	TULANE UNIVERSITY	21 Jan 2020
	Air Force ROTC	
	Detachment 320	
TORCE RO.	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 OPORI PMT activities. IAW AFROTCI 36-2010, para 10.3, participation in voluntary PMT or non-PMT activities are not tracked for attend towards accomplishment of any LLAB objectives. The Air Force is not legally or medically liable for any injuries obtained while pathat are not considered mandatory PMT events. Such injuries could result in loss of AFROTC status and benefits.	ance nor do they count
Guidance	All cadets have access to the following instructions via the "Cadet Materials" file located on the Cadet Wing Google Drive - AFROTC136-2011, Cadet Operations - T-508, Cadet's Guide to LLAB Curriculum - 320th Cadet Wing OPLAN, Spring 2020	

A. Situation	aboratory (LLAB)			TIAR	3 _ T	ntroducti	on to I	Field Trai	ning II			.,,	
B. Date/Time								m 0600 t					
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			ivity		Location		Time			Objectives	PC	C
	ALL	Warri	or Kno	wledge Q	uiz	Classro	oom	060	0-0605		15, 18, 34	SQ/	CC
	ALL	Road	Guard	l Procedu	res	Classroom Drill Pad		0605-0620			11, 12	MSG/CC	
•	ALL	Basi		and Paraching	de	Drill l	Pad				5, 6	SQ/CC	
	ALL		ng Lea	on to Fiel dership, l		Classroom 0700-0735			34	CW/CC			
	ALL		Review of Proper Form and Instructions for PFA				Classroom		0735-0755		15, 33 OG MSC		
	ALL	Anno		ents and .	Air	Classro	oom	075	0755-0800		8	CW	/CC
F. Inclement Weather	Projected Weather Forecast: (Source: http://weather.com)	Showers	3	High:	68"F	Low:	53°F	1 4 1 1		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 will be explained and videos will be used to show movements; at this time, cadets will also have an opportunity to remain the Det 320 CW/CC will ensure all cadets are notified ASAP as to the mitigation plan / cancellation of PMT.							an opportunity to rev				
G. Risk Management	IAW AFROTCI36-2011, par process is IAW AFI90-802 A approval.	1.13.7 Risk	manage	ment has been	іпсогро	rated into all	facets of	the detachm	ent, to incl	ude the tra	ining program. This		
J	Step 1: ID Hazards		Step 2: Assess Risk (see Risk Matrix)				Step 3: Controls M				tep 4: mentation	Step 5: Supervise	
	Hazard / Causes	Severe	Prob	Assessme	nt	Mitigation Measure		New Assessment		N	1ethod	CW/CC Initials	OFC Initials
	Inclement Weather	IV	E	Low	]	LLAB is in		Low	LL g no	iven copy ( tified via G	on is indoors, cadets of recall plans and broupMe of location i possible hazards	NN	A)
	Overall Risk Assessment			Low		Overall R After Con		Low	I		pproval if more Medium	Det/CC Initials	N/A

A. Situation	PT 3 – Strength Workout													
B. Date/Time	Tuesday (28 Jan 20) from 0600 to 0700													
C. Form-Up Location	Brown Quad (BQ)													
D. UOD	Physical Training Gear (PTG)													
	Note: Cadets not issued UOD will wear conservative gym attire with white soc								hite socks	and tennis	shoes			
E. Execution	Cadets Acti			vity Location			Time			bjectives	PC	C		
	ALL					BQ	)	0600	-0615		33	PFO		
	ALL	Stren	gth Da	y Exercises		BQ	)	0615	-0650		33	PF	O.	
