German Armed Forces Badge for military Proficiency

(GAFPB)

The German Armed Forces Proficiency Badge

(German: *Abzeichen für Leistungen im Truppendienst*)

is a decoration of the Bundeswehr, the Armed Forces of the

Federal Republic of Germany.

The decoration can be awarded to all German Soldiers.

Allied Soldiers may also be awarded the badge.

Any rank may be awarded and wear the badge.

In the United States Military the German Armed Forces Proficiency Badge is one of the few

approved foreign awards,

and it is one of the most sought after awards to achieve.

Who can participate?

Any soldier from your unit!

Soldiers <u>WILL NOT</u> participate:

- if they are flagged (for any reason)

or

barred from reenlistment,

- if they are in the military less than six months.

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SUMMARY of ALL EVENTS

BFT = Basic Fitness Test (3 events in sequence within 90 min)

11 x 10-meter sprint test	Chin-up test (flexed-arm hang)	1000 m Run
Minimum pass Requirements max. 60 sec	Minimum pass Requirements 5 sec	Minimum pass Requirements max. 6min 30 sec

Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements or one or more test events, the BFT will be deemed failed. No additional scoring will take place on the same day.

Military Training Part (5 events)

100 Swim in Uniform	First Aid Test	NBC MOPP Test	Pistol Qualification	Road March
<4 min then undress in water	GO or NO GO current & NOT older than 3 years	GO or NO GO NOT older than 1 year	Different exercises possible	7.46 miles Gold 5.6 miles Silver 3.75 miles Bronze

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Regulation

1. The testing for the German Armed Forces Proficiency Badge (GAFPB) must be administered by a qualified German Physical Training (PT) instructor.

2. Listed single events can be supervised and conducted by CERTIFIED US military personnel.

- First Aid Training or Test
- NBC 9 sec Protection Mask and MOPP4 Test

} Certified by CDR / 1SGT

- Pistol / Rifle Qualification (to be qualified to shoot at the main event)

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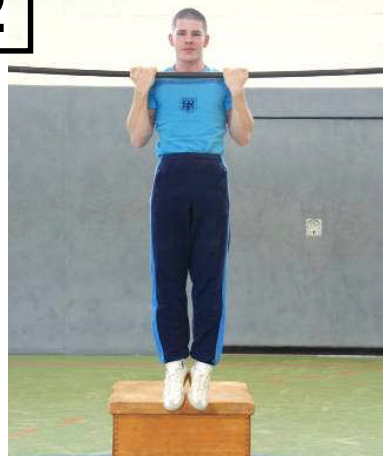
BFT = Basic Fitness Test (3 EVENTS within 90 min)

Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements or one or more test events, the BFT will be deemed failed. No additional scoring will take place on the same day.

1	2	3
11 x 10-meter sprint test	**Chin-up test (flexed-arm hang)**	**1000 m Run**
Minimum pass Requirements max. 60 sec	Minimum pass Requirements 5 sec	Minimum pass Requirements max. 6min 30 sec



Sequence

To provide a standardized test environment, the sequence of tests has been predefined and is binding for all testers.

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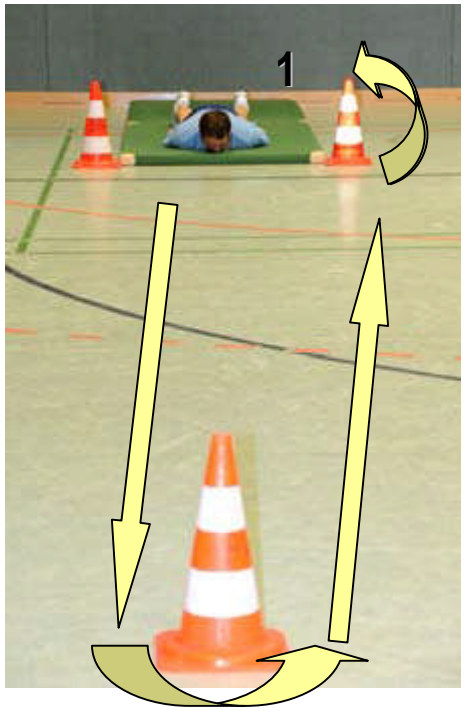
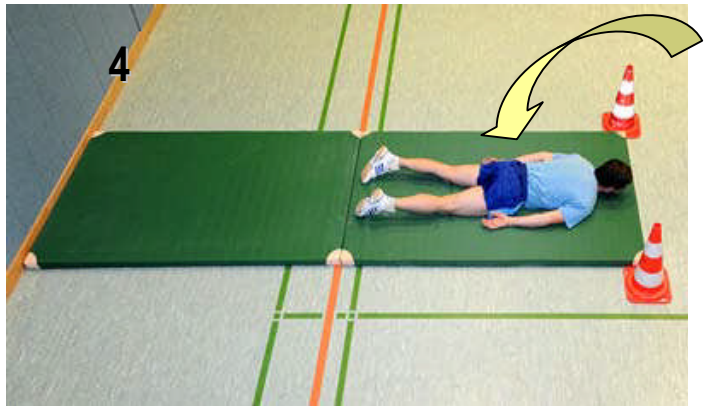
BFT = 11 x 10 meter sprint test





