

Commander Checklist for Outdoor Unit PT Activity

1. _____ Members:
 - a. _____ Individuals with a positive fitness screening questionnaire (AFI 10-248, atch 4) have been identified and appropriate modifications made
 - b. _____ Individuals with profiles have been identified and appropriate modifications made
 - c. _____ Newly assigned individuals have had fitness status/exercise habits reviewed and previous environmental conditions taken into account
 - d. _____ Trained PTL has been assigned to lead unit exercise
 - e. _____ Exercise session has been approved by base Fitness Program Manager

2. _____ Emergency/Safety Procedures:
 - a. _____ Cell phones are available
 - b. _____ CPR trained members are present
 - c. _____ AED location/s have been identified
 - d. _____ First aid kit is available

3. _____ Exercise Location:
 - a. _____ Exercise area/course is located away from traffic
 - b. _____ Exercise surface is free from bumps, holes, or hazards.
 - c. _____ If road course is used, it is marked with cones to alert vehicles
 - d. _____ If road is used at dawn, dusk, or dark, individuals are wearing reflective gear.

4. _____ Environmental considerations:
 - a. _____ No lightening within 25 miles and has been at least 30 minutes after last observed lightening.
 - b. _____ Surface for activity is clear of snow, ice, water, mud
 - c. _____ Wet Bulb Globe Temperature is <85⁰F.
 - d. _____ UV index is <10 (very high risk)
 - e. _____ Temperature is >20⁰F
 - f. _____ Members are wearing appropriate clothing for environmental conditions

5. _____ Fluids/hydration is available for all members during the activity.