	ALL			1 Stretches		BQ		0650	-0700		33		PFO	
F. Inclement Weather	Projected Weather Forecast: (Source: http://weather.com)	Mostly 5	Sunny	High: 6	8°F	Low:	60°F	Precip:	20%	Winds/ Gusts:	10 mph	CAO Date:	21 Jan 20	
G. Risk	Impact Plan:  IAW AFROTCI36-2011, par process is IAW AFI90-802 R	The Det	320 CW	ement has been in	re all ca	adets are	notified	I ASAP as to	the mitig	gation pla lude the tra		is 5-step Deli	berate	
Management	Commander approval.  Step 1:		Ston	2.	l e.	ton 2. C	`antual	Massuma		C+o	n 4:	Star		
	ID Hazards	1	Step Assess ee Risk	Risk	Step 3: Controls Mea		s ivieasure			Step 4: mplementation		Step 5: Supervise		
	Hazard / Causes	Severe	Prob	Assessment	Miti	Mitigation Measure		New Assessmen	nt	Method		CW/CC Initials	OFC Initia	
	Inclement Weather	IV	Е	Low				Low	Cad	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 & Low Stretch before exercises Proper Form begin, POC oversee and correct cadet form of exercises		NN	<del> </del>						
					Ī	Proper Fo	om	LOW	be	correct ca	det form of	1414	R	
	Twisted Ankles/Sprains & other lower body injuries	III	D	Low	Usir	Proper Fo	orm orob ies that erly	Low	Fac	correct ca exercilities are fulane Uniques sues will l	det form of	NN	N	
	Ankles/Sprains & other	III	D		Usir	Proper For reduces p ng facilit are prope	orm  orob  ies that  erly  ed  ade  e &  ained  es prob		Fac T iss	correct ca exer illities are fulane Uni sues will l Tu adets brir ttles, foun	det form of reises maintained by iversity. Any be reported to			
	Ankles/Sprains & other lower body injuries  De-Hydration / Heat			Low	Usir to proper Prsi	Proper For reduces p ng faciliti are prope maintain Water ma available operly tra nl reduce	orm prob  ies that erly ed  ade e & ained ss prob ity alth g & aires	Low	Fac T is: CC bot Ens t: Ca to j phyy qu	correct ca executive are value Unisues will to Tu ladets brir tales, foun bure hydra aken, Cad dets will i participate sical/DoE estionnain	det form of reises maintained by iversity. Any per reported to lane ag own water tain at facility, tion breaks are	NN	10	

A. Situation						PT 4	– Cardi	io					
B. Date/Time				Thurs	day (3			n 0600 to	0700				*********
C. Form-Up			···			udubor							*****
Location					P	Mannoi	цгак	(AF)					
D. UOD	Physical Training Gear (PTG)												
		not issued UO	not issued UOD will wear conservative gym attire with white s					ks and tennis	shoes		***		
E. Execution	Cadets		Acti	ivity		Location		Time			Objectives		)C
	ALL	Dy	namic/	Warmup		AP		060	0-0615	5	33	PFO	
	ALL		Warrio	or Run		Αŀ	2	061	5-0640	)	33	PF	·O
	ALL	C	adet-L Worl	ed Core kouts	- Lucian Management	AP		064	0-0650	)	33	PFO	
	ALL	Cool Down				AP		065	0-0700	00 33		PFO	
F. Inclement Weather	Projected Weather Forecast: (Source:	Showers	S	High:	65°F	Low:	53°F	Precip:	30%	Winds/ Gusts:	9 mph	CAO Date:	21 Ja 20
	http://weather.com)			annum									
	Impact Plan: In case of inclement weather, PT will be conducted indoors at the Reily Center.												
		The Det	320 CV	V/CC will ens	ure all	cadets are	e notified	I ASAP as i	to the mi	itigation pla	n / cancellation o	of PMT.	
G. Risk Management	IAW AFROTCI36-2011, par process is IAW AFI90-802 R	a 1.13.7 Ris	sk manag	ement has been	incorpo	rated into	all facets o	of the detach	ment, to i	nclude the tra		is 5-step Deli	iberate
G. Risk Management	process is IAW AFI90-802 R Commander approval.  Step 1:	a 1.13.7 Ris Risk Manage	sk manag ment. An Step	ement has been y activity deter 2:	incorpo mined to	rated into a be of med	all facets o	of the detach	ment, to i control m	nclude the tra neasures are it	ining program. Th	is 5-step Deli	
	process is IAW AF190-802 R Commander approval.	a 1.13.7 Ris Pisk Manage	sk manag ement. An Step Assess	ement has been by activity deter 2: Risk	incorpo mined to	rated into a be of med	all facets o	of the detach gh risk after	ment, to i control m	nclude the tra neasures are in Ste	ining program. Th nplemented must r	is 5-step Deli eceive Det	5:
	process is IAW AFI90-802 R Commander approval.  Step 1:	a 1.13.7 Ris Pisk Manage	sk manag ment. An Step	ement has been by activity deter 2: Risk	incorpo mined to	rated into a be of med	all facets of dium or hi	of the detaching the risk after  Measure  New	ment, to i	nclude the tra neasures are it Ste Implem	ining program. The mplemented must represented must represented must represented the management of the	is 5-step Deli eceive Det  Step Super	o 5: rvise
Management	process is IAW AFI90-802 R Commander approval. Step 1: ID Hazards	a 1.13.7 Ris Risk Manage	sk manag ment. An Step Assess ee Risk	ement has been y activity deter  2:  Risk  Matrix)	incorpo mined to S	rated into a be of med	all facets of dium or his Controls  Measure on is ducing	of the detaching the second of the detaching the second of	ment, to i control m	Ste Implem  Me  Cadets given plans and GroupMe changes a	ining program. The option of t	is 5-step Deli eceive Det Step Super	OFC
