


	University of Wyoming	
	940th Air Force Reserve Officer Training Corps Cadet Wing Practical Military Training Operations Order Physical Training	DATE
		Week of 12 Feb 18

1. Situation	The Cadet Wing will hold a mandatory PT session on 13 Feb 18 and 15 Feb 18 in the Indoor Practicing Facility. There will be an additional PT on 16 Feb 18 in the Field House, which is optional for cadets unless they failed the FA/FD.
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2. UOD&Location	Uniform of the Day		Uniform during PT	
	POC	GMC	POC	GMC
	PTG	PTG	PTG	PTG
	NOTES: Cadets that do not have PTG's may wear conservative workout attire. DET/CC authorizes cold weather gear for cadets to be worn during transit to and from PT.			
	Location(s)			
	PT for week 4 will be held at the Indoor Practicing Facility and the Field House.			

3. Mission	PT of week 4 will consist of running intervals and station work outs.
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4. Execution Tuesday					
Cadets	Activity	Location	Time	Objectives	POC
IMT, ICL, SCL	Warm-up	IPF	0545-0550	33	C/Lt Col Faryna
FTP	Warm-up	IPF	0545-0550	33	C/Maj Dalton
IMT, ICL, SCL	Running Intervals	IPF	0550-0640	33	C/Lt Col Faryna
FTP	Own Workout	IPF	0550-0640	33	C/Maj Dalton
All	Announcements/Det Chant	IPF	0640-0645	33	C/Lt Col Faryna

4. Execution Thursday					
Cadets	Activity	Location	Time	Objectives	POC
IMT, ICL, SCL	Warm-up	IPF	0545-0550	33	C/Lt Col Faryna
FTP	Warm-up	IPF	0545-0550	33	C/Maj Dalton
IMT, ICL, SCL	Stations Workout	IPF	0550-0640	33	C/Lt Col Faryna
FTP	Own Workout	IPF	0550-0640	33	C/Maj Dalton
All	Announcements/Det Chant	IPF	0640-0645	33	C/Lt Col Faryna

4. Execution Friday					
Cadets	Activity	Location	Time	Objectives	POC
All	Warm-up	Field House	0545-0550	33	C/Lt Col Faryna
All	Burnout Workout	Field House	0550-0640	33	C/Lt Col Faryna
All	Announcements/Det Chant	Field House	0640-0645	33	C/Lt Col Faryna

5. Objectives		<ul style="list-style-type: none">• The following objectives will be accomplished: 33• See below for breakdown, by cadet category, of objectives for this PT						
Objective	Description				IMT	FTP	ICL	SCL
33	Physical Training (PT)				X	X	X	X

6. Weather	PT will be conducted: Indoors. The PT plan will remain the same, as weather will not be an issue indoors.
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7. Risk Management Worksheet										
POC: C/Lt Col Matthew Faryna Cadre Safety Observer: Capt George Noah										
Step 1: ID Hazards	Step 2: Assess Risks				Step 3: Analyze Risk Control Measures	Step 4: Control Decisions				Step 5: Implement Risk Controls
	Low	Med	High	Ext		A	R	M	E	
Cadets become dehydrated or fatigued	x				Cadets will bring a full water bottle		x			Give cadets water breaks when needed
Personal Injury	x				Brief cadets on proper exercise form/Stretches		x			Observe cadets form/allow time for stretching and warm-up
Overall Assessment	X									
Step 2 Risk assessment level determined based on AFI 90-802, Figure 3 (Risk Assessment Matrix); events with an overall high risk assessment will be forwarded to the AFROTC Detachment 940 Commander for review/approval. Step 4: A – Avoid, R – Reduce, M – Mitigate, E – Eliminate Overall Analysis: As long as proper safety precautions are taken, there should only be an overall low risk of incident during LLAB. RM review will be completed after PT if applicable.										

8. Authorization	<ul style="list-style-type: none"> AFROTCI 36-2011, Cadet Operations T-508, Cadet's Guide to 2017-2018 LLAB Curriculum 940th Cadet Wing OPLAN, Spring 2018
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9. 940 CW/CC Signature	
	GUIL M. FACTOR, C/Col, USAF AFROTC Det 940 CW/CC

10. OFC Approval and Signature		APPROVED		DISAPPROVED	DATE:	
	GEORGE T. NOAH, Capt, USAF Operations Flight Commander					