



RANGER PHYSICAL ASSESSMENT
PI BRIEF

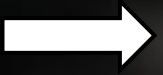


RPFA Event Overview



Start

800m RUN



6ft Wall Climb



50m, 3-5 Sec Rush/ IMT



50m Water Can Carry



Sandbag Lift 16x

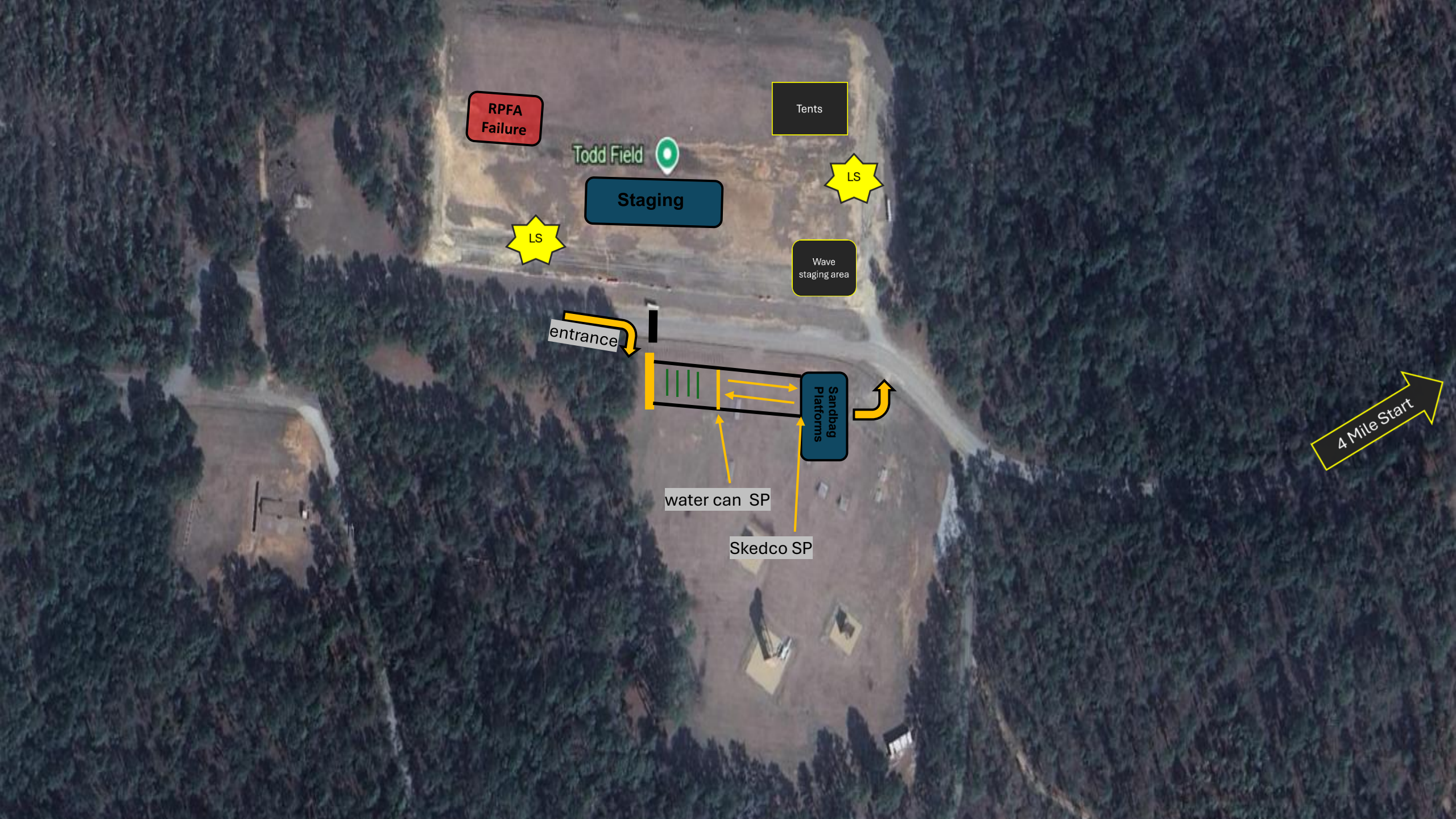


100m Skedco Drag



800m RUN

Finish



RPFA
Failure

Todd Field

Tents

LS

Staging

LS

Wave
staging area

entrance

Sandbag
Platforms

water can SP

Skedco SP

4 Mile Start



800m Run





Wall Climb



- Enter onto Todd Field and move into a lane to begin the next event.
- You must get your whole body up and over the wall before moving onto the IMT.
- Students are not allowed to use the side beams (painted yellow) to help get over the wall. **If observed, the student will reset and attempt the wall climb again.**
- **If the student is unable to get themselves over the wall by the 3rd attempt. Pull them off to the side and tell them they are a failure for the RPFA.**



IMT (3-5 sec Rush)



- 3-5 second rush to each fighting position (designated by the sandbags).
- You must go prone at each position.
- You must go to each fighting position.