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BFT = 11 x 10 meter sprint test

General items required
- Stopwatch
- Two (2) gym mats
- Three (3) cones
- Measuring tape

Time in sec	Points
54	200
48	300
42	400
36	500

Note
Before administering the test, make sure that all participants have enough time to warm up (running at a slower pace, stretching, etc.). To avoid injuries, the sprint corridor must be wide enough and behind the turning cone there must be a run-out area.

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Chin-up test (flexed-arm hang)

Chin-up test
Start Position

Chin-up test
Finish Position

Event

- The testee holds himself in the end position of a pull-up as long as possible.
- Testee's evaluation will be based on the length of the time he can hold himself in this position.
- Testee steps off the squat box and the instructor pulls it back, testee will hold himself up with his chin above the bar (chin-up end position; elbow joints flexed to the maximum, shoulders at the height of the bar).
- Once testee's feet step off the squat box, timekeeping will start. Once the testee's chin is below the bar, timekeeping will stop. Testee's time will be recorded in seconds and tenths of a second.

Chin-up test (flexed-arm hang)

General items required

- Stopwatch
- Bar

If more than one bar is available, all of them can be used allowing adjustments to individual body heights (height of bars at 180 cm or 190 cm);
If no chin-up bar is available, any other suitable suspension system may be used.

- Two (2) gym mats
- Squat box, small
- Magnesia or chalk, paper towels

Time in sec	Points
25	200
45	300
65	400
85	500

1000 Meter Run

1000 m Run

Minimum pass Requirements max. 6min 30 sec

Event
Participant completes the 1000-meter run in the shortest time possible.

Test sequence
For the 1000-meter (or 1-K) run, the track ideally should be 400 meters long.
The runner starts at the 200-meter mark. So measured from the start/finish line, the runner must run two complete laps of the race. Once he has crossed the finish line, the tester records the runner's time to the second.
In total 2 ½ Laps.

1000 Meter Run

General items required
- Stopwatch
- Measured, level track

Note
Before completing the 1000-meter run, participant should warm up as instructed by the tester (running at a slow pace, stretching, etc.).

Time in sec	Time in min	Points
335	5:35	200
280	4:40	300
225	3:45	400
170	2:50	500

As an exception to the rule (for instance, in case of non-existing infrastructure or under adverse weather conditions), the 1000-meter run may also be completed on a measured and level track in the terrain
(if the terrain does not provide the perfectly level track, uphill and downhill stretches should not be too steep) or in a big indoor gym.

Scoring after having met all single-event pass requirements

How to tally score points

Single-event results (individual test times) are translated into a graduated point-score system. Participants who meet the minimum pass requirements (100 points respectively) are awarded basic points [per event].
The better the participants performance, the more points are awarded for the respective events.

For the event-specific basic point scores see the respective score table 1 - 3 (11 x 10-meter sprint test, flexed-arm hang, 1000-meter run).

Providing "handicaps"

Equal chances

Based on age-grading and physical-ability considerations, a "handicap" is provided to soldiers, taking into account age and/or gender.

Age grading

Participants who are 35 years old or younger will not be age-graded. Those who are 36 years old or older will be age-graded. Basic score points will be increased by 0.5 percent per year of age.
The age-grading "handicap" is calculated based on the actual age reached by a participants in a given year.

Age-graded "handicap" (36 years or older) = basic score points X (actual age minus 35 years) X 0.005

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Scoring after having met all single-event pass requirements

Gender grading

BFT scores have been normalized to take into account the physical abilities of male soldiers. Therefore male soldiers will not be provided any other type of "handicap" [besides age grading].

