

COMBAT FITNESS TEST MONITOR DUTIES

MOVEMENT TO CONTACT

- This event is monitored much like the 3 mile run on the PFT.
- Monitors will ensure the following:
 - Run course is free of debris, obstacles, and vehicle hazards.
 - To the extent possible, event is conducted on a track, path or area away from traffic.
 - Course contains as few turnaround points as possible if not run on a track.
 - Faster runners are placed up front at the start or that the runners are spread out evenly at the start line. This will decrease likelihood of trips/falls at the start.
 - Runners clear the finish line after completing event. This will decrease likelihood of trips/falls at the finish.
- **Lead Monitor to Marines:**
 - **"THE FIRST EVENT OF THE COMBAT FITNESS TEST IS MOVEMENT TO CONTACT. IT IS AN 880 YD RUN. THE PURPOSE OF THIS EVENT IS TO CHALLENGE AND ASSESS YOUR ANAEROBIC RUNNING ABILITY. THE GOAL OF THIS EVENT IS TO COVER 880 YDS AS FAST AS POSSIBLE. THE PREPARATORY COMMAND WILL BE "READY" AND THE EXECUTE COMMAND WILL BE "GO". REMEMBER YOUR TIME AS YOU FINISH. AS YOU FINISH, CLEAR THE FINISH AREA ARE THERE ANY QUESTIONS?"**
- **"Ready, Go"**
- During event, monitors not timing event can be stationed on the course to provide encouragement.
- As runners finish, monitor timing event calls out time. Other monitors (or personnel not running event) call out to finishers "Remember your time".
- Runners report time to monitor.

TRANSITION

- No less than five (5) minutes will be allowed between events. Time spent between events will be long enough to allow movement of personnel from 880 yd finish line to Ammo Lift area. Time will also be reasonable enough to allow for adequate recovery and drink water, make head calls, etc.

AMMO LIFT (AL)

- To the extent possible, the fastest half of Marines completing the 880 yd run event will do the AL first.
- Marines are paired together like Crunches on the PFT.
- The Marine counting for his/her partner will stand perpendicular to, rather than in front of, the Marine executing the AL. This is to ensure safety should the Marine being tested drop the can as well as to ensure the counter can observe elbow lockout.
- Monitors will demonstrate proper AL technique:
 - Ready/Start position feet shoulder width apart, with Ammo Can held at shoulder level with top of can at or below the chin.

- Mid-lift position is a partial squat where body weight stays on heels, lumbar curve is maintained, and chest remains erect.
 - Using core strength primarily, Marine lifts Ammo Can overhead. At finish position, Ammo Can does not have to be directly overhead. Arms, however, must be momentarily straight at finish. If arms not straight, repetition doesn't count.
 - On descent beginning following repetitions, ammo can must return to level at or below the chin.
- Monitors will emphasize the following safety/technique points to Marines:
 - Ammo Can doesn't get too close to Marine's face. Weight should remain close to body, but weight should remain under control.
 - Lumbar curve is maintained throughout movement.
 - Core strength is primary mover in this event. Remind Marines that when fatigue ensues and/or arms don't become straight at height of movement, it is most likely because the core/legs aren't being used effectively.
- Marines may use gloves.
- Marines will be given enough time to practice.
- As in Crunches on the PFT, Marines will count each others' repetitions. Sufficient monitors will ensure repetitions are counted correctly.
- **Lead Monitor to Marines:**
 - **"THE SECOND EVENT OF THE COMBAT FITNESS TEST IS THE AMMO LIFT. IT IS A REPETITIVE LIFT OF A 30 LB AMMO CAN. THIS TEST WILL CHALLENGE AND ASSESS THE ANAEROBIC ENDURANCE OF YOUR UPPER BODY. THE GOAL OF THIS EVENT IS TO LIFT THE AMMO CAN FROM SHOULDER HEIGHT TO OVERHEAD AS MANY TIMES AS POSSIBLE IN 2 MINUTES. THE STARTING POSITION OF THE AMMO CAN IS AT OR BELOW CHIN LEVEL. THE FINISH POSITION IS OVERHEAD WITH ARMS MOMENTARILY STRAIGHT. THE CAN DOESN'T HAVE TO BE DIRECTLY OVERHEAD BUT THE ARMS HAVE TO STRAIGHT AT THE TOP. WHEN LOWERING THE CAN, IT MUST DESCEND TO A LEVEL AT OR BELOW THE CHIN. ONCE THE CAN RETURNS TO THIS LEVEL THAT'S ONE REPETITION. KEEP THE AMMO CAN UNDER CONTROL AND USE YOUR LEGS. YOU WILL BE CHECKING EACH OTHER'S FORM AND COUNTING EACH OTHER'S REPETITIONS. MONITORS WILL ENSURE PROPER FORM. THE PREPARATORY COMMAND IS "READY" AND THE EXECUTE COMMAND IS "GO". YOU WILL BE NOTIFIED WHEN THERE ARE 30 SECONDS AND 15 SECONDS REMAINING. IF YOU HAVEN'T TAKEN OFF YOUR BLOUSE OR SWEATSHIRT, DO SO AT THIS TIME. A SHORT SLEEVE GREEN SKIVVIE SHIRT MUST BE WORN DURING THIS EVENT SO LOCKOUT OF THE ELBOWS CAN BE OBSERVED. AN RPE SCALE WILL BE MADE AVAILABLE TO YOU. ARE THERE ANY QUESTIONS?"**
- **"Ready, Go"**
- During event, monitors ensure proper technique and proper counting.
- When first half of Marines are done with event, change over.

