



# PHYSICAL TRAINING CONSIDERATIONS IN COLD WEATHER

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# Terminal Learning Objective

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- **Action:** Discuss the considerations required for conducting physical training in extreme cold environments.
- **Condition:** Conduct physical training in arctic and sub-arctic environments. Given proper clothing and training in temperatures ranging between 32 degrees Fahrenheit to -40 degrees Fahrenheit.
- **Standard:** Conduct physical training in extreme cold temperature without receiving a cold weather injury. IAW CG Policy Letter #14.



# Risk Management

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- **Identifying risk for PT in extreme cold**
- **Implementing effective controls**
- **USARAK Commanding General Policy letter 014.**
  - **USARAK website-Policy Letters**
  - **USARAK 350-1 Para 3-6**
  - **USARAK 385-4 Risk Management for Cold Weather APP G**
  - **NWTC Student Handout for Cold Weather Operations**



# Identifying Risk in Cold Weather

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- **Cold Weather Injury(CWI)**
- **Slips**
- **Distance from warming shelters**
- **Uniform**
- **Activity**



# Controls

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- **All controls must be practical and effective**
- **When developing controls think of how effective the control will be and if necessary develop another control.**
- **Ensure that the Soldiers tasked with implementing the controls understand of the intent behind each.**
- **When running, run through cantonment area to ensure there is always a warming shelter.**



# Policy Letter 14 Uniform Matrix



## PRT UNIFORM

Temperature (Fahrenheit)	Army IPFU shirt & shorts with running shoes and reflective belt/vest	IPFU Jacket/pants	Issued gloves, Fleece Cap or Balaclava	Trigger finger mittens and balaclava	Polypropylene top and bottom, trigger finger mittens, balaclava (with arctic mittens carried)	Arctic field uniform, polypropylene, balaclava, VB boots, cortex, trigger finger mittens, arctic mittens
44 to 33 degrees	X	X				
32 to 10 degrees	X	X	X			
10 to -10 degrees	X	X		X		
-10 to -25 degrees	X	X			X	
Below -25 degrees (including wind chill)					X	X



# Policy Letter 14

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- Normal PRT -10 to -25F (Including windchill)
  - Non slip devices below 32F
  - Warm up, conditioning and cool down indoors.
  - Run outdoors. *If the bali is worn down, the nose remains covered until unit returns indoors*
  - Below -20 unit stays outdoors no more than 4 minutes before or after run. Recommend 4 miles maximum.
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# Policy Letter 14

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- **Below -25F (Including windchill)**
- **Alternate events such as cross country skiing, snowshoeing or indoor hallway runs.**
  - **USARAK 350-1 PARAGRAPH 3-6e**



# USARAK 350-1 PARAGRAPH 3-6e

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**Course close to road and well marked**

**Minimum one check point per mile with radio**

**Safety personnel are CWLC graduates**

**Minimum of one heated evacuation vehicle with a driver, medic and radio.**

**Straggler control NCO- CWLC graduate with a radio**

**Participants will wear winter field uniform and have a survival ruck with:**

**extra base layer**

**mittens and liners**

**socks**

**sleeping mat and one sleeping bag per buddy team.**



# Risk Assessment Worksheet

## Sample



4. SUBTASK/SUBSTEP OF MISSION/TASK	5. HAZARD	6. INITIAL RISK LEVEL	7. CONTROL	8. HOW TO IMPLEMENT/ WHO WILL IMPLEMENT	9. RESIDUAL RISK LEVEL
5 MILE UNIT RUN	COLD WEATHER INJURIES	H	CLOTHING IAW CG POLICY 14 TEMP ZONE -10 TO -25	How: PCC/PCI Who: SQUAD LEADER/PSG	M
		M	WARM UP COOL DOWN INDOORS	How: PCC/PCI Who: SQUAD LEADER/PSG	L
	ICE ON ROUTE	M	TRACTION DEVICES WORN BY ALL	How: PCC/PCI Who: SQUAD LEADER/PSG	L
	TRAFFIC	M	ROAD GUARDS IN FRON AND BEHIND FORMATION WITH VEST AND LIGHT. FORMATION STAYS ON	How: PCC/PCI/ROUTE BRIEFING Who: CDR/1SG	L
			DESIGNATED ROUTE	How:  Who:	



# Risk Assessment Worksheet Sample



10. OVERALL RESIDUAL RISK LEVEL *(All controls implemented)*:

EXTREMELY HIGH

HIGH

MEDIUM

LOW

11. OVERALL SUPERVISION PLAN AND RECOMMENDED COURSE OF ACTION

SQUAD LEADERS WILL ENSURE THEIR SQUADS ARE DRESSED APPROPRIATELY. ROAD GUARDS WILL ENSURE THEIR EQUIPMENT IS SERVICEABLE.

12. APPROVAL OR DISAPPROVAL OF MISSION OR TASK  APPROVE  DISAPPROVE

a. Name *(Last, First, Middle Initial)*

b. Rank/Grade

c. Duty Title/Position

d. Signature of Approval Authority

e. Additional Guidance:

INFORM ALL THAT ANY BUILDING IN CONTONEMENT AREA CAN BE A WARMING FACILITY.

DD FORM 2977, JAN 2014

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Adobe Professional X



# Risk Assessment Worksheet

## Sample

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### 14. FEEDBACK AND LESSONS LEARNED

LT CHENEY DID NOT USE TRACTION DEVICES AND BROKE HIS HIP. SQUAD LEADERS AND PSG MUST INSPECT ALL THEIR SOLDIERS.

### 15. ADDITIONAL COMMENTS OR REMARKS



# Wear of the IPFU

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- **At any time when temperatures reach below 32 degrees Fahrenheit, full winter IPFU will be worn to include the gray fleece cap and at a minimum contact gloves.**
- **If temperatures drop below 10 degrees Fahrenheit all Soldiers will have their arctic mittens under the IPFU jacket and easily accessible(not buttoned behind the back).**
- **When the Soldier is wearing the balaclava or neck gaiter in either the balaclava down or balaclava down face exposed, the Soldier cannot go back to the balaclava up position until they are in a warming shelter and their skin has dried.**
- **Upon completion of PT ensure that trained leaders conduct CWI checks inside a heated shelter with lights.**



# IPFU

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# Terminal Learning Objective

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- Action:** Discuss the considerations required for conducting physical training in extreme cold environments.
- Condition:** Conduct physical training in arctic and sub-arctic environments. Given proper clothing and training in temperatures ranging between 14 degrees Fahrenheit to -40 degrees Fahrenheit.
- Standard:** Conduct physical training in extreme cold temperature without receiving a cold weather injury.