

1st Royal Australian Regiment AOCF Fitness Assessment



THE FOLLOWING POLICY IS ISSUED BY MY COMMAND

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1 RAR ADVANCED OPERATIONAL CONDITIONING PROGRAM ASSESMENT

Introduction

1. Historically successful military conditioning programs have been measured anecdotally and via statistical injury analysis. Without progressive, accurate evidence through the method of capturing physical performance development; there may be limited opportunity other RAINF Units will adopt a similar methodology to the 1 RAR Advanced Operational Conditioning Program (AOCP). The success of any military physical conditioning program is largely dependent upon satisfying the performance aims related to capability. Tests such as the PESA and BFA only test for minimum standards and baseline fitness. The 1 RAR Advanced Operational Conditioning Program Assessment (AOCPA) has been designed to allow soldier's to attempt their maximal effort and is directly related to mission capability.

2. The 1 RAR AOCP is underpinned by an effective assessment system designed to confirm individual fitness and to measure the effectiveness of the program throughout each phase of training. The AOCPA provides a transparent and comprehensive continuum of assessing individual physical fitness standards within the Unit IOT measure readiness, capability and the effectiveness of the program. Due to safety implications maximal effort strength testing will be assessed separately to the AOCPA components during each training phase, as individual skill allows. This data will be recorded separately. The components of the AOCPFA are performed over two consecutive days and are conducted in order as follows:

- (1) **Day one** consists of three strength endurance activities and one assessment of combat aerobic capacity;
 - (a) cadence push ups (1:3 second cadence)
 - (b) pull-ups, any grip
 - (c) feet un-held sit ups; (1:3 second cadence)
 - (d) 2.4 km best effort webbing run in patrol order with 12-15 kg external load including weapon.
- (2) **Day two** consists of two aerobic combat endurance activities and one assessment of combat anaerobic capacity;
 - (a) 10 km timed best effort Weight Loaded March (WLM) with 25 kg external load including weapon NLT 100 minutes
 - (b) 150m simulated section attack and grenade throw in patrol order with 12-15 kg external load including weapon accuracy within 5 m radius
 - (c) 400 m best effort combat swim (any stroke) in DPCU without boots in less than 18 minutes
 - (d) 10 Minute tread water in DPCU without boots.
- (3) The two-day assessment is to be conducted consecutively to simulate mission requirements encountered by RAINF soldiers on exercise and operations.

(DAY 1) 1:3 CADENCE PUSH-UPS ASSESSMENT

1. All members are to complete the push assessment as the first component of the AOCPA. Push-ups provide an indication of upper body horizontal push strength and endurance. Cadence push-ups require transverse abdominal strength and endurance during repetitions IOT stabilize the body during repetitions. Upper body strength and midline stability are linked to numerous RAINF tasks. Base line for the assessment is IAW annex A. The push-up comprises of the following:
 - a. **Start position.** The member lies flat on the front of the body with legs straight and feet no more than 30 cm apart. The hands are positioned comfortably apart; usually shoulder width apart, in a position on the ground comfortable to the member. Hands and feet are to be on the same level. After the command 'Ready' is given the arms are fully extended so that the body is off the ground. The body is held in a generally straight line from the shoulders to the ankles. The starting position is also the 'up' position.
 - b. **Action:**
 - (1) After the command 'Begin' is given, the body is lowered to a position where the upper arms are parallel to the ground. The body may be lowered further, but may not rest on the ground. The body is generally kept in a straight line from shoulders to ankles for the duration of the assessment. This is the 'down' position
 - (2) Repetitions are performed to a cadence of 1:3 seconds. Each repetition is conducted in a controlled manner
 - (3) Keeping the body in a generally straight line, the arms are then extended so that the body returns to the 'up' position. This demonstrates one repetition
 - (4) Repetitions are performed until the member completes as many repetitions as possible or 100 repetitions as a cut off
 - (5) There is no rest position for the test.
2. The individual grader will not count a repetition if any of the following occurs:
 - (a) the body is not lowered to the 'down' position
 - (b) the body is not returned to the 'up' position.
3. The activity starts on the command of the supervisor and ends when:
 - (a) the member fails to maintain the cadence
 - (b) the member has completed the required repetitions
 - (c) the member rests their body on the ground, sags in the middle or raises their hands or feet from the ground
 - (d) the activity supervisor terminates the activity based on safety concerns.