TRANSITION

- No less than five (5) minutes will be allowed between events. There is no definitive time between the Ammo Lift and Maneuver Under Fire. Time spent between events will be long enough to allow movement of personnel from Ammo Lift area to Maneuver Under Fire start line.

Time will also be reasonable enough to allow for adequate recovery and drink water, make head calls, etc.

MANEUVER UNDER FIRE (MANUF)

- To the extent possible, Marines who did the Ammo Lift first will do the MANUF first.
- Monitors ensure MANUF field is clear of rocks, holes, glass or other debris.
- Marines are paired by approximately equal weight.
- Monitors will conduct "walkthrough" of MANUF event with all Marines who'll be participating.

MANUF WALKTHROUGH

- One monitor will explain while another demonstrates techniques.
- Monitors explain that the starting position is the prone position and the first 25 yds of Leg 1 of the MANUF is a straight sprint.
- Walk (or jog) Marines to 10 yds short of 25 yd line. Monitor explains that Marines must execute a clockwise turn ("J Hook") around cone at 25 yd line which is one yard inboard from the right lateral limit of the lane.
- One monitor demonstrates high crawl technique while another emphasizes the following points:
 - Movement is with elbows, knees and feet while the torso stays in contact with the ground.
 - During the test, Marines will high crawl 10 yards.
- Marines are given opportunity to briefly practice High Crawl technique. Monitors correct form.
- Marines are then shown the Modified High Crawl technique.
 - Movement is with 6 points of contact (hands, knees, and feet)
- Walk (or jog) Marines to 50 yd line. One monitor demonstrates diagonal run technique through cone/marker network while another emphasizes the following points:
 - Stay low while changing direction.
 - Marines may touch cone or marker, but body and foot used to change direction must be "outside" cone or marker.
 - Route is left cut at first marker located at 50 yd line, right cut at second, left cut at third, right cut at fourth and left cut at fifth marker to the 75 yd line.
- Marines are given opportunity to briefly practice diagonal run technique. Monitors correct form.
- Move to 75 yd line. One monitor sits at 75 yd line with back towards start. Another monitor demonstrates lift of Marine into cradle drop position and drag of Simulated Casualty (SC) through last two cones/marker network. Left turn at last cone/marker while moving backwards. Once SC feet pass next cone/marker, SC stands. Monitor demonstrates proper Fireman's Carry technique. Third monitor emphasizes the following points while demonstration underway:
 - With lift of SC, "rescuer" bends knees, uses core/legs to lift SC while chest remains erect and lumbar curve is maintained.
 - "Rescuer" keeps SC close.
 - While dragging, "rescuer's" abdominal area remains contracted.
 - "Rescuer" will have to turn head to ensure they're backing to the proper cone/marker (last cone/marker in network with start line as reference).

