Basic Fitness Test (BFT) EVENT

Ownership	Task	Due Date	Status	Comments
SISCO	LNO Identified	13APR22	🟩	1LT Oshinbanjo
SISCO	DRAFT CONOP Due	19APR22	🟩	Completed 12APR22
SISCO	FINAL CONOP Due	26APR22	🟩	Completed 18MAY22
SISCO	BFT Site Identified/Reserved	22APR22	🟩	Completed 18MAY22
SISCO	RECON Conducted	02MAY22	🟩	Completed 02MAY22

🟩	Complete
🟨	Started, no issues
🟥	Not started or issues identified

SISCO 25ID HHBN	GAFPB BASIC FITNESS TEST	11APR22

1. Plan the Training	2. Verify Leaders	3. Recon Site	4. Issue the Plan	5. Rehearsal	6. Execution	7. Recovery	8. Conduct AAR
04 APR	13 APR	14 APR	03 MAY	21 JUN	28 JUN	N/A	28 JUN

MISSION: HHBN conduct Basic Fitness Test at Watts A Turf Field in order to tests soldiers' ability to meet the physical standards of the German Armed Forces.

Time	Event
0430	
•	Arrive to Watts Field For Setup
0530	
•	Group 1-5 Arrives at Watts Field 100 Road A, Wahiawa, HI
0545-0600	
•	Route/Safety Brief; Begin the 3 event Sequence by group
0600-1200	
•	Group 1-5 Complete NLT 1200 and head to the range CR-1
1300-1700	
•	Group 6-10 arrives and complete event NLT 1700

Scenario: SISCO coordinates Basic Fitness Test in order for participating Soldier to compete for 3 events in sequence within 90 minutes
11X10-meter sprint minimum pass 60 sec; Max 35 sec
Chin-up test (Flexed-arm hang) minimum pass 5 sec; Max 86 sec
1000 meter Run minimum pass 06:30; Max 02:50
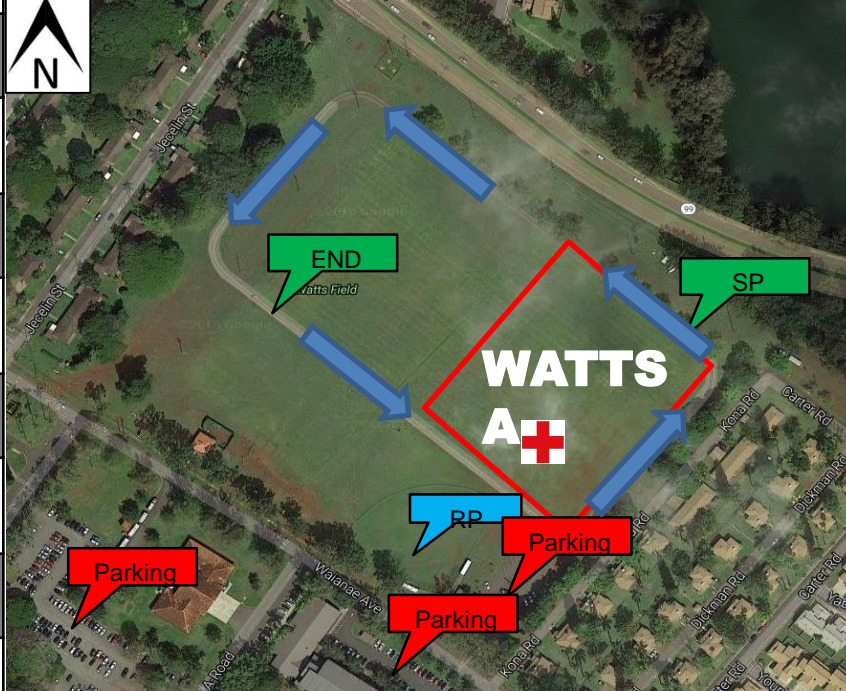
Task Organization
OIC: 1LT Oshinbanjo   NCOIC: SFC Gutierrez

