


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

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.
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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 9 will be held at the Indoor Practicing Facility and Half Acre gymnasium.			

3. Mission	PT of week 9 will consist of gassers/AMRAPs, Tri Det sports practice, and lifting.
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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	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	POC
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 100/200/250/300/400/450	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

- 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

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										
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									
<p>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</p> <p>Overall Analysis: As long as proper safety precautions are taken, there should only be an overall low risk of incident during LLAB.</p> <p>RM review will be completed after PT if applicable.</p>										

