



# PHYSICAL TRAINING CONSIDERATIONS IN COLD WEATHER

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NORTHERN WARFARE TRAINING CENTER • "Battle Cold and Conquer Mountains"



# 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 Management Worksheet



COMPOSITE RISK MANAGEMENT WORKSHEET							
For use of this form, see FM 5-19; the proponent agency is TRADOC.							
1. MSN/TASK Physical Training		2a. DTG BEGIN 40630OCT2012		2b. DTG END 40745OCT2012		3. DATE PREPARED (YYYYMMDD) 20120929	
4. PREPARED BY							
a. LAST NAME RUNYON			b. RANK SSG		c. POSITION OPERATIONS NCO/INSTRUCTOR		
5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
PREPERATION DRILL	MINOR ACTIVITY IN COLD WEATHER COULD CAUSE SOLDIER TO GET COLD.	M	CONDUCT PREPERATION DRILL INSIDE BLDG 10.	L	ENSURE BLDG IS AVAILABLE FOR USE DURING PT HOURS.	SSG RUNYON	
20 MIN GOUP RUN	CWI, SLIPPING, DEHYDRATION	M	SOLDIERS DRESSED COMFORTABLY COOL, WEAR APPROPRIATE FOOTWEAR, HYDRATE. USE CONTONEMENT AREA TO RUN.	L	SELF CHECKS, PCC/PCI, HYDRATE TODAY FOR TOMORROWS ACTIVITIES	SSG RUNYON, ALL SOLDIERS	
MSE	CWI FROM STATIC SWEATY SOLDIERS, PULLED AND TORN MUSCLES.	M	USE BLDG 10 FOR MSE TO ENSURE SOLDIERS ARE OUT OF THE ELEMENTS WHILE STATIC, WARM MUSCLES FROM PREVIOUS ACTIVITY	L	ENSURE BLDG IS AVAILABLE FOR USE DURING PT HOURS.	SSG RUNYON	
RECOVERY DRILL	CWI	L	USE BLDG 10 FOR MSE TO ENSURE SOLDIERS ARE OUT OF THE ELEMENTS WHILE STATIC, WARM MUSCLES FROM PREVIOUS ACTIVITY	L	ENSURE BLDG IS AVAILABLE FOR USE DURING PT HOURS.	SSG RUNYON	
Additional space for entries in Items 5 through 11 is provided on Page 2.							
13. OVERALL RISK LEVEL AFTER CONTROLS ARE IMPLEMENTED (Check one)							
<input checked="" type="checkbox"/> LOW <input type="checkbox"/> MODERATE <input type="checkbox"/> HIGH <input type="checkbox"/> EXTREMELY HIGH							
14. RISK DECISION AUTHORITY							
a. LAST NAME			b. RANK		c. DUTY POSITION		d. SIGNATURE



# 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.