(DAY 1) PULL-UPS

1. All members are to complete the pull-up assessment as a component of the AOCPA. Pull-ups provide an indication of upper body strength and the ability to climb and scale obstacles. Base line for the assessment is IAW annex A The pull-up comprises of:
 - a. **Start position.** The member adopts the ready position underneath the pull up beam. Once given the command “up” the member hangs off the heave beam with the arms fully extended and hands positioned utilising any grip preferred; usually shoulder width apart, in a comfortable position to the member. This is also known as the down position.
 - b. **Action:**
 - (1) After the command ‘begin’ is given the member raises the body until the chin is above the bar or the chest touches the beam
 - (2) Without any swinging momentum of the body, the arms are then fully extended so that the body returns to the down position
 - (3) Repetitions are performed until the member completes as many repetitions as possible
 - (4) Members may rest after any repetition. The only authorised rest position is the down position
 - (5) Members may change grips throughout the test at any stage without the feet touching the ground.
2. The individual grader will not count a repetition if any of the following occurs:
 - (a) the body is not lowered to the ‘down’ position
 - (b) the chin is not above the bar or the chest does not touch the bar.
3. The activity starts on the command of the supervisor and ends when:
 - (a) the member has completed the required repetitions
 - (b) the member touches the ground usually with the feet, or dismounts the bar
 - (c) the activity supervisor terminates the activity based on safety concerns.

(DAY 1) 1:3 SECOND CADENCE FEET UN-HELD SIT-UPS

1. All members are to complete the sit up assessment as a component of the BFA. The cadence sit-up indicates a member's abdominal strength and endurance. Abdominal strength is vital in supporting the body through a range of military tasks. A strong abdominal region will assist in reducing the incidence of back injury when combined with correct lifting technique. Base line for the assessment is IAW annex A.
 - a. **Start position.** The member lies flat on their back with feet resting flat on the ground so that their legs are bent to form an angle of approximately 90 degrees at the knees. The arms are held straight with the palms resting on the top of the thighs. The feet are not to be held during the AOCPA. This is the 'start' position.
 - b. **Action:**
 - (1) The neck and upper body are flexed in succession to raise the upper body. As the upper body is raised to the 'up' position the hands slide up over the knees until the wrists touch the knees. The body is then lowered until the shoulder blades touch the floor, thereby returning to the start position
 - (2) Repetitions are performed to a cadence of 1:3 seconds. Each repetition is conducted in a controlled and even fashion. Resting in the down position is permitted provided the member maintains the required cadence
 - (3) The chin is to be kept as close to the chest as possible to stabilise the head. The head is not to be jerked forward.
2. The individual grader will not count a repetition if any of the following occurs:
 - (a) the hands are lifted from the thighs/knees, or jerked forward as a means of increasing leverage or used to pull the body up
 - (b) the head is jerked forward
 - (c) the member's heels or buttocks are lifted from the ground
 - (d) the member pauses in the 'up' position
 - (e) the member fails to complete a repetition.
3. The activity starts on the command of the supervisor and ends when:
 - (a) the member is unable to maintain the required cadence
 - (b) the member has completed the required repetitions up to a maximum of 100 repetitions
 - (c) the activity supervisor terminates the activity based on safety concerns.

(DAY 1) 2.4 KM BEST PACED MOVE

1. The 2.4 km best paced move assessment test the aerobic demands and load carriage for a member of a section in contact. Base line for the assessment is IAW annex A The 2.4 km best paced move assessment is conducted as follows:

- (1) 2.4 km webbing run in patrol order with 12 - 15kg external load including weapon as a maximal effort.

2.4 km best paced move assessment protocol

2. The 2.4 km best paced move assessment protocols are as follows:

- (1) establish the 2.4 km best paced move course
- (2) brief soldiers according to procedural brief
- (3) conducting staff are to check personnel have the correct equipment prior to start
- (4) soldiers are to commence the 2.4 km move in accordance with direction and instructions of the route
- (5) through out the 2.4 km move, soldiers are to hold their weapon with their master hand on the pistol grip.