Each female (F) soldier will be provided an event-related "handicap". The "handicap" is

- 15 percent for the sprint test (F) = basic score points X 0.15)
- 40 percent for the flexed-arm hang (chin-up) (F) = basic score points X 0.4)
- 15 percent for the 1000-meter run (F) = basic score points X 0.15)

Single-event score

You earn scores for each event plus, if applicable, age-graded and gender-graded points.

- Event-score points = basic score points + age-graded points + gender-graded points

Points Rating for the complete BFT (average of all three events)

100 – 199	Fair	(BFT passed, but not good enough to compete for the GAFPB)
200 – 299	Satisfactory	(competes for GAFPB in Bronze)
300 – 399	Good	(competes for GAFPB in Silver)
≥ 400	Very Good	(competes for GAFPB in Gold)

Overall rating

The BFT overall rating is the averaged value calculated from the single ratings.

To provide better accuracy, calculate up to two (2) decimal points.

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Scoring after having met all single-event pass requirements

Overall rating

The BFT overall rating is the averaged value calculated from the single ratings. To provide better accuracy, calculate up to two (2) decimal points.

Example:

- sprint test / Event-score points = basic score points + age-graded points + gender-graded points = 405
- flexed-arm hang test / Event-score points = basic score points + age-graded points + gender-graded points = 500
- 1000-meter run / Event-score points = basic score points + age-graded points + gender-graded points = 300

Total = 1205

Averaged value from the 3 single ratings: = 1205 : 3 = 401,66 = GOLD

Points Rating

100 – 199 Fair	
200 – 299 Satisfactory	BRONZE
300 – 399 Good	SILVER
>400Very Good	GOLD

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SUMMARY of ALL EVENTS

Military Training Part (5 events)

Certified by CO or 1SGT prior to event, not tested

Tested in event

First Aid Test	NBC MOPP Test	100 Swim in Uniform	Shooting	Road March
GO or NO GO Event CLS-NOT older than3 years	GO or NO GO Event NOT older than 1 year	<4 min than undress in water	depending on chosen Exercise	7.46 miles Gold 5.6 miles Silver 3.75 miles Bronze

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FIRST AID TRAINING

First Aid Test

GO or NO GO Event
CLS - NOT older than 3 years

Note: Leadership has to prove / certify that all participants are current in their respective medical training (CLS, 68W, …).
Will not be tested by the German Liaison Staff.

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FIRST AID TRAINING

The training is not necessary if the testee has undergone a combat life saver training (CLS) in the last 3 years or has a first aid certificate equivalent to CLS or higher not older than 3 years

Task:	**FIRST AID TRAINING** **(equivalent US training = Combat Life Saver - CLS)**
Conditions:	**Participant has to receive CLS training / equivalent US training or a written test in accordance with US regulations for CLS training.**
Standards:	**SUCCESSFULLY SCORE AT LEAST 70% OR HIGHER ON WRITTEN TEST.**

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NBC Training / MOPP4

Note:
Leadership has to prove / certify that all participants have successfully passed the MOPP within last 12 months.

Will not be tested by the German Liaison Staff.

NBC MOPP Test

GO or NO GO Event
NOT older than 1 year

Minimum test requirements have to be met, independently of age or gender. If participant does not meet the minimum pass requirements for putting on the protective mask in max. 9 sec, and can not proceed to MOPP4 correctly, the NBC test will be deemed failed. No additional scoring will take place on the same day.

NBC Training / MOPP4

Task:	Put on protective mask in 9 sec and proceed to MOPP 4
Conditions:	The over garment, over boots, field gear, protective mask and gloves are worn in accordance with US regulations.
Standards:	Instructor will declare NBC Alert, participant has to put on the protective mask in max 9 sec and than proceed to MOPP4. Personnel completely encapsulate themselves by closing their over garments, adjusting all drawstrings to minimize the likelihood of any openings, and putting on their protective gloves. MOPP4 is used when the highest degree of protection is required, or if CB agents are present but the actual hazard is not determined.
Reference:	FM 3-11.4 CHAPTER IV.

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100 m SWIM in UNIFORM (<4 min)

100 Swim in Uniform

<4 min for the 100m than undress in water (no timelimit)

Minimum test requirements have to be met, independently of age or gender. If participant does not meet the minimum pass requirements of 4 min, the swim test will be deemed failed. Test can be repeated the same day.