Water Can Carry



- YOU will move two water cans down to the platform.
- You may use any method to CARRY the water cans.
- You can set the cans down as many times as necessary.
- Dragging or throwing the water cans at any point is not authorized.
- You cannot intentionally remove any water from the water cans.
- The event is complete when both cans are in the upright position at the start point.



Sandbag Toss



- Dimensions= 8' x 8'x 66''
- Start with 16 sandbags on the ground immediately in front of the platform. The sandbags must be picked up and placed on the platform using **any method necessary**.
- Task must be completed before the participant moves on to the next event.
- If a sandbag falls off the platform throughout the execution of the event, the participant must place the sandbag back onto the platform.



Skedco Drag



- Drag skedco down to the water can start point and back to starting point.
- Can use any dragging method
- Once the skedco is back to the start point you will run to exit off the RPFA field.



4 Mile Run



- **4-Mile Run**
 - Upon completion of the RPFA, Rangers will begin transitioning into the 4-mile run uniform.
 - Students will ground their equipment and be given the opportunity to modify their uniform for the run IAW the guidance from the BN PI. Students are authorized to wear watches during the run.
 - **Students must complete the 4-Mile Run in 32 minutes or less.**
 - Students that fail to complete the run in 32 minutes or less will be a failure for the 4 Mile Event.



4 Mile Run



- 4-Mile Run (Continued)
 - On the command of “GO” students will start running in formation along the 4-mile run route. **Students must remain within the two painted white lines. If observed to leave the white lines, they will be an automatic run failure** and placed on the fallout truck. Students must stay on the right side of the road through the turn-around point until they cross the finish line. **The route is marked at every ¼ mile with a blue chem light.** Any student that has not reached the **turn-around point within 17 minutes** will be placed on the fallout truck as a run failure.



Chin up Event



- Chin-up Event
 - Students will be given the command of **“MOUNT THE BAR”**, students will grasp the bar with the palms of their hands facing toward their body.
 - Students will then be given the command of **“HANG FREE”**, students will remove their feet from the steps and hang with their arms fully extended.
 - On the command **“BEGIN”**, students will begin raising their bodies with their arms until their chin is above the bar, then lower themselves until their arms are fully extended completing one correct repetition.
 - Once the student has completed 6 correct repetitions they will be told to dismount and move through the chin-up bars to their respective company formation, and the next student will be instructed to **“MOUNT THE BAR”**.



- **Chin-up Event (Continued)**
 - If a student is so tall that they cannot hang with their legs straight without touching the ground, have the student flex their knees until their feet are off of the ground.
 - **Students may not rock or sway. (Graders will stand two steps off of the chin up bars towards the saw dust pit) Students may not cross their feet or kip during repetitions. If they do that repetition will not count.**
 - Students must perform 6 correct Chin-ups.
 - Graders count the number of repetitions out loud so that the student will hear.



- Chin-up Event (Continued)
 - If a student fails to execute 6 correct Chin-ups, inform them of the number of correctly performed, why they failed the event, the name of the grader, and to report to the BN PI where they will be given instructions for the retest.
 - 10 minutes rest before being retested.
 - A failure of the retest will result in the student failing the RPA.
 - Only one retest for the Chin-up event is allowed.
 - **DO NOT SEND STUDENTS TO THE REAR WHEN COMPLETE. SEND STUDENTS WHO SUCCESSFULLY COMPLETE PULL UPS FORWARD TOWARDS THE COMPANY AREAS**

RPFA + 4-Mile Run Event Flow Summary

- This event is structured into three phases: the **Ranger Physical Fitness Assessment (RPFA)** followed by a **4-mile run** , and the **Chin-up event**.
- **Students** will be organized into **heats**.
- Each heat is staggered to begin every **5 minutes**.
- The 4-mile run will begin **simultaneously**. Once heats have completed the RPFA and completed their transition to PT uniform (25 minute). Each heat will run individually.

Wall Dimensions



- 6' High
- 9' wide
- 4" thick
- Vertical supports- 6" x 6" treated timbers set with Sakrete
- Horizontals- 4" x 4" screwed to vertical post