Procedural brief

3. The assessing Physical Training Instructor (PTI)/Combat Fitness Leader (CFL) is to brief all participating and supervising personnel. The following is a recommended procedural brief:

- (1) The Infantry Rifleman combat aerobic assessment requires you to perform a 2.4 km move at your best effort. During this time you may walk or run. You must carry your weapon with your master hand on the pistol grip.

Discontinuation criteria

4. Soldiers must discontinue if they:

- (1) fail to adhere to these protocols or conducting staff direction (warnings may be given as required and reasonable)
- (2) have an injury or reach a level of fatigue making them unable to continue.

(DAY 2) 10 KM BEST PACE WEIGHT LOADED MARCH

1. The weight load march (WLM) assessment tests the aerobic demands and load carriage requirements across a range of tasks including patrolling, digging and repetitive manual handling tasks. Standards for the AOCPA WLM assessment is as follows:

- (1) 10 km best paced move dressed in Marching Order (MO) with an external load of 25-28kg including weapon in NLT 100 minutes.

Weight load March assessment protocol

2. The WLM assessment protocols are as follows:

- (1) brief soldiers according to procedural brief and detail the march route and actions on injury
- (2) conducting staff are to ensure compliance of each soldier's load (may be conducted immediately prior to procedural brief)
- (3) soldiers begin the march under the direction of the timekeeper
- (4) soldiers record their scores post WLM activity.

Discontinuation criteria

3. Soldiers must discontinue if they:

- (1) fail to adhere to these protocols or the direction of conducting staff
- (2) have an injury or reach a level of fatigue making them unable to continue
- (3) are showing signs of heat injury such as complaining of nausea or headache, vomiting, disorientation or confusion.

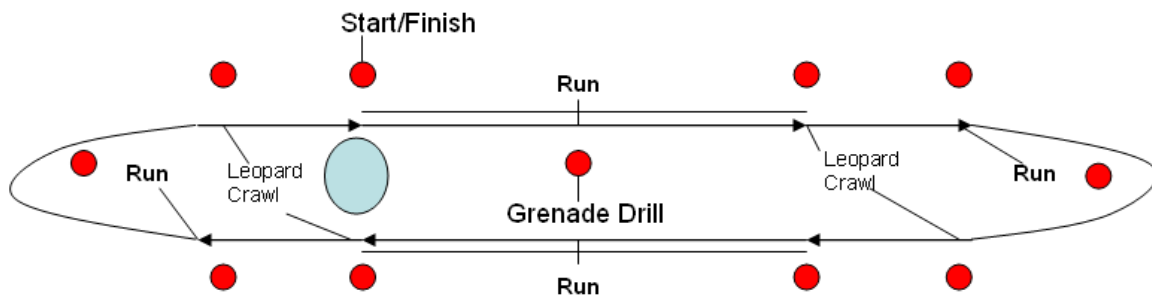
Procedural brief

4. The assessing PTI/CFL is to brief all participating and supervising personnel. The following is a recommended procedural brief:

- (1) The WLM assessment directly reflects the requirements to perform a range of marching activities, but also to complete a range of other aerobically demanding tasks
- (2) This assessment requires you to march 10 km in MO with 25 kg external load at your own individual pace
- (3) You are to obey the directions given by members of the assessing staff at all times
- (4) You are to complete the test without receiving assistance from other participants or supervisors
- (5) You are personally responsible for ensuring that your equipment is serviceable and fitted correctly and that your total load is at the required weight—this will be checked by a member of the conducting staff prior to the commencement of the test
- (6) You may shuffle if required, but you are recommended not to do so for more than 500m each kilometer.

(DAY 2) 150 METRE FIRE AND MOVEMENT SIMULATION

1. This assessment is a task simulation linked to the physical requirements of performing a component of Fire and Movement (FM). It assesses the ability to perform a high intensity, short duration task that may be expected when operating as a member of a section in contact.
2. The requirement of the FM assessment are as follows:
 - (1) Conduct the 150 m fire and movement course as demonstrated
 - (2) Patrol order external load is to weigh 12-15 kg this includes the weapon weight
3. The FM course needs to be set-up on flat ground that is non-slip and free from hazards or debris that can cause injury. The course needs to be marked with cones in accordance the layout below.