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100 m SWIM in UNIFORM (<4 min)

Task: SWIM 100 METERS in UNIFORM (<4 min) and undress in deepwater without support (no time-limit for the undressing)

Conditions: Given a Pool, a measured distance of 100 meters,
APPROPRIATE SAFETY GEAR + Lifeguard,
Participant wearing uniform (BDU -Jacket + Pants, without BOOTS) and a BATHING SUIT underneath.

Standards: Successfully Swim 100 meters in the Time of max. 4 Minutes and directly after, without taking a break or holding on to the edge of the pool, participant has to get undressed in deep water without support and has to bring the uniform with him out of the water)

------ NO SPECIAL SWIM STYLE IS SPECIFIED ------

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Shooting

Task:	Shoot one of the German exercises qualified for the "Schützenschnur" (Pistol, Rifle or Machinegun) and qualify in BRONZE, SILVER or GOLD
Conditions:	Because of regulations, the Pistol exercises are highly recommended due to needed time per participant, needed infrastructure and ammo.
Standards:	See following slides for the possible exercises. (only Pistol exercises in this briefing, Rifle on request)

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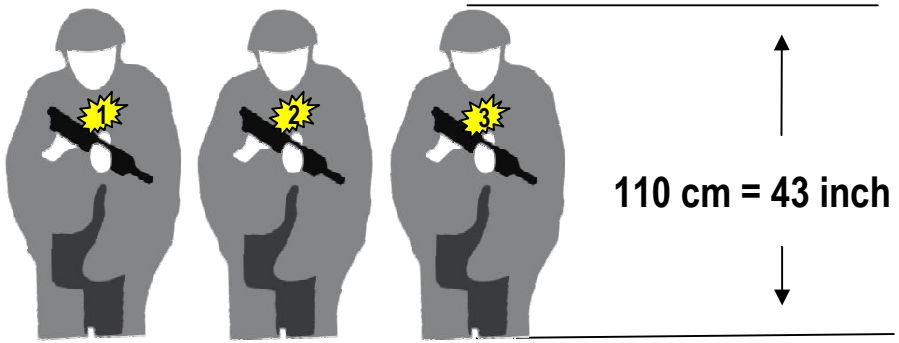
PISTOL exercise possibility 1: PS-2 (WÜ)

Pistol Exercise PS-2

all three Targets hit,
5 Hits for Gold
4 Hits for Silver
3 Hits for Bronze



-5 x rounds (no time-limit)
-first shot double action
-all three targets have to be hit
-Standing position
-Distance 20m to target

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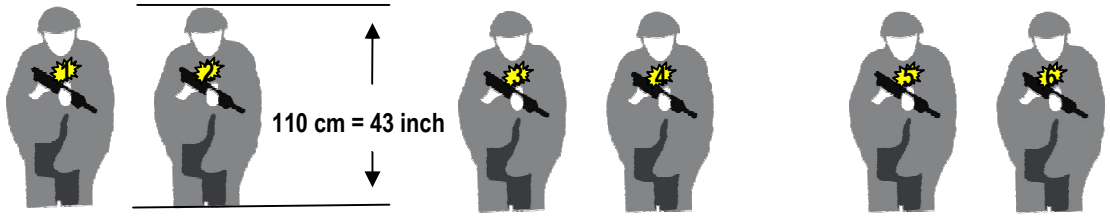
PISTOL exercise possibility 2: PS-3 (WÜ)

Pistol Exercise PS-3

6 Hits for Gold
5 Hits for Silver
4 Hits for Bronze



2 x rounds in 6 sec
first shot
single action

2 x rounds in 6 sec
first shot
single action

2 x rounds in 6 sec
first shot
single action

- 6 Rounds
- 2 targets per line
- 25m distance
- For every position, shooter has 6sec for two shots (1 on each target)

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RUCK MARCH

Task: March a given Distance

Conditions: 6km, 9km or 12km Track,
15kg (33 lb) Ruck- Sack,
Participant is wearing BDU with PC

Standards: SUCCESSFULLY MARCH
THE DISTANCE IN AT LEAST
10min PER KILOMETER

Distance (km)	Distance (miles)	Max Time
6	3,73	60 min
9	5,6	90 min
12	7,46	120 min

Route has to be chosen by the conducting unit.
Known routes in Fort Benning can be provided by German Army Liaison Staff.

Questions?