5. EPFA EVENTS

1-Mile run (1st)
The 1-Mile run measures your aerobic fitness and endurance of the leg muscles and raising one's VO2 max. The candidate must complete the run without any physical help. All candidates will line up behind the starting line. On the command go the clock will start. The candidate will begin running at their own pace. Candidates must complete the designated 1-Mile distance prior to moving to the next event. Although walking is authorized, it is strongly discouraged. If the candidate is physically helped in any way (For example, pulled, pushed, picked up or carried), or leaves the designated running course under any dishonest purpose (i.e., cut corners, hide in the woods, etc.), the event will be terminated. It is permitted to pace a soldier during the run if there is no physical contact with the paced soldier, and it does not physically hinder other soldiers from taking the assessment.

Dead Stop Pushup
Candidates will assume the pushup position; hands can be placed in whatever position is comfortable. When viewed from the side the body should form a generally straight line from the base of the neck to the heels of the feet. Candidates will lower their body until the chest meets the grounds and then lift both hands off the surface (no technique is specified i.e., "T" or "Hand-Release" pushups). Candidates will then push up off the surface, ensuring a generally straight form with their knees no longer in contact with the ground, and finish with their arms generally straight; the up position should mirror that of the original start position. This will count as one repetition. All candidates must conduct 30 dead stop pushups before moving onto the next portion of the EPFA. No repetition will count wherein the candidate's knees remain in contact with the ground during the execution of the repetition. Graders are encouraged to count the repetitions out loud for the candidate. If the candidate fails to complete a repetition in the described manner, the grader will repeat the last correctly executed number. This will continue until the candidate executes 30 correct pushups. Candidates may stop at any time and rest in whatever position they choose but will not be allowed to continue until all repetitions are completed. The Candidate must return to the original starting position after taking any rest break prior to resuming the event.

100 Meter Sprint
Candidates will move to and through the start line and sprint 100 meters to a designated finish line. Candidates must complete a total sprint of 100 meters on the validated course. Candidates can choose to complete the exercise at whatever pace to complete the event; however, they must finish prior to moving on to the next event.

Sandbag Lift
Candidates will start with 16 sandbags (weighing approx. 40lbs ea.) on the ground immediately in front of a five-foot six-inch (5 1/2') platform. The sandbags must be picked up and placed on the platform using any method necessary to place 16 sandbags on the platform. The exercise is not completed until all sixteen sandbags have been placed appropriately on the platform. Graders should observe and count each sandbag, ensuring that this task has been completed prior to the candidate moving to the next event. If a sandbag falls off the platform throughout the execution of the event, the candidate must replace that sandbag and will only move on once all sandbags are securely on the platform. Only then can the candidate move to the next event. Graders are not authorized to help the candidate in any way i.e., moving sandbags out of the way, throwing sandbags down before 16x have been placed, etc.
https://www.mvs.usace.army.mil/Portals/54/docs/FloodFight/resources/EOC_Sandbag_brochure.pdf

50 Meter Water Can Carry
Candidates will move to the ready line where two Army issued, five-gallon Water cans, filled to capacity with water, and weighing approximately 40 pounds each, will be located. The candidate will move the water cans 50-meters to a designated location to conclude the exercise. Candidates may use any method to CARRY the water cans to the designated endpoint. Candidates can set the cans down as many times, as necessary. Dragging or throwing the water cans at any point is not authorized. If the grader observes any of these actions, the candidate will be instructed to move the cans back to the start point and repeat the event correctly. Candidates cannot intentionally remove any water from the water

cans. If observed, the grader will remove the candidate from the EPFA event as a NO-GO for violation of integrity. The event is complete when both cans are in the upright position at the designated endpoint. At this point the candidate will move to the next event.

50 Meter Movement Lane
This event consists of two separate lanes, which utilize two separate individual movement techniques required when moving under fire. Each movement will be conducted over 25 meters each.
   a. Move using high crawl technique across 25 meters. This movement technique affords a candidate to move faster than the low crawl while maintaining a low silhouette.
        1. Keep your body off the ground, resting your weight on your forearms and lower legs.
        2. Keep your knees well behind your buttocks, with hips down to stay low.
        3. Move forward by alternately advancing your right elbow/left knee, and left elbow/right knee.
        4. No other movement technique is authorized (i.e., "bear crawl," "crab crawl").
   b. Move using rush technique across 25 meters. The rush is the fastest way to move from one position to another.
        1. Begin in the prone position.
        2. Raise your head and select your next position.
        3. Lower your head, draw your arms into your body, pull your firing side leg forward and raise your body.
        4. Get up quickly, run for 3-5 seconds to your next position and plant both feet.
        5. Assume a prone position (note: this technique is commonly referred to as Point, Post, Sprawl)
        6. Post the non-firing hand on the ground as you do a rear or forward lunge.
        7. Kick your legs rearward and out so that your body lays naturally on the ground in good firing position and reacquire the target.
        8. Repeat this three times (approx. ~8meter bounds) ending in the prone position prior to moving to the next event. Graders should ensure that the proper movement technique is performed for each section of the event. If the candidate fails to conduct the appropriate technique for that portion of the event properly, the grader will instruct the candidate to move back to the start point and complete the specific portion appropriately (i.e., improper technique on 3-5 second rush, the candidate will move back to start point for the 3-5 second portion; not the high crawl). The event is complete when the candidate passes the designated event finish line in the prone position.

1-Mile run (2nd)
All candidates will move to the designated start line and continue moving until complete with a 1-mile run on a designated route in the same general manner they completed their first 1-mile run. Candidates may run at their own pace to complete the required 1-Mile distance. Candidates must complete the run without any physical help. Although walking is authorized, it is strongly discouraged. If a candidate is physically helped in any way during any portion or event (For example, pulled, pushed, picked up or carried), the event will be terminated. It is permitted to pace a soldier during either run, or any event so long as there is no physical contact with the paced soldier, and it does not physically hinder or help other soldiers taking the assessment. The 2nd mile run can be completed on the same designated route, or a separate route based on the unit's validated EPFA layout.

6.   COORDINATING INSTRUCTIONS
    • Candidates CANNOT protest this event.
    • The events will be conducted in the order prescribed above.
    • Graders will instruct the candidate to move to the next event only after the previous event has been completed correctly under the above prescribed stipulations.
    • The unit should provide enough graders to evaluate the configured lanes and to accommodate their specific population of candidates while planning for backlogs on lanes.
    • Units should make every effort to ensure each lane, and the transitions to and from the 1-mile runs, are as equal/fair as possible given the terrain available. However, based on the layout, some lanes may be further from the start/stop point of the run than others.
    • Candidates may take as much time as they need to complete the repetitions and/or each event properly.
    • Candidates have the option to move to a lane which is further away or wait for a closer lane, but the candidate must not exceed the prescribed time of 26:30.

• To alleviate backlogs, candidates should be broken down into Ability Group Runs (AGR) or near equal ability.

• Grader Expectations – graders should not interfere with the candidate's performance of the event and when viewed from the outside should be seen as facilitating and guiding the event. Examples of interfering includes, but is not limited to, helping, assisting, screaming, berating, or confusing a candidate who is attempting to earn their badge. This event is an individual event and any grader observed or perceived doing these or anything like those mentioned WILL BE immediately removed from the EPFA site and further grading responsibilities.