INTERNAL SUPPORT NEEDED
▪ Medical support on site

The order of march for execution will be conducted in three groups per the total amount of graders. There would be a total of up to 10 open lanes for 11X10 meter sprint on the Turf Field. Soldiers will execute events in the order of 11X10-meter sprint 8-10 open lanes, Chin-up 15+ bars, and 1000 meter (0.62 miles) in 90 minutes.
- Soldiers must meet the minimum test requirements for one or more test individually, if testee does not meet the requirement, the BFT event will be deemed failed.
- Watts is a mile track so pay attention to the marks on the track and look for your graders during the run.

LEGEND

= 1000-meter run route
SP = Start Point
RP = Accountability
P = Parking
= Medical Support
= Limit of Advance

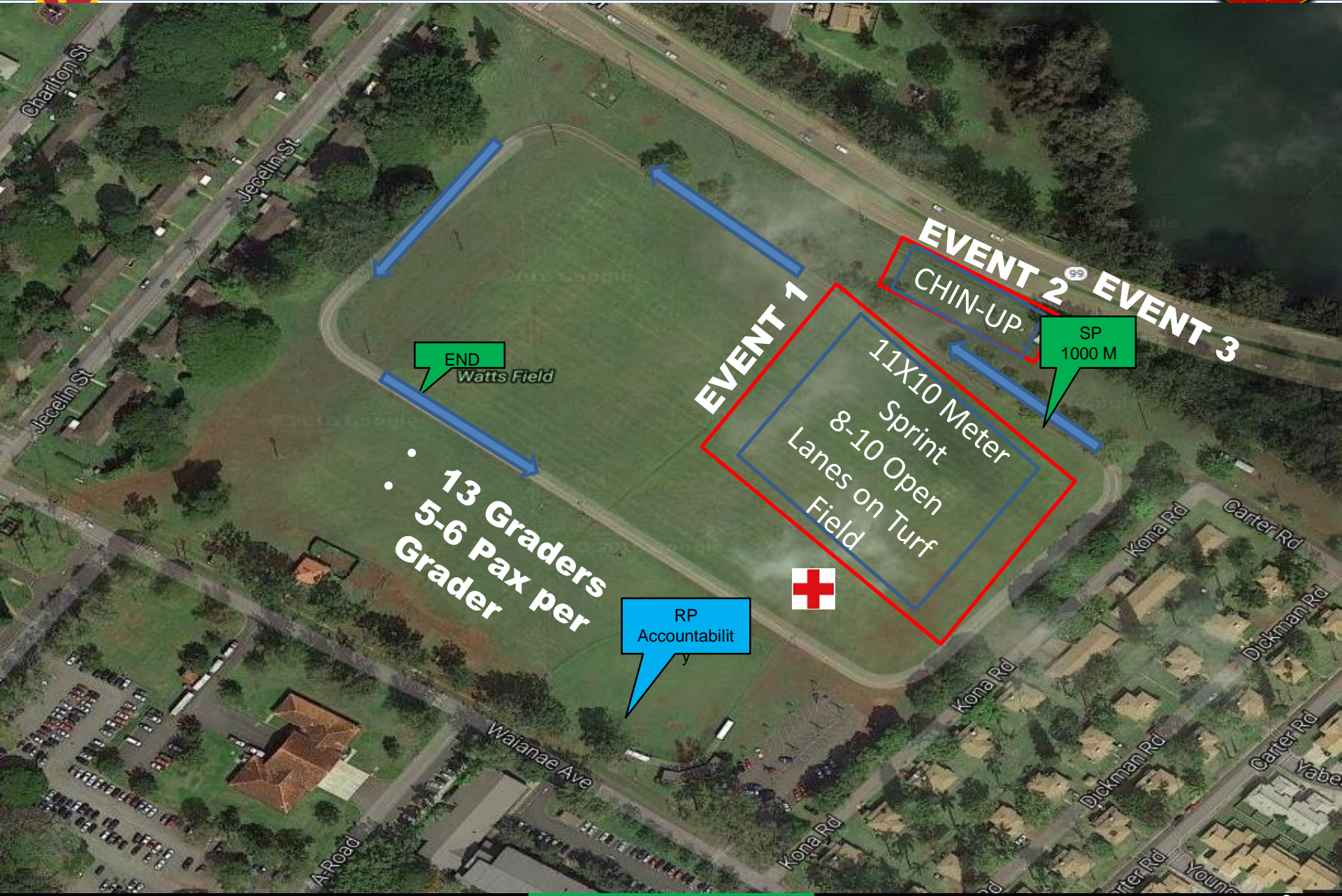**Mitigate Risk - MISSION: LOW   FORCE: LOW   OVERALL: LOW**

