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FM DA WASHINGTON DC//DAMO-TR//
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INFO RUEADWD/DA WASHINGTON DC//DACS-ZA/DACS-ZD/DALO-ZA/DAPE-ZX/DAMO-ZA/DAMO-TRO/DAMO-TRI/DAMO-FDZ/DAMO-ODZ/AEN-ZC/DAPE-MPT/DAIM-ZA/DAMI-ZA//
BT
UNCLAS ALARACT 083/01 SECTION 01 OF 02
SUBJECT: CLARIFICATION AND REINFORCEMENT OF ARMY TRAINING POLICIES
REF/A/MESSAGE/ODCSOPS (DAMO-TR), DTG 08165OZ MARCH 1995, SUBJECT: APFT AND HEIGHT/WEIGHT REQUIREMENTS.
REF/B/MESSAGE/ODCSOPS (DAMO-TR), DTG 292039Z JANUARY 1999, POLICY CHANGE TO INSTITUTIONAL ARMY PHYSICAL FITNESS TESTING. REF/C/MESSAGE/ODCSOPS (DAMO-TR), DTG 131823Z AUGUST 1999, PLDC TRAINING REQUIREMENTS INCREASE. REF/D/AR 351-1, MILITARY EDUCATION AND TRAINING REF/E/AR 350-41, TRAINING IN UNITS. REF/F/AR 350-1, ARMY TRAINING AND EDUCATION (TO BE PUBLISHED). REF/G/FM 21-20, PHYSICAL FITNESS TRAINING.

1. THE PURPOSE OF THIS MESSAGE IS TO CLARIFY AND REINFORCE CURRENT ARMY TRAINING POLICIES IN THE FOLLOWING AREAS:

A. ARMY PHYSICAL FITNESS TEST (APFT) - THE POLICY IN MESSAGE RUEADWD5226 UNCLAS DTG 292039Z JANUARY 1999, SAB, IS AMENDED TO READ:

(1) PARAGRAPH 2 IS REVISED TO STATE, "THE NEW POLICY AFFECTS THE FOLLOWING FUNCTIONAL AND PROFESSIONAL DEVELOPMENT COURSES: PLDC, COMMON CORE BNCOC AND ANCOC, BATTLE STAFF NCO COURSE, FIRST SERGEANT COURSE, NON-RESIDENT SMC RESIDENT PHASE, RC CCC, AND WOAC".

(2) PARAGRAPH 3 IS REVISED TO STATE: "THE NEW POLICY MANDATES ALL SOLDIERS FOR THE ABOVE COURSES WILL TAKE THE APFT WITHIN 72 HOURS OF ENROLLMENT. IF THE SOLDIER FAILS THE INITIAL APFT, THE SOLDIER WILL BE PROVIDED ONE RETEST SEVEN TO FOURTEEN DAYS AFTER FAILURE OF THE INITIAL APFT. IF THE SOLDIER FAILS THE RETEST, THE SOLDIER WILL BE DISMISSED FOR FAILURE TO MEET APFT STANDARDS. SOLDIERS FAILING THE INITIAL APFT AND FOUND MEDICALLY UNQUALIFIED TO RETEST WITHIN THE REQUIRED PERIOD OF TIME (SEVEN TO FOURTEEN DAYS) WILL RECEIVE A MEDICAL DISMISSAL".

(3) PARAGRAPH 6 IS REVISED TO STATE, "THIS CHANGE DOES NOT AFFECT SOLDIERS REPORTING TO DRILL SERGEANT, AIRBORNE, OR RANGER SCHOOL, SPECIAL FORCES ASSESSMENT AND SELECTION, OCS, OR WOCS. (ALTERNATE APFT IS NOT APPLICABLE TO OCS AND WOCS)". THESE SOLDIERS MUST MEET THE APFT REQUIREMENTS FOR THESE COURSES AS ESTABLISHED BY TRADOC AND APPROVED BY ODCSOPS PER AR 350-41, PARA 9-8. B (13).

(4) RECORD APFT IS DEFINED AS AN APFT ADMINISTERED BY THE COMMANDER AND SPECIFIED BEFOREHAND THAT THE RESULTS ARE FOR RECORD, THIS IS TO INCLUDE A MAKE-UP OR RE-TEST APFT. A MAKE-UP OR RETEST APFT DOES NOT PREVENT A SOLDIER FROM TAKING THE NEXT RECORD APFT SCHEDULED BY THE COMMANDER. COMMANDER MAY ADMINISTER THE APFT AS OFTEN AS THEY WISH (FOR RECORD OR PRACTICE) AS LONG AS THEY ADHERE TO THE POLICY DESCRIBED BELOW:

A. THE ACTIVE ARMY (AC), ACTIVE GUARD/RESERVE (AGR) SOLDIERS WILL TAKE THE APFT FOR RECORD AT LEAST TWICE EACH CALENDAR YEAR. SOLDIERS IN THE ARNG TPUS WILL TAKE THE APFT FOR RECORD AT LEAST ONCE EACH CALENDAR YEAR.

