

Summary Report for Individual Task  
805P-COM-1119  
Perform the 300-Yard Shuttle Run (SR)  
Status: Approved

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**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD5** - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

**Condition:** Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

**Standard:** Perform the 300-Yard Shuttle Run, completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) without causing injury to personnel.
- (3) in accordance with FM 7-22, Chapter 10.

**Special Condition:** None

**Safety Risk:** Low

**MOPP 4:** N/A

<b>Task Statements</b>
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**Cue:** None

## DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

## WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

## CAUTION

Conduct visual reconnaissance of training area before execution of this drill.

**Remarks:** None

**Notes:** None

### Performance Steps

1. Perform a sprint to 25-yard line IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Soldier should slow thier movement before planting feet and changing direction.

CHECK POINT 2: Soldiers should both bend at the trunk and squat when reaching to touch the ground as they changed direction.

CHECK POINT 3: Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn and continue to alternate hand touches on each turn.

CHECK POINT 4: Soldiers must sprint with their heads up and watch for other Soldiers who may be moving in an opposite direction.

EQUIPMENT: 4 ea safety cones

a. On the command, "Ready," Soldier moves behind the starting line and assumes the ready position (staggered stance).

b. On the command, "GO," Soldier sprints to a line 25-yards from the starting line.

c. Touch the line, or beyond it, with their left hand.

2. Perform a sprint back to start point/line IAW FM 7-22, Chapter 10.

Note:

EQUIPMENT: 4 ea safety cones

a. Return to touch the starting/finish line with their right hand. (This is considered one repetition.)

b. Soldier performs six repetitions alternating touching the lines with opposite hands.

(Asterisks indicates a leader performance step.)

**Evaluation Guidance:** Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

**Evaluation Preparation:** Any dry, level area of adequate size is satisfactory for the performance and evaluation of the 300-yard Shuttle Run. Soldiers should wear ACUs with boots or the IPFU. The uniform should be appropriate for the activity that will precede or follow the 300-yard Shuttle Run.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed a sprint to the 25-yard line.			
a. On the command, "Ready," Soldier moved behind the starting line and assumed the ready position (staggered stance).			
b. On the command, "GO," Soldier sprinted to a line 25-yards from the starting line.			
c. Touched the line, or beyond it, with their left hand.			
2. Performed a sprint back to the Start Point/Line.			
a. Returned to touch the starting/finish line with their right hand. (This is considered one repetition.)			
b. Soldier performed six repetitions alternating touching the lines with opposite hands.			

**Supporting Reference(s):**

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

**Environment:** Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

**Safety:** In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

#### Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed

#### Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1117	Perform 30:60s and 60:120s	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Reviewed

#### Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed

**Supported Collective Tasks :** None