

AFRCI40-501/434ARWSUP1

BY ORDER OF THE COMMANDER 434th AIR RESERVE WING

AIR FORCE RESERVE INSTRUCTION 40-501

434th WING

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8 July 1998

Medical Command

AIR FORCE RESERVE FITNESS PROGRAM

OPR: 434 ARW/XP (Lt Col Duane R. Schaefer)

Certified by: 434 ARW/XP (Lt Col Duane R. Schaefer)

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The 434 ARW OPR for this supplement is Lt Col Schaefer. This supplement implements and extends the guidance of AFRCI 40-501, 14 November 1997.

2.3.5.1. The course involves 3 clockwise laps on road around Fitness Center (starting line is drawn on road entering parking lot, while finish line is in front of gym doors), it continues from the Fitness Center to Bldg 600 (Alert Facility), to the far end of the parking lot and then reverse route to Fitness Center. A "tick mark" system will be used by the Primary Monitor at the finish line to record times with an assistant collecting "walk slips" containing the person's organization and name. This slip of paper contains information needed to maintain a pace that will allow individuals to complete the walk in the time allotted IAW one's age. (During winter months and inclement weather, the Fitness Center, bldg 563 will be used in extreme circumstances. One must complete 63 laps around the basketball court to complete 3 miles in the Fitness Center). Primary monitor must coordinate to have an in-place Basic Life Support (BLS) certified person present during the walking phase.

2.6.1. (Added) Military Personnel sends XP each unit's assigned strength (and Wing's) monthly. In December, personnel sends the quantity to XP to formulate the final close-out report for AFRC, depicting completion percentages for the Wing.

2.6.2. (Added) The Clinic sends XP quarterly reports of medically profiled walkers by organization for report computations.

2.9.4. (Added) Each 434 th member will complete an AFRC Form 48, Fitness Test Screening prior to engaging in the 3-mile walk. This will be filed in the Personnel Information File (PIF) located in each orderly room. Each Unit Fitness Monitor (UFM) will work with their UTAPS monitor to ensure everyone reviews their AFRC Form 48. If it is not their first unit walk, they may initial the previous year's questionnaire in the re-certification block(s) on the reverse side of the form.

3.1. Every squadron will manage their personnel's 3-mile walk. They will do this by using the roster produced monthly by XPA. This roster will include: who has/has not walked, passed/failed and times of individuals who have walked. 20 December of each year, squadron walk reps will forward number walked and number profiled to XPA.

3.1.2. Only the "Wing" depicted 3-mile walk course is sanctioned, (as mapped at Fitness Center).

- 3.1.3. (Added) The following items will be briefed prior to any member walking, (also on checklist):
- 3.1.3.1. (Added) Participants **MUST** understand that they should terminate physical fitness testing **IMMEDIATELY** when they feel any sign of physical impairment, or loss of normal functions/senses. **DO NOT** place yourself in danger by over-extending your physical capabilities.
 - 3.1.3.2. (Added) Fill out the “walk slip” with your name, squadron and age, and carry this with you during the walk. Anyone not turning in their paper will not receive credit for the walk. This slip of paper contains information needed to maintain a pace that will allow each member to complete the walk in the time allotted.
 - 3.1.3.3. (Added) Absolutely no jogging or running. Anyone doing so will be automatically disqualified. There will be monitors along the course to watch for offenders.
 - 3.1.3.4. (Added) It is recommended that you stretch and loosen up sufficiently before the walk.
 - 3.1.3.5. (Added) You must walk at a brisk pace to complete this walk within your time allotted.
 - 3.1.3.6. (Added) There will be water available at the finish line.
 - 3.1.3.7. (Added) Units sponsoring the walk each weekend must specifically coordinate for EMTs at the Fire Department who will be on call in case of any emergency during the walks. BLS personnel must attend the walk to monitor it as it proceeds from the Fitness Center, (mobility on the route during the walk is highly encouraged for the BLS monitor) 2.
 - 3.1.3.8. (Added) Showers are available in the gym.
 - 3.1.3.9. (Added) Tennis shoes and exercise clothing are mandatory.
 - 3.1.3.10. (Added) Every walker must be in Military status to walk.
- 3.1.4. (Added) Standard equipment will be available for the sponsoring unit at the Fitness Center to include: a water jug, walk slips to pass out to walkers, several master time sheets for the primary monitor to “tick mark” walker times on, a spike board for the assistant monitor to collect walk slips in order and push upon the spike board. When the walk is finished, the primary monitor will take the walk slips as a bundle, keeping them in order, and give them to XPA, building 668, for entry into the database.

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Commander