

# TULANE UNIVERSITY

21 Jan 2020



## Air Force ROTC Detachment 320 Practical Military Training (PMT) Operations Order 3

### PMT Disclaimer

All activities listed are considered mandatory PMT events. IAW AFROTCI 36-2011, para 10.3, activities **NOT** listed in this OPORD are either voluntary or non-PMT activities. IAW AFROTCI 36-2010, para 10.3, participation in voluntary PMT or non-PMT activities are not tracked for attendance nor do they count towards accomplishment of any LLAB objectives. The Air Force is not legally or medically liable for any injuries obtained while participating in any activities that are not considered mandatory PMT events. Such injuries could result in loss of AFROTC status and benefits.

### Guidance

All cadets have access to the following instructions via the "Cadet Materials" file located on the Cadet Wing Google Drive

- AFROTCI36-2011, *Cadet Operations*
- T-508, Cadet's Guide to LLAB Curriculum
- 320<sup>th</sup> Cadet Wing OPLAN, Spring 2020

### 1. Leadership Laboratory (LLAB)

#### A. Situation

LLAB 3 – Introduction to Field Training II

#### B. Date/Time

Wednesday (29 Jan 20) from 0600 to 0800

#### C. Form-Up Location

Detachment 320 Building (Det)

#### D. UOD

Airman Battle Uniform (ABU)

Note: IAW Det 320 OPLAN, Cadets not issued UOD will wear Det 320 polo with appropriate footwear

#### E. Execution

Cadets	Activity	Location	Time	Objectives	POC
ALL	Warrior Knowledge Quiz	Classroom	0600-0605	15, 18, 34	SQ/CC
ALL	Road Guard Procedures	Classroom Drill Pad	0605-0620	11, 12	MSG/CC
ALL	Basic Drill and Parade Marching	Drill Pad	0620-0700	5, 6	SQ/CC
ALL	Introduction to Field Training Leadership, Part II	Classroom	0700-0735	34	CW/CC
ALL	Review of Proper Form and Instructions for PFA	Classroom	0735-0755	15, 33	OG/CC MSG/CC
ALL	Announcements and Air Force Song	Classroom	0755-0800	8	CW/CC

#### F. Inclement Weather

Projected Weather Forecast: (Source: <a href="http://weather.com">http://weather.com</a> )	Showers	High: 68°F	Low: 53°F	Precip: 40%	Winds/Gusts: 12 mph	CAO Date: 21 Jan 20
Impact Plan:	In case of inclement weather, road guard procedures will be briefed and practice in hallway inside of det. Basic drill and parade marching will be explained and videos will be used to show movements; at this time, cadets will also have an opportunity to review previous material.  The Det 320 CW/CC will ensure all cadets are notified ASAP as to the mitigation plan / cancellation of PMT.					

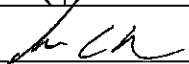
#### G. Risk Management

IAW AFROTCI36-2011, para 1.13.7 Risk management has been incorporated into all facets of the detachment, to include the training program. This 5-step Deliberate process is IAW AFI90-802 <i>Risk Management</i> . Any activity determined to be of medium or high risk after control measures are implemented must receive Det Commander approval.								
Step 1: ID Hazards	Step 2: Assess Risk (see Risk Matrix)			Step 3: Controls Measure		Step 4: Implementation	Step 5: Supervise	
Hazard / Causes	Severe	Prob	Assessment	Mitigation Measure	New Assessment	Method	CW/CC Initials	OFC Initials
Inclement Weather	IV	E	Low	LLAB is indoors	Low	LLAB location is indoors, cadets given copy of recall plans and notified via GroupMe of location changes and possible hazards	NN	
Overall Risk Assessment	Low			Overall Risk After Controls	Low	Det/CC Approval if more than Medium	Det/CC Initials	N/A

