	University of Wyoming	
	940th Air Force Reserve Officer Training	DATE
	Corps Cadet Wing	Week of
	Practical Military Training Operations	26 Mar 18
ORCE N.	Order Physical Training	

1. Situation	The Cadet Wing will hold a mandatory PT session on 27 Mar 18 and 29 Mar 18 in the Indoor Practicing Facility. There will be a PT session 30 Mar 18 in Half Acre gymnasium, which is optional for cadets unless they failed the FA/FD.

2.	Uniform of t	he Day	Uniform during PT					
UOD&Location	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 9 will be held at the Indoor Practicing Facility and Half Acre gymnasium.							

4. Execution Tuesday								
Cadets	Activity	Location	Time	Objectives	РОС			
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	Gassers/AMRAPS	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	РОС				
AS 100/300/400	Warm-up	IPF	0545-0550	33	C/Lt Col Faryna				
AS 200/250/450	/250/450 Warm-up		0545-0550	33	C/Capt Dalton				
AS 100/200/250/300/400/450	AMRAPS/Tri Det Sports Practice	IPF	0550-0640	33	C/Lt Col Faryna				
All	Announcements/Det Chant	IPF	0640-0645	33	C/Lt Col Faryna				

4. Execution Friday									
Cadets	Activity	Location	Time		Objectives		POC		
All	Warm-up	Half Acre	0605-0610		33	-	C/Lt Col Faryna		
All	Lifting	Half Acre	0610-0700		33		C/Lt Col Faryna		
All	Announcements/Det Chant	Half Acre	0700-0705		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	33 Physical Training (PT)				Х	Х	Х		

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 Observ	ver: Ca	npt Ge	orge N	oah						
	Ste	Step 2: Assess Risks		Step 3: Analyze	Step 4: Control Decisions			ol		
Step 1: ID Hazards	Low	Med	High	Ext	Risk Control Measures	A	R	М	Е	Step 5: Implement Risk Controls
Cadets become dehydrated or fatigued	Х				Cadets will bring a full water bottle		х			Give cadets water breaks when needed
Personal Injury	Х				Brief cadets on proper exercise form/Stretches		х			Observe cadets form/allow time for stretching and warm-up
Overall Assessment	х									
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	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	APPROVED	DISAPPROVED	DATE:	23 Mar 18
Approval and Signature	GEORGE T. NO Operations Flight	1		

11. Detachment/CC	APPROVED		DISAPPROVED		N/A	DATE:			
PMT Time Deviation Approval	in writing and must Each instance must This event combined presented from with excused on a case-by reasonable and justif	be ro be a l with in th y-ca iabl		Bla will e Stu uining	nket deviation exceed the six l dents with leg	statements are r hour limit. No o gitimate schedule	ot authorized. bjections have been conflicts will be		
	SAMUEL R. SHEARER, Lt Col, USAF Commander, AFROTC Detachment 940								