Management	process is IAW AFI90-802 R Commander approval.  Step 1: ID Hazards  Hazard / Causes	a 1.13.7 Ris Risk Manage (s Severe	Step Assess ee Risk Prob	ement has been by activity deter  2:  Risk  Matrix)  Assessmen	s S Mit	rated into a be of med  Step 3: C  tigation M  PT location doors red	all facets of dium or hid Controls  Controls  Measure  on is ducing y  ching & corm	of the detaching the risk after  S Measure  New Assessm	ment, to i control m	Ste Implem  Me Cadets given plans and GroupMe changes a haz Stretch befi begin, POC correct ca	ining program. The mplemented must rep 4: nentation without copy of recall notified via of location nd possible	is 5-step Deli eceive Det Step Super CW/CC Initials	5:
Management	process is IAW AFI90-802 R Commander approval.  Step 1: ID Hazards  Hazard / Causes  Inclement Weather	a 1.13.7 Ris lisk Manage (s Severe	Step Assess ee Risk Prob	2: Risk Matrix) Assessmen Low Low	S Min	rated into a be of med tigation Medical Report Severity oper stretce Proper Fo	all facets of dium or his Controls  Measure on is ducing y ching & orm prob	New Assessm Low	ent C	Ste Implem  Me  Cadets given plans and GroupMe changes a haz  Stretch befi begin, POC correct ca exei	ining program. The mplemented must rep 4: nentation  ethod  copy of recall notified via of location and possible eards for exercises coversee and det form of	is 5-step Deliceive Det  Step Super  CW/CC Initials  NN	OF: Initia
Management	process is IAW AFI90-802 R Commander approval.  Step 1: ID Hazards  Hazard / Causes  Inclement Weather  Pulled Muscles  Twisted Ankles/Sprains & other	a 1.13.7 Ris lisk Manage  (s Severe  IV	sk management. An  Step Assess ee Risk Prob  E	ement has been y activity deter  2: Risk Matrix) Assessmen  Low  Low	s Mit in Pro	rated into a be of med be of the be	all facets of dium or hid Controls  Controls  Measure  on is fucing y  ching & orm  prob  ties that erly  ned  ande  e & anined  es prob	New Assessm Low Low	ent C	Ste Implem  Me  Cadets given plans and GroupMe changes a haz Stretch befi begin, POC correct ca exei P contained grack which y the City of Cadets brin ottles, foun nsure hydra	ining program. The mplemented must rep 4: nentation  ethod copy of recall notified via of location and possible tards ore exercises coversee and det form of recises I a flat finished is maintained	is 5-step Delieceive Det  Step Super  CW/CC Initials  NN	OFC Initia
	process is IAW AFI90-802 R Commander approval.  Step 1: ID Hazards  Hazard / Causes  Inclement Weather  Pulled Muscles  Twisted Ankles/Sprains & other lower body injuries De-Hydration / Heat	a 1.13.7 Ris lisk Manage  (s Severe  IV  III	sk management. An  Step Assess ee Risk Prob E	2: Risk Matrix) Assessmen Low Low	Pro Usi	rated into a be of med to be of the to be of	all facets of dium or hid Controls  Controls  Measure on is flucing y  ching & corm prob ties that erly ned lade e & ained es prob ity ealth g & naires	New Assessm Low Low	ent C	Ste Implem  Me  Cadets given plans and GroupMe changes a haz  Stretch begin, POC correct ca exei P contained track which y the City of Cadets brin oottles, foun nsure hydra taken, Cad	ining program. The mplemented must rep 4:  nentation  ethod  copy of recall notified via of location and possible eards  ore exercises  coversee and det form of recises  a flat finished is maintained of New Orleans are own atertain at facility, tion breaks are	is 5-step Delicective Det  Step Super  CW/CC Initials  NN  NN	OFC Initia

4. PMT Breakdown (units =	hrs)						
PMT Weekly Max: 5 hrs	Cadet	LLAB	POC LAB	PT	FTP Hr	Total Hours	Waiver Required
without Det/CC approval	IMT (AS100)	2	N/A	1	N/A	3	NO
IAW AFROTCI36-2011 para 10.3.4.4	FTP (AS200)	2	N/A	1	N/A	3	NO
	ICL (AS300)	2	N/A	1	N/A	3	NO
Vinite in the second se	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	//SIGNED//			
Signature	NATHAN-CUONG V. Commander, 320th AF	NGUYEN, C/Col, AFROTC		
	Commander, 520th Ar	KOTC Cadet Willig	1	
	APPROVE	- DISAPPROVE	DATE:	24 Jan 2020
B. OFC Approval /	h Ch			
Signature	ÁDAM C. POULIN, C			
	Operations Flight Com	mander, AFROTC Detachment 320		
6. PMT Time Devia	ation Waiver Approval (	if applicable)		
		ragraph 10.3.4.4, deviations from the mandato		
A. Guidance	in writing and must be reasor	nable and justifiable. Blanket deviation statem	ents are not authorized. Each instance m	ust be addressed individually.
B. Deviation	Cadets Affected	Deviation Amt	Total PMT	
				***
C. Justification		I		
	, ppp over	DIG 1 DDD OI ID	DATE	
D D 1/00	APPROVE	DISAPPROVE	DATE:	
B. Det/CC Approval /			w	
Signature	ROBERT B. RUSSELI			
	Commander, AFROTC	Detachment 320		