- o "Rescuer" and SC must pass through cone/marker. "Rescuer" may begin to turn SC after passing through cone/marker while ensuring that SC feet passes through cone/marker.
 - o Once SC feet pass through next marker, SC stands up and remains in place (does not turn around).
 - o "Rescuer" goes in front of SC and puts SC into Fireman's Carry position.
 - o Ensure use of core/legs while putting SC into position and that chest remains erect and lumbar curve is maintained.
 - o Remind SC to place hand in the small of the "rescuer's" lower back for stabilization.
 - o Remind "rescuer" to keep weight of SC evenly distributed across shoulders.
 - o Remind "rescuer" to contract abdomen for stability
- Marines are given opportunity to briefly practice cradle drop lift, drag and transition to Fireman's Carry. Monitors correct form.
- Walk (or jog) Marines back to start line. Marines need to be reminded they will have to guide back to the point where they started (ammo cans will serve as guide point).
- Marines reminded that they are to place SC safely on ground and away from Ammo Cans.
- Monitor demonstrates proper pickup of Ammo Cans (bend at knees, chest remains erect, lumbar curve maintained). Marines may practice if necessary.
- Walk (or jog) Marines to 50 yard line and explain that on this leg of the MANUF, they negotiate the cone/marker network on the first leg.
- Walk (or jog) Marines to 75 yard line.
- One monitor demonstrates proper grenade throw from standing position followed by drop to prone position. Another monitor emphasizes following points:
 - o Throw involves turn of body along with throwing motion.
 - o The throw must be a direct hit (no bounces) within the target area or on border for a hit.
 - o After throwing grenade, Marines hit deck immediately and execute three (3) pushups. Marines shouldn't wait to see if grenade hits or misses because they're being timed.
 - o Explain the 5 second time deduction for a hit and 5 second penalty for a miss.
- Marines are given opportunity to briefly practice grenade throw. Monitors correct form.
- Monitor demonstrates pickup of ammo cans again.
- Monitor explains that Marines negotiate cone/marker network in reverse on last leg of MANUF.
- Walk (or jog) Marines back to start line.
- **"THE LAST EVENT OF THE COMBAT FITNESS TEST IS MANEUVER UNDER FIRE. THIS TEST WILL CHALLENGE YOUR AGILITY, COORDINATION, ACCURACY, BALANCE AND STRENGTH IN VARIOUS COMBAT RELATED TASKS. IN TOTAL YOU WILL COVER A DISTANCE OF 300 YDS. THE GOAL OF THIS EVENT IS TO COVER THE DISTANCE WHILE DOING THESE TASKS AS FAST AS POSSIBLE. THE PREPARATORY COMMAND IS "READY" AND THE EXECUTE COMMAND IS "GO". REMEMBER YOUR TIME AT THE FINISH. ARE THERE ANY QUESTIONS?"**
- If no questions, send "casualties" to 75 yd line and have them sit with their backs toward the start line.
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- **MANUF EXECUTION**
- **The lead monitor will give the command "Ready, Go"**
- There will be 1:1 ratio of "Field Monitors" to Marines doing event. Once the lead monitor is satisfied with ability of field monitors to safely, effectively monitor the MANUF event, the field monitors can start Marines on their own (mass start not necessary, individual lane starts will take less time).
- Field monitors will be located at the 25 yd line at the start of event. Their duties will be as follow:
 - Once Marine reaches 25 yd line, tell Marine to "Do a J hook". Provide encouragement and monitor form "Keep your butt down".
 - At transition point (35 yd line", tell Marine to "transition of modified high crawl") Provide encouragement and monitor form
 - Before Marine reaches cone/marker network, advance to first cone/marker. "Come to me" or other type encouragement should be given. Just before Marine gets up to negotiate network, run ahead of him/her to each cone/marker and point to the outside of the cone/marker to make sure the Marine negotiates network properly. This is best done by backpedaling through center fo cone network while pointing to each cone in the network. Make sure to stay out of their way.
 - As Marine passes through last cone, begin to give cues on proper lifting and cradle drop position (eg. "**Butt Down**", "**Bend your knees**", "**Keep your chest high**", "**Keep curve in your back**").
 - Go to last cone/marker in network as Marine begins to drag SC. "Come to me" or some other encouragement should be given. Point to location on ground near cone/marker where SC feet must pass through.
 - Then move to next cone/marker where transition will occur. "Come to me" or some other encouragement should be given. Point to location on ground near ground where SC feet must pass through.
 - Once SC feet pass cone/marker, field monitor says "**CASUALTY STAND UP**".
 - Field monitor encourages "rescuer" to use proper form during transition (eg. "**Butt Down**", "**Bend your knees**", "**Keep your chest high**", "**Keep curve in your back**").
 - Field monitor ensures SC puts hand in the small of the "rescuer's" back.
 - During Fireman's Carry, Field monitor provides encouragement and guides Marine back to start line.
 - Both Field monitor and start/finish monitor ensure safety of transition area by reminding "rescuer" to put down SC safely and by guiding them away from ammo cans.
 - Field monitor encourages good form on ammo can pickup ("**Bend your knees**", "**Keep your chest high**", "**Keep curve in your back**").
 - On leg 3, Field monitor provides encouragement and as Marines near cone/marker network, advances to first cone/marker and provides cues as on leg 1.
 - As Marine nears 75 yd line to throw grenade, Field monitor gives encouragement ("Start to think about a good grenade throw").

- Once Marine reaches 75 yd line, Field monitor directs Marine to ground ammo cans and engage grenade target.
- Following grenade engagement Field monitor tells Marine to "Get down".
- After Marine gets up and picks up ammo cans for leg 4, Field monitor encourages good form (eg. **"Butt Down"**, **"Bend your knees"**, **"Keep your chest high"**, **"Keep curve in your back"**).
- On leg 4, Field monitor guides Marine through negotiation of cone/marker network as before, but in reverse. Ensure Marines negotiate all cones of the network.
- Once through cone/marker network, Field monitor provides encouragement on the most physically demanding portion of the MANUF and CFT ("Finish strong. "All you got", etc.).
- There will be a 3:1 ratio of grenade target monitors to Marines doing event. Their duties are as follows:
 - Stage dummy grenades at 75 yd line.
 - Grade grenade throws. Signal for a hit is raised right arm. Signal for a miss is the "no good" signal as in football.
 - Return grenades to 75 yd line as Marines finish MANUF. Grenade target monitors will remain alert for other throws being conducted.
- During event, monitors ensure proper technique and proper counting.
- When first half of Marines are done with event, change over.