

**Summary Report for Individual Task
805B-79T-3305
Conduct Physical Readiness Training
Status: Approved**

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 RRS, Fort Jackson foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: You have been tasked to conduct physical readiness during an RSP weekend to improve the Physical Readiness of the RSP soldiers assigned. You have access to:

- a. FM 7-22
- b. Suitable Location
- c. FM 5-19
- d. Pocket Physical Fitness Guide RPI 237
- e. Risk assessment work sheet
- f. Road Guard Vest
- g. Flashlights
- h. Drinking water
- i. Seasonal uniform
- j. Activity Specific Equipment (ASE)
- k. CLS at minimum and Evacuation Method

Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Conduct physical readiness training for your RSP by preparing and conducting training.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER
None

WARNING
None

CAUTION
None

Remarks: None

Notes: None

Performance Steps

1. Prepare for Physical Readiness Training.
 - a. Identify type of training.
 - b. Conduct risk assessment.
 - (1) Utilize local risk assessment matrix.
 - (2) Implement control measures.
 - (3) Document risks on DA Form 7566.
 - c. Acquire needed equipment.
 - d. Identify personnel.
 - (1) OIC.
 - (2) NCOIC.
 - (3) Instructors.
 - (4) Combat Lifesaver.
 - (5) Soldiers to be trained.
 - e. Identify and disseminate climate specific uniform.
 - f. Identify and coordinate location.
 - (1) Location should support activity.
 - (2) Secure training location.
2. Conduct PRT Session.
 - a. Assemble formation.
 - (1) Accountability.
 - (2) Conduct necessary safety brief.
 - (3) Brief the specific training events.
 - b. Move to the training area.
 - c. Conduct PRT.
 - (1) Separate profiles.

(2) Preparation Drill

(3) Conduct session.

(4) Recovery Drill.

d. Reassemble formation.

(1) Movement to assembly area.

(2) Accountability.

(3) AAR.

(4) Release formation.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier a GO if all performance measures are passed (P). Score the Soldier a NO GO if any performance measure is failed (F).

Evaluation Preparation: Ensure that the Soldier being evaluated has access to all equipment and references required to successfully complete this task.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Prepared for Physical Readiness Training.			
a. Identified type of training.			
b. Conducted risk assessment.			
(1) Utilized local risk assessment.			
(2) Implemented control measures.			
(3) Documented risks on DA Form 7566.			
c. Acquired needed equipment.			
d. Identified personnel.			
(1) OIC.			
(2) NCOIC.			
(3) Instructors.			
(4) Combat Lifesaver.			
(5) Soldiers to be trained.			
e. Identified and disseminated climate specific uniform.			
f. Identified and coordinated location.			
(1) Identified location that supported activity.			
(2) Secured training location.			
2. Conducted PRT Session.			
a. Assembled formation.			
(1) Performed accountability.			
(2) Conducted necessary safety brief.			
(3) Briefed the specific training events.			
b. Moved to the training area.			
c. Conducted PRT.			
(1) Separated profiles.			
(2) Conducted Preparation Drill.			
(3) Conducted session.			
(4) Conducted Recovery Drill.			
d. Reassembled formation.			
(1) Moved to assembly area.			
(2) Performed accountability.			
(3) Conducted AAR.			
(4) Released formation.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT http://armypubs.army.mil/doctrine/DR_pubs/dr_a/pdf/atp5_19.pdf	Yes	No
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages)	Yes	No
	TC 25-20	(Rescinded - See LG to AAR) A LEADERS GUIDE TO AFTER ACTION REVIEWS	Yes	No

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.

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.

Prerequisite Individual Tasks : None

Supporting Individual Tasks : None

Supported Individual Tasks : None

Supported Collective Tasks : None

ICTL Data :

ICTL Title	Personnel Type	MOS Data
79T-ARNG Recruiting and Retention-SL3	Enlisted	MOS: 79T, Skill Level: SL3, ASI: V7, Duty Pos: REA, SQI: 4