


	University of Wyoming	
	<b>940th Air Force Reserve Officer Training Corps Cadet Wing Practical Military Training Operations Order Physical Training</b>	<b>DATE</b>
		Week of 9 Apr 18

<b>1. Situation</b>	The Cadet Wing will hold a mandatory PT session on 10 Apr 18 and 12 Apr 18 in the Indoor Practicing Facility. There will be a Flight PT session (VPMT) 11 Apr 18 in Half Acre gymnasium.
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<b>2. UOD&amp;Location</b>	<b>Uniform of the Day</b>		<b>Uniform during PT</b>	
	POC	GMC	POC	GMC
	PTG	PTG	PTG	PTG
	<b>NOTES:</b> 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.			
	<b>Location(s)</b>			
	PT for week 11 will be held at the Indoor Practicing Facility and Half Acre gymnasium.			

<b>3. Mission</b>	PT of week 11 will consist of FTP squadron PT, lifting, and station/circuits workouts.
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<b>4. Execution Tuesday</b>					
<b>Cadets</b>	<b>Activity</b>	<b>Location</b>	<b>Time</b>	<b>Objectives</b>	<b>POC</b>
All	Warm-up	IPF	0545-0550	33	C/Capt Dalton
All	FTP Squadron Workout	IPF	0550-0640	33	C/Capt Dalton
All	Announcements/Det Chant	IPF	0640-0645	33	C/Capt Dalton

<b>4. Execution Wednesday</b>					
<b>Cadets</b>	<b>Activity</b>	<b>Location</b>	<b>Time</b>	<b>Objectives</b>	<b>POC</b>
All	Warm-up	Half Acre	0605-0610	33	Flight Commanders
All	Lifting	Half Acre	0610-0700	33	Flight Commanders
All	Announcements/Det Chant	Half Acre	0700-0705	33	Flight Commanders

4. Execution Thursday					
Cadets	Activity	Location	Time	Objectives	POC
All	Warm-up	IPF	0545-0550	33	C/Lt Col Faryna
All	Stations/Circuits Workout	IPF	0550-0640	33	C/Lt Col Faryna
All	Announcements/Det Chant	IPF	0640-0645	33	C/Lt Col Faryna

5. Objectives		<ul style="list-style-type: none"> <li>The following objectives will be accomplished: 33</li> <li>See below for breakdown, by cadet category, of objectives for this PT</li> </ul>			
Objective	Description	AS 100	AS 200/250/450	AS 300	AS 400
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	Step 4: Control Decisions				Step 5: Implement Risk Controls
	Low	Med	High	Ext	Risk Control Measures	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"> <li>AFROTCI 36-2011, Cadet Operations</li> <li>T-508, Cadet's Guide to 2017-2018 LLAB Curriculum</li> <li>940th Cadet Wing OPLAN, Spring 2018</li> </ul>
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9. 940 CW/CC Signature	
	GUIL M. FACTOR, C/Col, USAF AFROTC Det 940 CW/CC

<b>10. OFC Approval and Signature</b>		APPROVED		DISAPPROVED	DATE:	6 Apr 18
	GEORGE T. NOAH, Capt, USAF Operations Flight Commander					

<b>11. Detachment/CC PMT Time Deviation Approval</b>		APPROVED		DISAPPROVED		N/A	DATE:	
	Deviations from the mandatory PMT maximum time limits must be approved by the Detachment/CC in writing and must be reasonable and justifiable. Blanket deviation statements are not authorized. Each instance must be addressed individually. This event combined with the weekly LLAB/PT will exceed the six hour limit. No objections have been presented from within the cadet wing at this time. Students with legitimate schedule conflicts will be excused on a case-by-case basis. The value of training that will be received makes this request both reasonable and justifiable.							
	SAMUEL R. SHEARER, Lt Col, USAF Commander, AFROTC Detachment 940							