


	University of Wyoming	
	<b>940th Air Force Reserve Officer Training Corps Cadet Wing</b>  <b>Practical Military Training Operations</b>  <b>Order Physical Training</b>	<b>DATE</b>
		Week of 5 Mar 18

<b>1. Situation</b>	The Cadet Wing will hold a mandatory PT session on 6 Mar 18 and 8 Mar 18 in the Indoor Practicing Facility. There will be a PT session 9 Mar 18 in the Field House, which is optional for cadets unless they failed the FA/FD.
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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 7 will be held at the Indoor Practicing Facility and the Field House.			

<b>3. Mission</b>	PT of week 7 will consist of station work outs, team competitions, and Tri Det sports practice.
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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>
AS 100/300/400	Warm-up	IPF	0545-0550	33	C/Lt Col Faryna
AS 200/250/450	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	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 100/300/400/450	Warm-up	IPF	0545-0550	33	C/Lt Col Faryna
AS 200/250	Warm-up	IPF	0545-0550	33	C/Capt Dalton
AS 100/300/400/450	Team Competitions/Tri Det Sports Practice	IPF	0550-0640	33	C/Lt Col Faryna
AS 200/250	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	Station Workouts	Field House	0550-0640	33	C/Lt Col Faryna
All	Announcements/Det Chant	Field House	0640-0645	33	C/Lt Col Faryna

## 5. Objectives

- 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.

## 7. Risk Management Worksheet

**POC: C/Lt Col Matthew Faryna**

**Cadre Safety Observer: Capt George Noah**

[illegible]

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.

<b>8. Authorization</b>	<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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<b>9. 940 CW/CC Signature</b>	
	GUIL M. FACTOR, C/Col, USAF AFROTC Det 940 CW/CC

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