



**DEPARTMENT OF THE AIR FORCE  
AIR UNIVERSITY (AETC)**

17 April 2015

MEMORANDUM FOR 940th CADET WING

FROM: 940 CW/CC

SUBJECT: Operations Order PT Week #12

1. Mission: All cadets will participate in mandatory physical training sessions, know the principles of Air Force health and wellness, and maintain AFROTC and Air Force physical fitness standards. The purpose of this week is to instill the importance of maintaining a high level of physical fitness and encourage an overall healthy lifestyle.

2. Execution:

a. Date: Week of 20 April 2015. The Tuesday session on 21 April 2015 will be from 0605-0705 and will consist of 20 minutes of sprints and 20 minutes of a circuit workout. The Thursday/Friday session on 22/23 April 2015 will be from 0605-0705 and cadets must attend one of these sessions. These sessions will consist of 20 minutes of High-Intensity Interval Training (HIIT) and a 20-minute free run. The point of contact is C/Capt Schull at [tstagner@uwyo.edu](mailto:tstagner@uwyo.edu) or 970.629.5113.

b. Uniform: All cadets will wear the Physical Training Uniform (PTU). Cadets without this uniform will wear appropriate physical training attire.

c. Location: Half Acre Gymnasium.

d. Inclement Weather: Cadets won't be affected by the weather at the indoor facility.

e. Operational Risk Management: Cadets will be hydrated before coming to PT and will bring a full water bottle with them to PT. Proper stretching before and after PT is encouraged to avoid injury. The Cadet Safety Team, C/Leonard and C/Nyman, can be reached at [pleonar2@uwyo.edu](mailto:pleonar2@uwyo.edu)/303.917.3278 or [mnyman@uwyo.edu](mailto:mnyman@uwyo.edu)/307.761.0011.

f. In Case of Emergency:

- Immediately Call: 911
- Student Health: 307.766.2130
- Iverson Memorial Hospital: 307.742.2141
- Detachment: 307.766.2338

g. Timeline:

**Tuesday**

<b>All Cadets</b>			
<b>Time</b>	<b>Activity</b>	<b>Action Officer</b>	<b>Location</b>
0605 – 0608	Warm Up	940 OG/PFO	Half Acre Gym
0608 – 0613	Dynamic Stretches	940 OG/PFO	Half Acre Gym
0613 – 0615	Transit/Water Break	940 OG/PFO	Half Acre Gym
0615 – 0635	Circuit Workout	940 OG/PFO	Half Acre Gym
0635 – 0637	Transit/Water Break	940 OG/PFO	Half Acre Gym
0637 – 0657	Sprints	940 OG/PFO	Half Acre Gym
0657 – 0659	Transit/Water Break	940 OG/PFO	Half Acre Gym
0659 – 0705	Cool Down/Static Stretches	940 OG/PFO	Half Acre Gym

**Thursday/Friday**

<b>All Cadets</b>			
<b>Time</b>	<b>Activity</b>	<b>Action Officer</b>	<b>Location</b>
0605 – 0608	Warm Up	940 OG/PFO	Half Acre Gym
0608 – 0613	Dynamic Stretches	940 OG/PFO	Half Acre Gym
0613 – 0615	Transit/Water Break	940 OG/PFO	Half Acre Gym
0615 – 0635	HIIT Workout	940 OG/PFO	Half Acre Gym
0635 – 0637	Transit/Water Break	940 OG/PFO	Half Acre Gym
0637 – 0657	Free Run	940 OG/PFO	Half Acre Gym
0657 – 0659	Transit/Water Break	940 OG/PFO	Half Acre Gym
0659 – 0705	Cool Down/Static Stretches	940 OG/PFO	Half Acre Gym

EILISE O. PATRICK, C/Col, AFROTC  
Commander, 940th AFROTC Cadet Wing

Attachment:  
RM Worksheet

1st Ind, Det 940 OFC

MEMORANDUM FOR 940 CW/CC

Approve/Disapprove

JOHN M. MCKEE, Capt, USAF  
Operations Flight Commander, AFROTC Det 940

<b>ACTIVITY: Week 12 PT Sessions</b>
<b>LIST HAZARD BELOW</b> 1) Dehydration 2) Overstretched ligaments/Pulled muscles 3) Passing out
<b>WHO DOES THE HAZARD AFFECT</b> 1) All cadets participating 2) All cadets participating 3) All cadets participating
<b>HAZARD SEVERITY (EXPLAIN WHY)</b> 1) Low – The hazard has a low severity rating because only a very mild form of dehydration can occur with proper prior hydration. 2) Low – With proper stretching before working out, these injuries will most likely be avoided. Also ensuring the workouts are done correctly, and with the proper weight if lifting, helps to prevent injury. 3) Moderate – While passing out is no light matter, the effects do not typically last for an extended period. However this could lead to other injuries.
<b>HAZARD PROBABILITY (EXPLAIN WHY)</b> 1) Unlikely – Probability of occurrence is lessened with enforcement of hydration. 2) Unlikely – Stretching prior to working lessens the probability of injury occurring. 3) Unlikely – Probability of this occurring is very low. Hydration and constant monitoring from POC and cadre will help to alleviate any issue with a cadet feeling lightheaded or about to pass out.
<b>RA VALUE</b> 1) LOW 2) LOW 3) LOW
<b>RISK LEVEL (NUMBER/DECISION LEVEL)</b> 1) 1/ Flt/CC 2) 1/ Flt/CC 3) 1/ Flt/CC
<b>CAN THE RISK BE AVOIDED (Y/N/WHY?)</b> 1) Y – With proper hydration. 2) Y/N – The state of individual health and long term diet can be regulated by the individual, but not by cadet officer or cadre members outside of structured AFROTC training. However, medical problems can always occur regardless of the health of the individual. 3) Y – By constant reminders to the cadets to hydrate and practice proper body mechanics and breathing, the flow of blood is promoted, thereby eliminating the potential to pass out. If the cadet enters a state of physical distress prior to passing out, they should stop immediately, sit down, and ask/signal for help.
<b>STEPS TAKEN TO MITIGATE (EXPLAIN)</b> 1) Hydrate at regular intervals. Care will be taken by the PT leader, cadre, and POC to watch for the signs of dehydration and pull out those cadets to rehydrate. 2) Recommend/Enforce stretching before and after exercise. 3) POC and cadre at all times must be vigilant and paying attention to the cadets working out. If there appears to be unsteadiness or a lack of coordination, POC/Cadre members will stop the exercise and take appropriate action. The action may include but is not limited to taking a water break or assisting the cadets that are having problems.
<b>NOTES</b> Cadets should arrive at PT fully hydrated.