<b>2. Wing Physical Training (WPT)</b>													
<b>A. Situation</b>	PT 3 – Strength Workout												
<b>B. Date/Time</b>	Tuesday (28 Jan 20) from 0600 to 0700												
<b>C. Form-Up Location</b>	Brown Quad (BQ)												
<b>D. UOD</b>	Physical Training Gear (PTG) Note: Cadets not issued UOD will wear conservative gym attire with white socks and tennis shoes												
<b>E. Execution</b>	<b>Cadets</b>	<b>Activity</b>			<b>Location</b>		<b>Time</b>		<b>Objectives</b>		<b>POC</b>		
	ALL	Dynamic Warmup			BQ		0600-0615		33		PFO		
	ALL	Strength Day Exercises			BQ		0615-0650		33		PFO		
	ALL	Cool Down Stretches			BQ		0650-0700		33		PFO		
<b>F. Inclement Weather</b>	Projected Weather Forecast: (Source: <a href="http://weather.com">http://weather.com</a> )	Mostly Sunny	High:	68°F	Low:	60°F	Precip:	20%	Winds/ Gusts:	10 mph	CAO Date:	21 Jan 20	
	Impact Plan:	In case of inclement weather, PT will be conducted indoors at the Reily Center.  The Det 320 CW/CC will ensure all cadets are notified ASAP as to the mitigation plan / cancellation of PMT.											
<b>G. Risk Management</b>	IAW AFROTCI36-2011, para 1.13.7 Risk management has been incorporated into all facets of the detachment, to include the training program. This 5-step Deliberate process is IAW AFI90-802 Risk Management. Any activity determined to be of medium or high risk after control measures are implemented must receive Det Commander approval.												
	<b>Step 1: ID Hazards</b>	<b>Step 2: Assess Risk (see Risk Matrix)</b>			<b>Step 3: Controls Measure</b>		<b>Step 4: Implementation</b>		<b>Step 5: Supervise</b>				
	Hazard / Causes	Severe	Prob	Assessment	Mitigation Measure	New Assessment	Method		CW/CC Initials	OFC Initials			
	Inclement Weather	IV	E	Low	PT location is indoors reducing severity	Low	Cadets given copy of recall plans and notified via GroupMe of location changes and possible hazards		NN	R			
	Pulled Muscles	III	D	Low	Proper stretching & Proper Form reduces prob	Low	Stretch before exercises begin, POC oversee and correct cadet form of exercises		NN	R			
	Twisted Ankles/Sprains & other lower body injuries	III	D	Low	Using facilities that are properly maintained	Low	Facilities are maintained by Tulane University. Any issues will be reported to Tulane		NN	R			
	De-Hydration / Heat Related Injuries	III	C	Medium	Water made available & properly trained Prsnl reduces prob & severity	Low	Cadets bring own water bottles, fountain at facility, Ensure hydration breaks are taken, Cadre CPR qual		NN	R			
	Heart Attacks & other unforeseen Health hazards	II	D	Medium	Proper health screening & questionnaires reduce prob	Low	Cadets will not be allowed to participate unless sports physical/DoDMerb & health questionnaires are current		NN	R			
	<b>Overall Risk Assessment</b>			Medium	<b>Overall Risk After Controls</b>	Low	Det/CC Approval if more than Medium		<b>Det/CC Initials</b>	N/A			