B. A MINIMUM OF FOUR MONTHS WILL SEPARATE RECORD TESTS FOR AC, AGR AND USAR TPU SOLDIERS. A MINIMUM OF EIGHT MONTHS WILL SEPARATE RECORD TESTS FOR ARNG TPU SOLDIERS.

C. THE INTENT IS FOR AC, USAR AND AGR TO TAKE A RECORD APFT EVERY SIX MONTHS. MISSION REQUIREMENTS OFTEN PREVENT THE EVEN SPACING OF RECORD TESTS, THEREFORE, COMMANDERS ARE ENCOURAGED TO TEST SOLDIERS FOR RECORD AS CLOSE TO THE RECORD TEST WINDOW AS POSSIBLE.

D. AN APFT OTHER THAN TO MEET THE ABOVE REQUIREMENT IS NOT TO BE CONSIDERED A RECORD APFT. AN APFT GIVEN INDIVIDUALLY TO A SOLDIER IN PREPARATION FOR INSTITUTIONAL TRAINING IS A PRACTICE APFT. AN APFT GIVEN DURING INSTITUTIONAL TRAINING IS PART OF COURSE APPLICATION AND/OR REQUIREMENT. FLAGGING ACTION WILL ONLY APPLY TO RECORD APFT SCHEDULED BY THE COMMANDER.

E. INDIVIDUAL MOBILIZATION AUGMENTEE (IMA) AND INDIVIDUAL READY RESERVE (IRR) SOLDIERS WHO ARE ON TOURS OF ANNUAL TRAINING, ACTIVE DUTY TRAINING, OR ACTIVE DUTY SPECIAL WORK WILL TAKE A RECORD APFT WHEN THEY ARE PLACED ON TOURS OF DUTY FOR 12 OR MORE CONSECUTIVE CALENDAR DAYS. REGARDLESS OF THE NUMBER OF TOURS, THE RECORD APFT TAKEN DURING THE INITIAL TOUR WILL REMAIN VALID FOR SIX MONTHS.

(5) SOLDIERS 55 YEARS OF AGE AND OLDER NOW HAVE THE OPTION OF TAKING THE THREE-EVENT APFT OR THE ALTERNATE APFT. THE REQUIREMENT FOR AC AND USAR SOLDIERS TO TAKE THE APFT BI-ANNUALLY AND ARNG SOLDIERS ANNUALLY REMAINS UNCHANGED FOR SOLDIERS UNDER AGE 60. SOLDIERS AGE 60 AND OLDER HAVE THE OPTION OF TAKING THE APFT, HOWEVER, THEY MUST MAINTAIN A PERSONAL PHYSICAL FITNESS PROGRAM APPROVED BY A PHYSICIAN AND REMAIN WITHIN ARMY HEIGHT AND WEIGHT STANDARDS.

(6) SCORES ABOVE MAXIMUM AS REFLECTED IN THE FM 21-20 ON PAGE 14-19, FIGURE 14-8 APPLIED TO THE DA FORM 705, DATED JUNE 1986 AND IS NO LONGER AUTHORIZED FOR USE IN RELATION TO THE ARMY PHYSICAL FITNESS TEST. SCORES ABOVE MAXIMUM WERE NOT DEVELOPED FOR DA FORM 705, DATED JUNE 1998.

B. PREGNANCY AND INSTITUTIONAL TRAINING COURSES - AN ATTENDING PHYSICIAN MUST PROVIDE A DETERMINATION OF WHETHER COURSE GRADUATION REQUIREMENTS WOULD BE HARMFUL TO A PREGNANT SOLDIER. PREGNANT SOLDIERS MUST PROVIDE A COPY OF THE ATTENDING PHYSICIAN'S DETERMINATION, AS PART OF COURSE APPLICATION. IF IT IS DETERMINED THAT THE SOLDIER IS PREGNANT DURING THE COURSE, THE ATTENDING PHYSICIAN MUST MAKE A DETERMINATION IF CONTINUING THE COURSE WOULD BE HARMFUL TO THE PREGNANT SOLDIERS. A COPY OF THE PHYSICIANS' DETERMINATION WILL BE PROVIDED TO SCHOOL COMMANDANT/COMMANDER TO DECIDE WHETHER THE SOLDIER WILL CONTINUE OR BE DISMISSED FROM THE COURSE. DISMISSAL WILL BE CONSIDERED A MEDICAL DISMISSAL, THE SOLDIER WILL BE ELIGIBLE TO RETURN TO THE COURSE WHEN THE CONDITION THAT LED TO THE MEDICAL DISMISSAL NO LONGER EXISTS.

