Medical Safety for Future Soldier
Physical Training Program
And
Physical Fitness Assessments
(For use of this form see USAREC Reg 601-210)

SAFETY IS THE FIRST CONCERN!

Do a risk assessment in accordance with USAREC Reg 385-2. Fill out a DA Form 7566 (Composite Risk Management Worksheet) prior to each physical fitness assessment (PFA). Risks should be mitigated to the lowest reasonable level.

Things to consider but not limited to:
- Weather conditions (use good judgement)
- Too hot (> that 75 degrees).
- Too cold (< 40 degrees with wind chill).
- Ensure there are no icy conditions on pavement or other running surfaces
- Air quality
- Avoid exposure to pollutants before and during exercise, if possible (including tobacco).
- In areas of high ozone concentration, train early in the day and after dark
- Avoid exercising near heavily traveled streets and highways during rush hours.
- Running terrain. Grass paths, dirt paths, or park trails are best when available

NOTE: Ensure weather and environment conditions do not inhibit performance

SAFETY CHECKLIST:
- Is applicant ill or fatigued?
- If Future Soldier (FS) is fatigued or ill do not initiate the PFA (initial or final) until FS has recovered
- Before physical activity or test ensure the FS drinks 13 to 20 ounces of cool water at least every 30 minutes prior.
- During the activity ensure the FS drinks 3 to 6 ounces of cool water at 15 to 30 minute intervals.
- After the activity ensure the FS drinks to satisfy thirst, then drinks a little more.

NOTE: Water is the preferred hydration fluid for pre-, during, and post-physical training activities.

CLOTHING:
- Clothes should be comfortable and fit loosely.
- A T-shirt or sleeveless undershirt and gym shorts are best in warm weather.
- Clothing may be layered according to personal preference in cold weather and gloves or mittens and ear protecting caps should be worn to prevent frostbite.

NOTE: Rubberized or plastic suits, should never be worn during exercise or the test.

- Ensure FS is thoroughly stretched and warmed up.

Signs of heat injuries:
- __Heat cramps__ __Muscular twitching__ __Cramping__ __Muscular spasms in arms, legs, or abdomen
- __Fatigue__ __Pale Skin__ __Blurred Vision__ __Low Blood Pressure__ __Dizziness or confusion

Heat Stress (requires medical attention):
- __Excessive thirst__ __Fatigue__ __lack of coordination__ __Increased sweating__ __Cool and/or wet skin

Heat Stroke (medicinal emergency, dial 911):
- __No sweating__ __Hot and/or dry skin__ __Rapid pulse__ __Rapid Breathing__ __Coma__
- __Seizure__ __Dizziness and/or confusion__ __Loss of consciousness

NOTE: Any symptoms of heat injuries, CEASE immediately! Do not have the FS do more than the required minimum for the PFA!