Weather & Light Data	Communications Plan	Sustainment	MEDEVAC PLAN	UNIFORM
Temperature: (F): 83-69 BMNT: 0549 EENT: 2024 Precipitation: 13% Humidity: 45% Wind: 9-12 mph	P: FM A: Cell Phone C: Runner	CLI: 3x water jugs on site, 25-30x Cones, 14x Stop Watches, 10 gym mats, 3x measuring tape, CLVII: 1x High back HMMVW (SIS501) CLVIII: Aid Bag, Litter, Thermometer CLX: Fire Extinguisher in vehicles	COA 1: CASEVAC to ACC COA 2: MEDEVAC to Tripler COA 3: AIREVAC to Wahiawa General or Queens Hospital	APFU w/Water Source

END
Watts Field

EVENT 1

EVENT 2 EVENT 3

CHIN-UP

SP
1000 M

11X10 Meter
Sprint
8-10 Open
Lanes on Turf
Field

- 13 Graders
- 5-6 Pax per Grader

RP
Accountabilit
y

SUMMARY of BFT EVENT

BFT = Basic Fitness Test (3 events in sequence within 90 min)				
11 x 10-meter sprint test		**Chin-up test (flexed-arm hang)**		**1000 m Run**
Minimum pass Requirements max. 60 sec		**Minimum pass Requirements 5 sec**		**Minimum pass Requirements max. 6min 30 sec**

Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements or one or more test events, the BFT will be deemed <u>failed</u>. No additional scoring will take place on the same day.

Liaison LT Oshinbanjo

BFT 3 Main Events

Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements or one or more test events, the BFT will be deemed <u>failed</u>. No additional scoring will take place on the same day.

11 x 10-meter sprint test	Chin-up test (flexed-arm hang)	1000 m Run
Minimum pass Requirements max. 60 sec	**Minimum pass Requirements 5 sec**	**Minimum pass Requirements max. 6min 30 sec**

1

2

3

<u>Sequence</u>
To provide a standardized test environment, the sequence of tests has been predefined and is binding for all testers.

BFT 11X10 Meter Sprint Test

Finish Line after Sprint 11
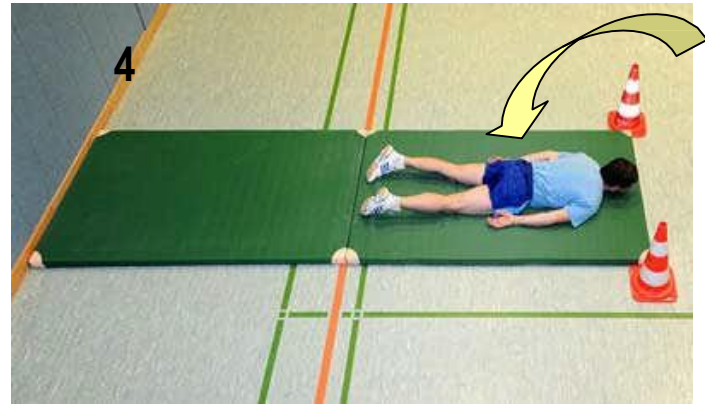
BFT 11X10 Meter Sprint Test

General items required
- Stopwatch
- Two (2) gym mats
- Three (3) cones
- Measuring tape

Time in sec	Points
54	200
48	300
42	400
36	500

Note

Before administering the test, make sure that all participants have enough time to warm up (running at a slower pace, stretching, etc.). To avoid injuries, the sprint corridor must be wide enough and behind the turning cone there must be a run-out area.

