


	University of Wyoming	
	940th Air Force Reserve Officer Training Corps Cadet Wing Practical Military Training Operations Order Physical Training	DATE
		Week of 5 Feb 18

1. Situation	The Cadet Wing will hold a PT session on 6 Feb 18 and 8 Feb 18 in the Indoor Practicing Facility. There will be an additional PT on 9 Feb 18 in the Field House.
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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 3 will be held at the Indoor Practicing Facility and the Field House.			

3. Mission	PT of week 3 will consist of circuit 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	Circuits 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 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	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				Conduct pre and post PT Stretches		x			Allow time for stretching and a 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

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					

11. Detachment/CC PMT Time Deviation Approval		APPROVED		DISAPPROVED		N/A	DATE:	
	<p>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.</p> <p>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.</p>							
	<p>SAMUEL R. SHEARER, Lt Col, USAF Commander, AFROTC Detachment 940</p>							