs and completely straighten your arms, allowing your full body weight to hang from your hands. Upon receiving the command "**Up**," you will pull your body up until your chin is above the bar while keeping your legs straight and uncrossed without kicking, tipping, swinging, or in any way attempting to assist yourself up. You will continue to hold this position for 20 seconds, at which time the command "**Down**" will be given and you will lower your body and dismount the bar."

b. Your test will be terminated and you will be considered a flexed arm hang failure if:

(1) You are unable to pull your body up until your chin is above the bar within 5 seconds of being given the command "Up."

(2) At any time your chin comes into contact with the bar or you in any way attempt to support your body weight with any part of your body other than your hands.

(3) Your chin falls below the bar before being given the command "Down."

(4) You cross your legs or bend your knees and do not correct them when instructed to by cadre.

2. Soldiers that do not meet the initial Flexed Arm Hang Assessment can be given another assessment using the Slip Pull Simulator, which measures 36% of the total rigged jumper's weight.