C. SHORT TOURS AND NCOES - ATTENDANCE AT NCOES (E.G. BNCOC, ANCOC) COURSES TDY AND RETURN IS NOT AUTHORIZED FOR SOLDIERS ON SHORT TOURS (12 MONTHS OR LESS).

D. RECLASS AND MEDICAL PROFILES:

(1) CURRENT POLICY STATES, SOLDIERS WITH TEMPORARY PROFILES THAT PREVENT FULL PARTICIPATION IN A COURSE WILL BE REMOVED FROM SCHOOL ATTENDANCE CONSIDERATION BY THEIR IMMEDIATE COMMANDER UNTIL THE TEMPORARY PROFILE IS REMOVED.

(2) SOLDIERS WITH A PERMANENT DESIGNATOR OF "3" OR "4" IN THEIR PHYSICAL PROFILE MUST INCLUDE A COPY OF DA FORM 3349 AND THE RESULTS OF THEIR MILITARY MEDICAL REVIEW BOARD (MMRB) AS PART OF THE COURSE APPLICATION. SOLDIERS WHO HAVE BEEN BEFORE A MMRB, AWARDED MEDICAL LIMITATIONS, ALLOWED TO RETAIN THEIR OCCUPATIONAL CLASSIFICATION WILL BE ELIGIBLE TO ATTEND APPROPRIATE COURSES AND

TRAIN WITHIN THE LIMITS OF THEIR PROFILE PROVIDED THEY CAN OTHERWISE MEET COURSE PREREQUISITES AND GRADUATION REQUIREMENTS.

(3) SOLDIERS RECEIVING TEMPORARY OR PERMANENT PHYSICAL PROFILE LIMITATIONS AFTER ENROLLING IN RESIDENT TRAINING COURSES WILL BE EVALUATED BY THE SCHOOL COMMANDANTS AND COMMANDER FOR CONTINUED ENROLLMENT. SOLDIERS WHO HAVE MET, OR WILL BE ABLE TO MEET GRADUATION REQUIREMENTS, WILL CONTINUE TO BE TRAINED WITHIN THE LIMITS OF THEIR PROFILE. SOLDIERS WHO ARE UNABLE TO MEET GRADUATION FINAL SECTION OF 02 REQUIREMENTS WILL BE RETURNED TO THEIR UNIT AND MAY, IF ELIGIBLE, RE-ENROLL LATER.

E. PLDC NO-SHOWS - POLICY STATES THAT SOLDIERS WITH VALID RESERVATION IN ATRRS, WHO FAIL TO SHOW FOR SCHEDULED PLDC CLASS WILL BE REMOVED FROM THE ORDER OF MERIT LIST (OML) FOR SIX MONTHS. THE SPECIAL COURT-MARTIAL CONVENING AUTHORITY IS APPROVAL AUTHORITY ON ANY REQUEST FOR A SOLDIER, WITH A VALID ATRRS RESERVATION, TO BE RELEASED FROM A PLDC CLASS. THIS AUTHORITY WILL NOT BE DELEGATED. MACOMS, SCHOOLS NCOS AND UNIT SCHOOL MANAGERS SHOULD ENSURE THAT SOLDIERS WHO CANNOT MAKE THEIR PLDC REPORT DATE ARE REMOVED FROM ATRRS IN A TIMELY MANNER. REQUESTS FOR REINSTATEMENT IN RELATION THOSE SOLDIERS THAT ARE CODED AS A NO SHOW WILL BE FAXED TO ODCSOPS, DAMO-TRI, DSN: 225-6818 OR COMM: (703) 695-6818 FOR DETERMINATION. MEMORANDUMS REQUESTING REINSTATEMENT SHOULD CONTAIN SUMMARY OF CIRCUMSTANCES RELATING TO NO SHOW AND SIGNED BY THE SPECIAL COURT-MARTIAL CONVENING AUTHORITY.

2. REQUEST YOU GIVE THIS MESSAGE WIDEST DISSEMINATION.

3. POC FOR THIS ACTION IS SGM PARKER OR SGM WYCHE DSN 224-8970 OR COMM (703) 614-8970

4. EXPIRATION DATE CANNOT BE DETERMINED.
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