Fire and movement assessment protocol

4. The FM assessment protocols are as follows:
 - (1) Brief soldiers according to procedural brief
 - (2) Conducting staff are to check personnel have the correct equipment and weight requirements prior to start
 - (3) A demonstration of the test should be given to familiarise soldiers with the assessment
 - (4) Soldiers are to adopt the prone starting position and commence the assessment in accordance with the assessing PTI or CFL command of test "begin"
 - (5) Once the executive command of test begin is given the assessing PTI or CFL is to start their stopwatch and ensure the test is conducted IAW the layout.

Discontinuation criteria

5. Soldiers must discontinue if they:
 - (1) fail to adhere to these protocols or conducting staff direction (warnings may be given as required and reasonable)
 - (2) have an injury or reach a level of fatigue making them unable to continue

Procedural brief

6. The assessing PTI/CFL is to brief all participating and supervising personnel. The following is a recommended procedural brief:

- (1) This assessment is directly linked to the requirement of RAINF personnel to perform a FM
- (2) On the command “Lying Start Position Ready” you are to adopt the prone position behind the marker indicated
- (3) On the command “Test Begin” you are to commence the FM course as demonstrated. Remember on your sixth lap of the course you are to conduct a simulated grenade drill attempting to land the grenade close as possible to the marker
- (4) Once you have deployed the simulated grenade you are to move to the start/finish position for the timer to stop.

(DAY 2) 400 METRE AMPHIBIOUS SURVIVAL SIMULATION

1. This assessment is a simulation linked to the physical requirements for a RAINF soldier to survive in an amphibious operational environment.
2. The requirements of the Amphibious survival assessment are as follows:
 - (1) 10 minute tread water in DPCU without boots
 - (2) Swim 400 m continuously using the permitted strokes without touching the ground at the shallow end of the pool
 - (3) Dress for the assessment is DPCU without boots.

Procedural brief

3. The assessing PTI/CFL is to brief all participating and supervising personnel. The following is a recommended procedural brief:
 - (1) This assessment is directly linked to the requirement of RAINF personnel to survive in an amphibious operational environment
 - (2) On the command “Position Ready” you are to complete a slide in entry at the shallow end of the pool
 - (3) On the command “Test Begin” you are to commence swimming using any forward stroke those being; breast-stroke, freestyle, or side stroke
 - (4) You are not permitted to touch the ground at the shallow end of the pool
 - (5) Sleeves and pants are not to be rolled up
 - (6) Goggles are permitted during the swim
 - (7) You are not to pause at the end of the pool for longer than is necessary to turn around
 - (8) Pushing off at each end of the pool is permitted.

ADVANCED OPERATIONAL CONDITIONING PROGRAM – ASSESSMENT DAY ONE										
Component	Level	Age Groups								
		17 -25	26 -30	31 -35	36 -40	41 -45	46 -50	51 -55	56 -60	61 -65
Cadence Push Ups	Baseline	30	25	20	15	10	8	8	5	5
	Incentive 1	40	35	30	25	20	18	18	15	15
	Incentive 2	60	55	50	45	40	38	38	35	35
Cadence Heaves	Baseline	6	6	6	5	4	3	2	1	1
	Incentive 1	10	10	10	8	7	5	3	3	3
	Incentive 2	14	14	14	12	10	9	6	6	6
Sit ups (Feet un held)	Baseline	40	35	30	25	20	15	10	8	6
	Incentive 1	60	55	50	45	40	35	30	28	26
	Incentive 2	80	75	70	65	60	55	50	48	46
2.4 km webbing run (12 -15kg)	Baseline	13.30	14.00	14.30	14.54	15.24	17.00	17.42	18.42	19.42
	Incentive 1	12.18	12.54	13.26	14.10	14.05	15.37	16.19	17.19	18.19
	Incentive 2	11.30	11.43	12.12	12.54	13.04	14.14	15.54	16.54	17.54
DAY TWO										
10 km WLM NLT 100 min	Baseline	25 -28 kg total load /No age parameters for component.								
FM / Grenade simulation	Baseline	Grenade must fall within 5 m radius of accuracy.								
400m Amphibious Survival swim	Baseline	Swim must be completed in less than 18 minutes.								
10 minute Tread water	Baseline	No age parameters for component.								

