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| **Prepared By:** | | | | **SIGNATURE** | | | | |
|  | | | | | | | | |
| **IDENTIFY HAZARDS** | | **ASSESS HAZARDS** | **MAKE RISK DECISIONS** | | | | **IMPLEMENT CONTROLS** | **SUPERVISE** |
| **STEP** | **HAZARD** | **INITIAL RAC** | **CONTROLS** | | **RESIDUAL RAC** | | **HOW TO IMPLEMENT** | **HOW TO SUPERVISE** |
| All | -Dehydration  -Heat Injury | IIB2 | -Marines will be required to have a water source.  -Continuous hydration.  -Encourage Marines to be properly rested, fed and hydrated prior. | | IIC3 | | -Brief Marines that water source is required.  -CPTRs allow continuous hydration. | -Check Flag conditions.  -Water coolers available for refill. |
|  | -Sprains  -Strains | IIIC4 | -Dynamic warmup.  -Individual stretching. | | IVD5 | | -Integrate dynamic warmup. | -Direct supervision by CPTRs. |
|  | -Lacerations | IIIC4 | -Instruct Marines to remove ID tags, jewelry.  -Conduct “sweep” of training area.  -Conduct on grass field. | | IVD5 | | -Pre-event brief. | -Direct supervision by CPTRs. |
|  | -Trips/Slips while running. | IIIB3 | -Conduct “sweep” of training area.  -Conduct event on dry surface. | | IIIC4 | | -Pre-event brief. | -Direct supervision by CPTRs. |
|  | -Motorist collides with participants. | IIIC4 | -Conduct training on track, path or area free of vehicles.  -Post road guards at appropriate locations.  -Marines wear reflective belts or vests. | | IVD5 | | -Pre-event brief. | -Direct supervision by CPTRs. |
|  | -Lower extremity overuse injury. | IIIB3 | -Conduct progressive training.  -Task specific warmups to bones, ligaments, joints and muscles.  -Ensure footwear. | | IIIC4 | | -LOI  -Pre-event brief  -Demonstrations  -Integrate specific training. | -Direct supervision by CPTRs. |
|  | -Muscle strain. | IIIC4 | -Conduct progressive training.  -Task specific warmups to bones, ligaments, joints and muscles. | | IVD5 | | -LOI  -Pre-event brief  -Demo  -Integrate specific training. | -Direct supervision by CPTRs. |
|  | -Lower Back injury. | IIIB3 | -Proper technique emphasized in progressive training.  -Effective cueing during event by monitors.  -Dynamic Warmup that includes lower back and hamstring flexibility exercises. | | IIIC4 | | -LOI  -Pre-event brief  -Demo  -Integrate specific training. | -Direct supervision by CPTRs. |
|  | -Slips/Falls while changing directions. | IIIB3 | -Proper technique emphasized in progressive training.  -Effective cueing during event by monitors.  -Conduct event on dry surface. | | IIIC4 | | -LOI  -Pre-event brief  -Demo  -Integrate specific training. | -Direct supervision by CPTRs. |
|  | -Shoulder Injury. | IIIC4 | -Proper technique emphasized in progressive training.  -Effective cueing during event by monitors.  -Dynamic Warmup that includes lower back and hamstring flexibility exercises. | | IVD5 | | -LOI  -Pre-event brief  -Demo  -Integrate specific training. | -Direct supervision by CPTRs. |
|  | -Heat Casualty. | IC2 | -Check the wet bulb globe temperature index prior to event start.  -No physical training will be done under black flag conditions. | | IIC3 | | -Reschedule PFT to a time/temperature permitting conditions to be safely conducted.  -Brief Marines on heat conditions. | -Be aware of the heat conditions.  -Maintain accountability of the Marines. |
|  | -Ankle Injury. | IIB2 | -Insure proper footing. | | IIIC4 | | -Brief Marines to use the steps when dismounting the bar. | -Continually scrutinize methods being used by Marines conducting CFT. |
|  | -Joint Injury. | IIB2 | -Use proper push-up techniques with ammo lifts.  -Slowly place weight on joints by utilizing the steps provided. | | IIIC4 | | -Brief proper pull-up with ammo can techniques prior to starting the event. | -Continually scrutinize methods being used by Marines conducting CFT. |
|  | -Lost or Missing Marine. | IIIC4 | -Take a roll call prior to departure and between events. | | IIID5 | | -Brief route before movement and start of course. | -Use a guides at intersections. |
|  | -Rain/Wet surface. | IIB2 | -Marines will be prepared to continue in inclement weather.  -During the run Marines will watch their step. | | IIIC4 | | -Identify any wet areas prior to the PFT.  -Brief runners on locations. | -be aware of the weather condition prior to the event. |
|  | -Lightning. | IIB2 | -Brief Marines of possibility of lightning during event. | | IIIC4 | | -Check weather for possibility of storms in area before starting events. | -Cancel the event when lightning is present. |
|  | -COVID 19 | IIB2 | -Brief Marines of possibility of COVID 19 during event. | | IIIC4 | | -Insure all Marines have a mask. | -Direct supervision by CPTRs |
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| **CEASE TRAINING CRITERIA:** Any person present may call cease training if they witness an unsafe act.  Once the situation is rectified, the Head CPTR will give the command to resume training. | | | | | | | | |
| **MEDEVAC PLAN:**  **On Site Capabilities: Emergency Response Services**    **Nearest Facilities:**      **Transportation Means: Ambulance, Government Vehicle and or POV**    **Emergency Contact Numbers:**  **1.Emergency Services: 911** | | | | | | | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Risk Assessment**  **Matrix** | | **Probability** | | | | | A | B | C | D | | **Severity** | I | **1** | **1** | **2** | **3** | | II | **1** | **2** | **3** | **4** | | III | **2** | **3** | **4** | **5** | | IV | **3** | **4** | **5** | **5** | | | **OVERALL RISK LEVEL:**  **(select one)**  RAC 1(Critical)  RAC 2(Serious)  **RAC 3(Moderate)**  RAC 4(Minor)  RAC 5(Negligible) | | | | **RISK DECISION AUTHORITY:**        **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**    **Commanding Officer/Officer In Charge** | | |