Army Combat Fitness Test (ACFT)

By LTC Timothy J. Diley, Command Inspector General

Soldiers and leaders across the Fires Center of Excellence are definitely taking an interest since the announcement on 9 July of the new Army Combat Fitness Test (ACFT). I recently attended an Inspector General training event at Fort Eustis and the U.S. Army Center for Initial Military Training provided a detailed brief with the latest information. It’s important to disseminate and share as much information across the force so Soldiers and leaders understand the genesis behind the test, the components of the test, and the timelines associated with it in order to prepare for implementation of the ACFT.

The ACFT is a part of the Holistic Health and Fitness (H2F) System. The System is designed to improve Soldier lethality through physical readiness and mental toughness. The system is broken up into five categories: governance, programs, equipment and facilities, personnel, and leader’s education. TRADOC was designated command lead for H2F governance so they figure out how to, “track, monitor and assess a Soldier’s progress in the H2F system.” For more information on the components of the H2F system, go to our Facebook page at http://www.facebook.com/FCoELIG/ and download the slides.

The ACFT is a part of the program category within the periodized training and testing. The purpose of the ACFT is to, “assess a Soldier’s physical performance capability within components of combat fitness.” The objectives are (1) Improve individual Soldier readiness, (2) Transform the culture of Army fitness, (3) Reduce preventable injuries and attrition, (4) Enhance mental toughness and stamina, (5) Contribute to increased unit readiness.

The ACFT came from the Baseline Soldier Physical Readiness Requirements Study (BSPRRS) which focused on a new test from 2012. The Army researched the baseline physical readiness requirements of high physical demand tasks Soldiers perform in combat. We know these as Warrior Tasks and Battle Drills (WTBD) and Common Soldier Tasks (CST). The Army, through 20 years of research and studies and consulting with sister services, allied partners, Department of Physical Education (West Point), U.S. Army Research Institute of Environmental Medicine, U.S. Army Public Health Center (MEDCOM), and the Army Physical Fitness School (USACIMT) developed six physical fitness events that will be able to predict WTBD/CST performance in Soldiers.

The ACFT measures six primary (Muscular strength, Muscular Endurance, Power, Speed, Agility, and Cardio Endurance) and four secondary (Flexibility, Coordination, Balance, and Reaction Time) components of fitness. The Army Physical Fitness Test (APFT) only provided adequate assessment of two primary components of fitness, muscular strength and Cardio Endurance. The Army agrees that these are important to Soldiers but there are other components that are also important relative to combat readiness. The following ACFT events must be completed in order: Three Repetition Maximum Deadlift, Standing Power Throw, Hand-Release Push-up, Sprint-Drag-Carry, Leg Tuck, and Two-Mile Run.

The Center for Initial Military Training created an ACFT video on YouTube (https://www.youtube.com/watch?v=RnVTW1Lh7zk) which goes into greater detail on the events.

The Army will phase in the ACFT over the next two and half years.

-1 October 2018 to 1 October 2019: Initial Operational Capability-The ACFT is not mandatory. The Army will select 60 battalions to conduct the ACFT to gain valuable feedback on scoring and testing procedures. The current APFT will be the record test.

-1 October 2019 to 1 October 2020: Full Operational Capability, Not for Record-All required equipment will be on hand at the unit level. All Soldiers will be required to take the test.
Pet Control
By SFC Eric P. Castillo, Assistant Inspector General

Most families today have dogs. The decision to welcome a puppy into your household is the day your life is forever changed. These tiny balls of fluff will eventually mature and will offer you so much more than companionship.

Dogs have the capability to reduce the amount of stress we have. Owning a dog has its own set of related stressors, but there is nothing better than arriving home after a hard day’s work to a wagging tail and happy pup greeting you at the door. Dogs tend to bring out the best in us and they can sense when we need some loving affection. Those that suffer from depression or have anxiety can always count on their dog to be a good distraction from the issues causing our symptoms. Dogs are always there for us no matter what and will never judge or criticize you.

Fort Sill has specific restrictions on what breed of dog may reside in your residence on the installation. Fort Sill Regulation 40-600, Chapter 2, paragraph 2-2(0)(1) covers what breeds of dogs are banned. A few of the breeds are Pit Bulls, Rottweilers, Doberman Pinschers, Chows, and wolf hybrids. The regulation specifically names the different types of Pit Bulls and their so-called “Terrier” varieties such as the American Staffordshire Terrier, Staffordshire Bull Terrier, English Staffordshire Terrier, American Pit Bull Terrier, and the American Bully. These animals are not allowed on the installation and the Garrison Commander is the deciding official to make an exception for a specific dog. Along with banned breeds, there is also banned behavior for dogs covered in Chapter 2, paragraph 2-2(i)(2). Any dog that demonstrates aggressive behavior such as unprovoked barking, growling, or running along the fence line when people are present can be considered in violation of the regulation. If a dog is maintained outside, it must be within a fenced in area and the dog must be provided adequate cover. Any time a dog is in a common area, they must be kept on a leash that doesn’t exceed six feet in length. There are other violations which could be considered acts of abuse, mistreatment, nuisance, or neglect. A few examples would be disturbing the peace due to a dog’s excessive barking or allowing your dog to attack people or other pets. Overall, pet owners on the installation are responsible for maintaining their animals. All dogs maintained on the installation will be registered with the Fort Sill Veterinary Treatment Facility within ten days of arrival to Fort Sill or upon acquisition of the animal. If found to be in violation of the regulation, the owner may have their privilege to own a pet on the installation revoked or lose the privilege on post housing.

Fort Sill Reg. 40-600, 24 May 2018

APPENDIX C
PICTURES OF BANNED BREEDS

ACFT Cont.

ACFT but it will not be for record. The current APFT will be the record test.

-1 October 2020: Full Operational Capability, For Record. The ACFT will become the Army’s record test.

Scoring for the ACFT will be based on Occupational Physical Demand Categories for close combat battalion and below units. These categories (Heavy Physical Demand, Significant Physical Demand, and Moderate Physical Demand) are established regardless of age or gender. As of 23 August 2018, there are no alternate events authorized for the ACFT.

A decision about alternate events has not been made. According to the Center for Initial Military Training, “the Army is always someone watching. In the end, leader engagement and holding each other accountable, whether it be Soldiers, NCOs, Officers, or civilians, is necessary to retain a professional standard.”

Leaders from the FSOK IG office attended the annual TRADOC IG Training Event at Fort Eustis, VA., where IGs discussed best practices, reoccurring trends, and new policies.

Professionalism Cont.

The Inspector General’s Office had the privileged to promote SFC Crocker to Master Sergeant. He has demonstrated sustained excellence in every position held. Master Sergeant Crocker has been an asset to the Inspector General’s office and the Fort Sill Community.

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<td>FORSCOM IG</td>
<td>31 ADA, 75TH FA</td>
<td>Field Level Maint.</td>
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Inspector General Mission

The Office of the Inspector General provides assistance, teaches and trains, and conducts inspections and investigations as directed by the Commanding General for and throughout the United States Army Fires Center of Excellence and Fort Sill in order to assist commanders in achieving disciplined and combat-ready units and to maintain the operational effectiveness of the command.

For questions or assistance, or to file a complaint:
Comm: 580-442-6007/3224
DSN: 639-3224
E-mail: usarmy.sill.fcoe.mbx.fort-sill-inspector-general@mail.mil

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“Right then-Forward”

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