# The overall classification of this briefing is CONTROLLED UNCLASSIFIED INFORMATION USAFRICOM **ACFT CONOP** 15 March 2024

# **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**

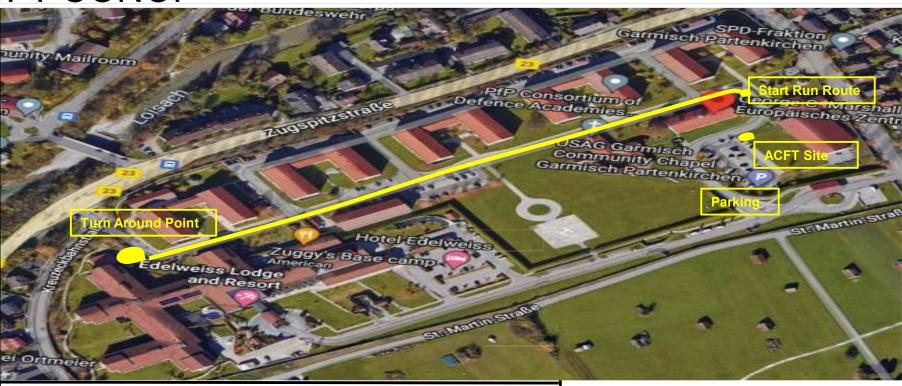
Conduct ACFT
Ensure scorecards are signed and complete

# 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