BFT 11X10 Scoring Points

Fair			Satisfactory			Good			Very Good	

Time in sec	Points	Time in sec	Points	Time in sec	Points	Time in sec	Points
60	100	54	200	48	300	42	400
59	117	53	217	47	317	41	417
58	133	52	233	46	333	40	433
57	150	51	250	45	350	39	450
56	167	50	267	44	367	38	467
55	183	49	283	43	383	37	483
						36	500
						35	517

Chin-up test (Flexed-arm hang)

**Chin-up test
Start Position**

**Chin-up test
Finish Position**

Event
- The testee holds himself in the end position of a pull-up as long as possible.
- Testee's evaluation will be based on the length of the time he can hold himself in this position.
- Testee steps off the squat box and the instructor pulls it back, testee will hold himself up with his chin above the bar (chin-up end position; elbow joints flexed to the maximum, shoulders at the height of the bar).
- Once testee's feet step off the squat box, timekeeping will start. Once the testee's chin is below the bar, timekeeping will stop. Testee's time will be recorded in seconds and tenths of a second.

Chin-up test (Flexed-arm hang)

General items required

- Stopwatch
- Bar
If more than one bar is available, all of them
  can be used allowing adjustments to individual
  body heights (height of bars at 180 cm or 190 cm);
If no chin-up bar is available,
  any other suitable suspension system may be used.

- Two (2) gym mats
- Squat box, small
- Magnesia or chalk, paper towels

Time in sec	Points
25	200
45	300
65	400
85	500

Chin-up test Scoring Points

Fair		Satisfactory		Good		Very Good	
Time in sec	Points	Time in sec	Points	Time in sec	Points	Time in sec	Points
5	100	25	200	45	300	65	400
6	105	26	205	46	305	66	405
7	110	27	210	47	310	67	410
8	115	28	215	48	315	68	415
9	120	29	220	49	320	69	420
10	125	30	225	50	325	70	425
11	130	31	230	51	330	71	430
12	135	32	235	52	335	72	435
13	140	33	240	53	340	73	440
14	145	34	245	54	345	74	445
15	150	35	250	55	350	75	450
16	155	36	255	56	355	76	455
17	160	37	260	57	360	77	460
18	165	38	265	58	365	78	465
19	170	39	270	59	370	79	470
20	175	40	275	60	375	80	475
21	180	41	280	61	380	81	480
22	185	42	285	62	385	82	485
23	190	43	290	63	390	83	490
24	195	44	295	64	395	84	495
						85	500
						86	405
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1000 Meter Run

**1000 m
Run**

**Minimum pass
Requirements
max. 6min 30 sec**

Event
Participant completes the 1000-meter run in the shortest time possible.

Test sequence
For the 1000-meter (or 1-K) run, the track ideally should be 400 meters long.
The runner starts at the 200-meter mark. So measured from the start/finish line, the runner must run two complete laps of the race. Once he has crossed the finish line, the tester records the runner's time to the second.
In total 2 ½ Laps.

1000 Meter Run

General items required
- Stopwatch
- Measured, level track

Note
Before completing the 1000-meter run,
participant should warm up as instructed
by the tester (running at a slow pace, stretching, etc.).

