

The 3 "Must Events" ACFT Alternate Events

YouTube Channel: <https://www.youtube.com/channel/UCNPstvjdTmDV3zPK4qmuyMQ>

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mp3="https://newpttestarmy.com/wp-content/uploads/2019/09/Alternate-Assessment-for-selected-Soldiers-with-permanent-profiles.mp3"][/audio]

The Army is introducing a new physical fitness test. The current test the army physical fitness test (APFT) has been the test of record since it was developed and implemented in 1980. It consists of two minutes of push-ups, two minutes of setups and a two-mile run.

The new test the army combat fitness test or ACFT consists of six events that are based on tasks a Soldier might encounter in training or combat. This test will become the test of record by 1 October 2020.

Soldiers on a permanent profile, the Army has developed a modified ACFT during the FY19 field test within the limits of their profile, Soldiers on permanent profile will complete the three most critical test events:

The 3 "MUST EVENTS" :

1. The Deadlift
2. The Sprint - Drag - Carry
3. An Aerobic event
 1. Aerobic Event is the 2 - Mile run or...
 2. An Alternate Event:
 1. **15,000 meter Bike,**
 2. **5,000 meter Row or**
 3. **1,000 meter Swim.**

Rules and Regs:

- There are no exceptions to the modified ACFT testing sequence or protocols.
- Soldiers on permanent profile must be cleared by the medical provider before taking the modified ACFT
- The stationary row and bike machines must have adjustable resistance and must be available for training and testing.
- The seat handles and foot straps must be adjusted to accommodate soldiers of different sizes.

- It must have an odometer,
- The machine must be in good working order or calibrated prior to testing.

During the test:

- Soldiers may pause briefly to rest, adjust the resistance, grip or seat position.
- Soldiers should not rest for more than 30 seconds at any point to keep the machine odometer from resetting to zero resulting

In an event failure:

- The NCOIC should transition from the sprint-drag-carry test to an aerobic
- test event in 10 minutes or as soon as possible similar to the
- scoring for the two-mile run test event,
- Soldiers will receive more points the faster they complete the row, bike, or swim.
- Point scales are currently being developed.
- The current 60 point past time equals 25 minutes

5,000 meter Row Alternate ACFT Event -

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Alternate Event Row MP3:

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mp3="https://newpttestarmy.com/wp-content/uploads/2019/09/Alternate-assessment-5000-meter-row.mp3"][/audio]

- The NCOIC should attempt to start the 5000 meter row test within 10 minutes or as soon as possible after the sprint drag carry test event
- the test OIC or NCOIC is responsible for inspecting and validating that the stationary rower is serviceable and that the odometer is functioning correctly
- The resistance should be set at the mid level between low and high you will take a seated position on the rower
- ready to begin on the command go the clock will start
- you should begin rowing at your own pace
- you may rest at any point during the 5000 meter row

- but may not dismount the rower you will be scored on your ability to complete the 5000 meter row in 25 minutes
- you will receive more points the faster you row meters what are your questions set the rower resistance

OIC or NCOIC Instructions to Soldier:

- take a seated position on the rower ready to begin secure your feet and grasp the handles
- are you ready to begin?
- get set
- go
- you have ten minutes remaining

NOTE:

Soldiers may rest at any point during the 5,000 meter road test but should not rest for more than 30 seconds at any point to keep the road ometer from resetting to zero resulting in an event failure soldiers may not dismount the rowing machine you are at the 4,800 meter mark and have five minutes remaining you have 100 meters remaining

OIC or NCOIC Instructions to Soldier:

- stop
- you have completed the 5000 meter stationary ro test your time is 23 minutes and 43 seconds for 5000 meters
- good job

1,000 meter Swim Alternate ACFT Event

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Alternate Event Swim MP3:

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mp3="https://newpttestarmy.com/wp-content/uploads/2019/09/Alternate-assessment_-1000-meter-swim.mp3"][/audio]

- The NCOIC should attempt to start the 1000 meter swim test within 10 minutes or as soon as possible after the sprint drag carry test event the test OIC or NCOIC is responsible for inspecting and validating the pool
- Either a 25 or 50 meter swimming pool is acceptable
- The NCOIC is responsible for converting the 1000 meter distance to yards if using a 25 or 50 yard pool The 1000 meter swim measures your level of aerobic fitness
- You begin the test with a controlled seated entry into the water
- No diving is allowed at the start
- You must have a hand and foot in contact with the wall of the pool

NCOIC or OIC Instructions:

- on the command go the clock will start
- You should begin swimming at your own pace
- using any stroke or combination of strokes you must swim 20 laps for this pool to complete the 1000 meter distance
- You must touch the wall at each end of the pool as you turn on every lap
- any type of turn is authorized
- pressing by standing on the bottom of the pool or holding on to the wall is authorized
- you may not walk on the bottom of the pool
- swimming goggles and caps are permitted but no other equipment is authorized unless specified by your profile
- you'll be scored on your ability to complete the swim in 25 minutes
- you'll receive more points the faster you swim the 1000 meters
- do you have any questions
- alright go ahead and put your equipment on (civilian swim attire is authorized in place of the APFU)
- put your goggles on and take a seat on the deck

NOTE:

- Soldiers must have at least one hand and one foot on the wall

NCOIC / NCO:

- Are you ready?
- Okay get set.
- Go!

Additional Information:

- soldiers may use any stroke or combination of strokes
- soldiers may execute a flip turn as used in the Freestyle stroke
- or a touch turn as used in the breaststroke
- the soldier must touch the wall at each end on each turn and can rest on the wall as needed

15,000 meter Bike Alternate ACFT Event -

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Alternate Bike Event MP3:

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mp3="https://newpptestarmy.com/wp-content/uploads/2019/09/Alternate-assessment-15000-meter-stationary-bike.mp3"][/audio]

Instructions:

The NCOIC should attempt to start the 15,000 meter bike test within 10 minutes or as soon as possible following the sprint drag carry test

- The OIC or NCOIC is responsible to inspect and validate the stationary bike
- The NCOIC should check the stationary bike to make sure it's serviceable and that the odometer is functioning correctly
- The 15,000 meters stationary bike test event measures your level of aerobic fitness
- The resistance should be set at the mid level between low and high
- On the command go the clock will start
- You should begin pedaling at your own pace
- You may stop pedaling and rest at any point during the 15,000 meter ride but may not dismount the bike
- You will be scored on your ability to complete the 15,000 meter distance in 25 minutes
- You will receive more points the faster you complete 15,000 meters
- What are your questions?
 - I don't have any questions
- Set the bike resistance and make any individual adjustments necessary to your bike
- Go ahead and mount your bike and get ready to begin

NCOIC / OIC Instructions:

- Are you ready to begin?
 - I am
- Get set
- Go
- You have ten minutes remaining

Additional Information:

- Soldiers may rest at any point during the 15,000 meter bike test

- But should not rest for more than 30 seconds at any point to keep the bike odometer from resetting to zero
- Resulting in an event failure soldiers may not dismount the bike machine

NCOIC / OIC Instructions:

- You are at 14,000 meters and have 5 minutes remaining
- Stop
- You have completed the 15,000 meters stationary bike test event
- You have completed 15,000 meters in 23 minutes and 39 seconds
- Good job!