


	University of Wyoming	
	940th Air Force Reserve Officer Training Corps Cadet Wing Practical Military Training Operations Order Physical Training	DATE
		Week of 19 Feb 18

1. Situation	The Cadet Wing will hold a mandatory PT session on 20 Feb 18 and 22 Feb 18 in the Indoor Practicing Facility. There will be an FA on 23 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 5 will be held at the Indoor Practicing Facility and the Field House.			

3. Mission	PT of week 5 will consist of station work outs and team competitions.
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4. Execution Tuesday					
Cadets	Activity	Location	Time	Objectives	POC
AS 100/300/400	Warm-up	IPF	0545-0550	33	C/Lt Col Faryna
AS 200/250/450	FTP Warm-up	IPF	0545-0550	33	C/Capt Dalton
AS 100/300/400	Stations	IPF	0550-0640	33	C/Lt Col Faryna
AS 200/250/450	FTP Own Workout	IPF	0550-0640	33	C/Capt Dalton
All	Announcements/Det Chant	IPF	0640-0645	33	C/Lt Col Faryna

4. Execution Thursday					
Cadets	Activity	Location	Time	Objectives	POC
AS 100/300/400	Warm-up	IPF	0545-0550	33	C/Lt Col Faryna
AS 200/250/450	FTP Warm-up	IPF	0545-0550	33	C/Capt Dalton
AS 100/300/400/450	Team Competitions	IPF	0550-0640	33	C/Lt Col Faryna
AS 200/250	FTP Own Workout	IPF	0550-0640	33	C/Capt 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	FA	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	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 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					

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>							