Time in sec	Time in min	Points
335	5:35	200
280	4:40	300
225	3:45	400
170	2:50	500

As an exception to the rule (for instance, in case of non-existing
infrastructure or under adverse weather conditions), the 1000-meter run may also be
completed on a measured and level track in the terrain
(if the terrain does not provide the perfectly level track, uphill and downhill stretches

1000 Meter Run Scoring Test

Fair			Satisfactory			Good			Very Good		
Time in sec	Min : sec	Points	Time in sec	Min : sec	Points	Time in sec	Min : sec	Points	Time in sec	Min : sec	Points
390	06:30	100	335	05:35	200	280	04:40	300	225	03:45	400
389	06:29	102	334	05:34	202	279	04:39	302	224	03:44	402
388	06:28	104	333	05:33	204	278	04:38	304	223	03:43	404
387	06:27	105	332	05:32	205	277	04:37	305	222	03:42	405
386	06:26	107	331	05:31	207	276	04:36	307	221	03:41	407
385	06:25	109	330	05:30	209	275	04:35	309	220	03:40	409
384	06:24	111	329	05:29	211	274	04:34	311	219	03:39	411
383	06:23	113	328	05:28	213	273	04:33	313	218	03:38	413
382	06:22	115	327	05:27	215	272	04:32	315	217	03:37	415
381	06:21	116	326	05:26	216	271	04:31	316	216	03:36	416
380	06:20	118	325	05:25	218	270	04:30	318	215	03:35	418
379	06:19	120	324	05:24	220	269	04:29	320	214	03:34	420
378	06:18	122	323	05:23	222	268	04:28	322	213	03:33	422
377	06:17	124	322	05:22	224	267	04:27	324	212	03:32	424
376	06:16	125	321	05:21	225	266	04:26	325	211	03:31	425
375	06:15	127	320	05:20	227	265	04:25	327	210	03:30	427
374	06:14	129	319	05:19	229	264	04:24	329	209	03:29	429
373	06:13	131	318	05:18	231	263	04:23	331	208	03:28	431
372	06:12	133	317	05:17	233	262	04:22	333	207	03:27	433
371	06:11	135	316	05:16	235	261	04:21	335	206	03:26	435
370	06:10	136	315	05:15	236	260	04:20	336	205	03:25	436
369	06:09	138	314	05:14	238	259	04:19	338	204	03:24	438
368	06:08	140	313	05:13	240	258	04:18	340	203	03:23	440
387	06:07	142	312	05:12	242	257	04:17	342	202	03:22	442
366	06:06	144	311	05:11	244	256	04:16	344	201	03:21	444
365	06:05	145	310	05:10	245	255	04:15	345	200	03:20	445
364	06:04	147	309	05:09	247	254	04:14	347	199	03:19	447
363	06:03	149	308	05:08	249	253	04:13	349	198	03:18	449
362	06:02	151	307	05:07	251	252	04:12	351	197	03:17	451
361	06:01	153	306	05:06	253	251	04:11	353	196	03:16	453
360	06:00	155	305	05:05	255	250	04:10	355	195	03:15	455
359	05:59	156	304	05:04	256	249	04:09	356	194	03:14	456
358	05:58	158	303	05:03	258	248	04:08	358	193	03:13	458
357	05:57	160	302	05:02	260	247	04:07	360	192	03:12	460
356	05:56	162	301	05:01	262	246	04:06	362	191	03:11	462
355	05:55	164	300	05:00	264	245	04:05	364	190	03:10	464
354	05:54	165	299	04:59	265	244	04:04	365	189	03:09	465
353	05:53	167	298	04:58	267	243	04:03	367	188	03:08	467
352	05:52	169	297	04:57	269	243	04:02	369	187	03:07	469
351	05:51	171	296	04:56	271	241	04:01	371	186	03:06	471
350	05:50	173	295	04:55	173	240	04:00	373	185	03:05	473
349	05:49	175	294	04:54	175	239	03:59	375	184	03:04	475
348	05:48	176	293	04:53	176	238	03:58	376	183	03:03	476
347	05:47	178	292	04:52	178	237	03:57	378	182	03:02	478
346	05:46	180	291	04:51	180	236	03:56	380	181	03:01	480
345	05:45	182	290	04:50	182	235	03:55	382	180	03:00	482
344	05:44	184	289	04:49	184	234	03:54	384	179	02:59	484
343	05:43	185	288	04:48	185	233	03:53	385	178	02:58	485
342	05:42	187	287	04:47	187	232	03:52	387	177	02:57	487
341	05:41	189	286	04:46	189	231	03:51	389	176	02:56	489
340	05:40	191	285	04:45	191	230	03:50	391	175	02:55	491
339	05:39	193	284	04:44	193	229	03:49	393	174	02:54	493
338	05:38	195	283	04:43	195	228	03:48	395	173	02:53	495
337	05:37	196	282	04:42	196	227	03:47	396	172	02:52	496
336	05:36	198	281	04:41	298	226	03:46	398	171	02:51	498
									170	02:50	500

