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CONTROLLED UNCLASSIFIED INFORMATION



USAFRICOM

ACFT CONOP

15 March 2024

UNCLASSIFIED

U S A F R I C O M



RSWG-HAWG ACFT CONOP

Mission Statement:

Conduct ACFT for personnel stationed on continent to meet Army Directive 2022-05

CDR's Intent

Conduct ACFT during 2024 RSWG-HAWG conference to allow personnel who are in locations with lack of equipment to meet Army Directive 2022-05

Key Tasks

Conduct ACFT
Ensure scorecards are signed and complete



Service & Support:

Will use MP area/equipment as well as AFRICOM equipment

of Test Takers by Type

- 16x (Run)
- 1x (Walk)

Schedule

1200: Support personnel meet up for ACFT Equipment pick-up / set-up
1250: Personnel taking ACFT arrive
1300 - UTC: Roll Call / ACFT Briefing / Start
Completion:
• Ensure all test takers have signed scorecard
• Finish tear down

HT/WT Details

- Date: 13 Mar 24
- Time: 0635
- Location: Gym

Equipment / Personnel List

MP Equipment

- 1x Hexagon Bar
- 1x Medicine Ball
- 1x Measuring Tape
- 2x Kettlebells
- 2x Barbell Collars
- 1x Sled
- 8x 45lb plates
- 2x 35lb plates
- 2x 25lb plates
- 2x 15lb plates
- 4x 10lb plates

Kelley Equipment

- 3x Hexagon Bar
- 3x Medicine Ball
- 3x Measuring Tape
- 6x Kettlebells
- 6x Barbell Collars
- 3x Sled
- 6x 45lb plates
- 2x 25lb plates
- 4x 15lb plates
- 2x Bars for measuring SPT
- 4x Rags
- 9x Big Cones
- 12x Dome Cones
- 1x Big Clock
- 6x Stopwatches
- 1x HT/WT Tape Measure
- 1x ACFT Book

Personnel

- 1x OIC: COL Dickson
- 3x Grader Teams:
 - Lane 1: LTC Holmes
 - Lane 2: MAJ Thompson
 - Lane 3: SSG Schroeder
- 1x Support Personnel: SFC Santiago

MP POC

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HT/WT Tape Teams

Female Team: SSG Schroeder / LCDR Thorpe
Male Team: MSG Buttrum / SSG Fitt



FAQs / Notes

FAQs

- Do we want to provide a Water Source?
 - Bring your own water
- Are we going to conduct the Prep Drill?
 - No; Stretch on your own
- Are we reading the instructions before each event?
 - Yes
- Do we need to coordinate for a CLS or medical bag?
 - No; Will use base medical procedures for any medical emergencies/injuries
- Where is parking?
 - By the gym
- Where is a cleanup area?
 - Gym has showers
- Is run route marked?
 - Run route will be marked with cones; Personnel at turnaround point

Notes

- COA for 3-Rep Max Deadlift:
 - Will have 4 bars with various weights present:
 - 1 bar = 140 lbs [Min. Male standard]
 - 1 bar = 120 lbs [Min. Female standard]
 - 1 bar = 200 lbs
 - 1 bar = 240 lbs
 - If test takers want to go higher, graders/support personnel will put more weight on from remaining plates. If not enough weight, test takers will wait until other bars free up to use the weight on other bars. [This eliminates having to transport excess material.]
- HT/WT will be conducted after ACFT at the gym; Gym has calibrated scales and tape will be present
- Run Route is down and back – 0.5 mile; 2 miles = 4x down and back is 1); Run route was measured using a walking measuring tool