3. Wing Physical Training (WPT)													
<b>A. Situation</b>	PT 4 – Cardio												
<b>B. Date/Time</b>	Thursday (30 Jan 20) from 0600 to 0700												
<b>C. Form-Up Location</b>	Audubon Park (AP)												
<b>D. UOD</b>	Physical Training Gear (PTG) Note: Cadets not issued UOD will wear conservative gym attire with white socks and tennis shoes												
<b>E. Execution</b>	<b>Cadets</b>	<b>Activity</b>			<b>Location</b>		<b>Time</b>		<b>Objectives</b>		<b>POC</b>		
	ALL	Dynamic Warmup			AP		0600-0615		33		PFO		
	ALL	Warrior Run			AP		0615-0640		33		PFO		
	ALL	Cadet-Led Core Workouts			AP		0640-0650		33		PFO		
	ALL	Cool Down Stretches			AP		0650-0700		33		PFO		
<b>F. Inclement Weather</b>	Projected Weather Forecast: (Source: <a href="http://weather.com">http://weather.com</a> )	Showers	High:	65°F	Low:	53°F	Precip:	30%	Winds/ Gusts:	9 mph	CAO Date:	21 Jan 20	
	Impact Plan:	In case of inclement weather, PT will be conducted indoors at the Reily Center.  The Det 320 CW/CC will ensure all cadets are notified ASAP as to the mitigation plan / cancellation of PMT.											
<b>G. Risk Management</b>	IAW AFROTCI36-2011, para 1.13.7 Risk management has been incorporated into all facets of the detachment, to include the training program. This 5-step Deliberate process is IAW AF190-802 Risk Management. Any activity determined to be of medium or high risk after control measures are implemented must receive Det Commander approval.												
	<b>Step 1: ID Hazards</b>		<b>Step 2: Assess Risk (see Risk Matrix)</b>		<b>Step 3: Controls Measure</b>		<b>Step 4: Implementation</b>		<b>Step 5: Supervise</b>				
	Hazard / Causes		Severe	Prob	Assessment	Mitigation Measure	New Assessment	Method		CW/CC Initials	OFC Initials		
	Inclement Weather		IV	E	Low	PT location is indoors reducing severity	Low	Cadets given copy of recall plans and notified via GroupMe of location changes and possible hazards		NN	10		
	Pulled Muscles		III	D	Low	Proper stretching & Proper Form reduces prob	Low	Stretch before exercises begin, POC oversee and correct cadet form of exercises		NN	10		
	Twisted Ankles/Sprains & other lower body injuries		III	D	Low	Using facilities that are properly maintained	Low	AP contained a flat finished track which is maintained by the City of New Orleans		NN	10		
	De-Hydration / Heat Related Injuries		III	C	Medium	Water made available & properly trained Prsnl reduces prob & severity	Low	Cadets bring own water bottles, fountain at facility, Ensure hydration breaks are taken, Cadre CPR qual		NN	10		
	Heart Attacks & other unforeseen Health hazards		II	D	Medium	Proper health screening & questionnaires reduce prob	Low	Cadets will not be allowed to participate unless sports physical/DoDMerb & health questionnaires are current		NN	10		
	<b>Overall Risk Assessment</b>				Medium	<b>Overall Risk After Controls</b>	Low	Det/CC Approval if more than Medium		<b>Det/CC Initials</b>	N/A		

4. PMT Breakdown (units = hrs)							
PMT Weekly Max: 5 hrs without Det/CC approval IAW AFROTCI36-2011 para 10.3.4.4	Cadet	LLAB	POC LAB	PT	FTP Hr	Total Hours	Waiver Required
	IMT (AS100)	2	N/A	1	N/A	3	NO
	FTP (AS200)	2	N/A	1	N/A	3	NO
	ICL (AS300)	2	N/A	1	N/A	3	NO
	SCL (AS400)	2	N/A	1	N/A	3	NO
	ECL (AS700/800)	N/A	N/A	N/A	N/A	N/A	NO

5. Approval								
A. CW/CC Signature	//SIGNED//							
	NATHAN-CUONG V. NGUYEN, C/Col, AFROTC Commander, 320th AFROTC Cadet Wing							
B. OFC Approval / Signature	<input checked="" type="checkbox"/>	APPROVE	<input type="checkbox"/>	DISAPPROVE			DATE:	24 Jan 2020
								
	ADAM C. POULIN, Capt, USAF Operations Flight Commander, AFROTC Detachment 320							

6. PMT Time Deviation Waiver Approval (if applicable)								
A. Guidance	IAW AFROTCI 36-2011, paragraph 10.3.4.4, deviations from the mandatory PMT maximum time limits must be approved by the Detachment/CC in writing and must be reasonable and justifiable. Blanket deviation statements are not authorized. Each instance must be addressed individually.							
B. Deviation	Cadets Affected		Deviation Amt		Total PMT			
C. Justification								
B. Det/CC Approval / Signature	<input type="checkbox"/>	APPROVE	<input type="checkbox"/>	DISAPPROVE			DATE:	
	ROBERT B. RUSSELL, Lt Col, USAF Commander, AFROTC Detachment 320							