Scoring after having met all single-event pass requirements

How to tally score points

Single-event results (individual test times) are translated into a graduated point-score system. Participants who meet the minimum pass requirements (100 points respectively) are awarded basic points [per event].
The better the participants performance, the more points are awarded for the respective events.

For the event-specific basic point scores see the respective score table 1 - 3 (11 x 10-meter sprint test, flexed-arm hang, 1000-meter run).

Providing "handicaps"
Equal chances
Based on age-grading and physical-ability considerations, a "handicap" is provided to soldiers, taking into account age and/or gender.

Age grading
Participants who are 35 years old or younger will not be age-graded. Those who are 36 years old or older will be age-graded. Basic score points will be increased by 0.5 percent per year of age.
The age-grading "handicap" is calculated based on the actual age reached by a participants in a given year.

Age-graded "handicap" (36 years or older) = basic score points X (actual age minus 35 years) X 0.005

Scoring after having met all single-event pass requirements

Gender grading

BFT scores have been normalized to take into account the physical abilities of male soldiers. Therefore male soldiers will not be provided any other type of "handicap" [besides age grading].

Each female (F) soldier will be provided an event-related "handicap". The "handicap" is
- 15 percent for the sprint test   (F) = basic score points X 0.15)
- 40 percent for the flexed-arm hang (chin-up)   (F) = basic score points X 0.4)
- 15 percent for the 1000-meter run   (F) = basic score points X 0.15)

Single-event score

You earn scores for each event plus, if applicable, age-graded and gender-graded points.
 - Event-score points = basic score points + age-graded points + gender-graded points

Points Rating for the complete BFT (average of all three events)

100 – 199	Fair	(BFT passed, but not good enough to compete for the GAFPB) (4.49-3.5 range)
200 – 299	Satisfactory	(competes for GAFPB in Bronze) (3.49-2.5 range)
300 – 399	Good	(competes for GAFPB in Silver) (2.49-1.5 range)
≥ 400	Very Good	(competes for GAFPB in Gold) (1.49-1.0 range)

Overall rating

The BFT overall rating is the averaged value calculated from the single ratings. To provide better accuracy, calculate up to (2) decimal points

Scoring after having met all single-event pass requirements

Overall rating

The BFT overall rating is the averaged value calculated from the single ratings. To provide better accuracy, calculate up to two (2) decimal points.

Example:
- sprint test / Event-score points = basic score points + age-graded points + gender-graded points = 405
- flexed-arm hang test / Event-score points = basic score points + age-graded points + gender-graded points = 500
- 1000-meter run / Event-score points = basic score points + age-graded points + gender-graded points = 300

Total = 1205

Averaged value from the 3 single ratings: = 1205 : 3 = 401,66 = GOLD

Points Rating

100 – 199 Fair	☹
200 – 299 Satisfactory BRONZE	
300 – 399 Good SILVER	
>400Very Good GOLD	