

COMBAT FITNESS TEST OPERATIONAL RISK MANAGEMENT WORKSHEET

Mission: Combat Fitness Test			Date Worksheet Prepared: 15 Jul 2008				
Step 1. Identify Hazards			Step 2. Assess Hazards	Step 3. Make Risk Decisions		Step 4. Implement Controls	Step 5. Supervise
CFT Event	Hazards	Causes	Initial RAC	Develop Controls	Residual RAC	How to Implement	How to Supervise
CFT (Overall)	Sprains / Strain	Inadequate Warm-up	4	-Dynamic warm-up consisting of -light straight running (ex. 440 yards, jogging) -light mobility running (back-pedaling, lateral shuffle, carioca, diagonal running through cone/marker network, etc.) -light bounding (tuck jumps, skips, side-straddle hops, etc.) -burpees -40 yard striders (50% - 75% of full sprint) -individual stretching	4	-LOI -Integrate dynamic warm-up into combat conditioning training plans	Direct Supervision by monitors
CFT (Overall)	Lacerations	ID Tags, Watches, Jewelry worn by CFT participants	4	-Instruct Marines to remove ID tags, watches, jewelry	5	-LOI -Pre-event brief	Direct Supervision by monitors
880 yd Run	Trips/Falls at beginning and end of course	Marines running too close together	4	-Place faster Marines closer to start line. -Spread Marines out across start line -At finish, encourage Marines to clear finish line after they stop	5	Event pre-brief	Direct Supervision by monitors
880 yd run	Trips/slips while running	Marines tripping over debris on course or slipping on wet surface	4	-Monitors conduct "sweep" of course prior to start -To the extent possible, conduct event on dry surface	5	LOI	Direct Supervision by monitors
880 yd run	Motorist collides with participant	Motorist enters course	3	-Conduct event on track, path or area free of vehicles -If conducted on road, post roadguards at appropriate locations. Alert MPs of timing of event so they can divert traffic -If conducted on road, Marines wear reflective belts or vests.	5	LOI	Direct Supervision by monitors and/or military police