

ALARACT 192/2010

DTG: P 260256Z JUN 10

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DCS G-3/5/7-CSF//.

SUBJECT: MOD 01 TO ALARACT (097/2010) COMPREHENSIVE SOLDIER FITNESS EXECUTION ORDER

MSGID/ORDER/HQDA//

NARR/(U) THIS FRAGMENTARY ORDER (FRAGO) 1 UPDATES MASTER RESILIENCE TRAINER (MRT) IMPLEMENTATION DATA, INFORMATION AND COORDINATING INSTRUCTIONS IN THE CSF EXORD. IT DIRECTS UNITS, AGENCIES AND ACTIVITIES TO DETERMINE AND PROVIDE STANDING REQUIREMENTS FOR MASTER RESILIENCE TRAINERS (MRTS), PROVIDES GUIDANCE FOR DERIVING THOSE MRT REQUIREMENTS, AND ADVISES RECIPIENTS OF ALLOCATION OF AVAILABLE MRT TRAINING SPACES FOR THE REMAINDER OF FY10. ALSO PROVIDES REPORTING INSTRUCTIONS FOR THE FORT JACKSON MRT COURSE. ADDS PARAGRAPH 3D (COORDINATING INSTRUCTIONS), AND RELABELS FUNDING AS PARAGRAPHS 3.D.1. THROUGH 3.D.1.D. FINALLY, IT ADDS PARAGRAPH 4 (ADMINISTRATION AND LOGISTICS) TO THE BASE ORDER AND RE-NUMBERS THE PARAGRAPH ENTITLED COMMAND AND SIGNAL (PREVIOUSLY PARAGRAPH 4) AS PARAGRAPH 5. REF/A/ARMY CAMPAIGN PLAN 2010, DTD 23 APR 2010, ANNEX V (COMPREHENSIVE SOLDIER FITNESS)
REF/B/ALARACT 097/2010 COMPREHENSIVE SOLDIER FITNESS EXORD, DTG: 061547ZAPR10

TIMEZONE/Z//

(U) REFERENCE. HEADQUARTERS, DEPARTMENT OF THE ARMY (HQDA), ALARACT 097/2010: COMPREHENSIVE SOLDIER FITNESS (CSF) EXECUTION ORDER (EXORD)

1. (U) SITUATION: NO CHANGE.
2. (U) MISSION. NO CHANGE.
3. (U) EXECUTION. ADD
- 3.B.4.H. (U) CHANGE: TWENTY FIVE PERCENT (25%) OF ALL AC DRILL SERGEANTS, 10% OF ALL RC DRILL SERGEANTS, 100% OF AIT PLATOON SERGEANTS, 100% OF BOLC-B INSTRUCTOR/TRAINERS (SENIOR CAPTAINS/JUNIOR MAJORS WHO TRAIN/MENTOR BOLC LTS), AND 25% OF BOLC-A (ROTC) INSTRUCTORS/TRAINERS ASSIGNED AFTER 1 JANUARY 2010 ARE REQUIRED TO BE MRT QUALIFIED WITHIN 180 DAYS AFTER ASSIGNMENT.
- 3.C.2.C.1. (U) NEW: TO HELP DETERMINE THE STANDING REQUIREMENT FOR MASTER RESILIENCE TRAINERS (MRT) THROUGHOUT THE FORCE, EACH ACOM, ASCC, DRU, FOA AND THE DIRECTOR ARMY NATIONAL GUARD WILL PROVIDE THIS

HEADQUARTERS ITS PROJECTIONS FOR MRT REQUIREMENTS FOR FY 11 - 16.

3.C.2.C.2. (U) NEW: TO STANDARDIZE AND FACILITATE YOUR APPROACH IN DETERMINING YOUR MRT REQUIREMENTS PLEASE NOTE THE FOLLOWING GUIDELINES:

3.C.2.C.2.A (U) ONE (1) MRT TRAINED OFFICER AND ONE NCO PER BRIGADE, GROUP, GARRISON COMMANDED BY A COLONEL (O-6), ROTC BRIGADE, AND RECRUITING BRIGADE. ONE ADDITIONAL MRT TRAINED PERSON FOR EVERY 4 STAND ALONE SECTIONS, PLATOONS, COMPANIES OR RECRUITING BATTALIONS (ORGANIZATIONS SMALLER THAN A STANDARD BATTALION) PERMANENTLY LOCATED MORE THAN 50 MILES AWAY FROM THEIR BRIGADE LEVEL HEADQUARTERS.

3.C.2.C.2.B. (U) ONE MRT TRAINED NCO PER BATTALION, SQUADRON, RECRUITING BATTALION OR GARRISON COMMANDED BY A LIEUTENANT COLONEL (O-5). ONE ADDITIONAL MRT TRAINED PERSON FOR EVERY 4 STAND ALONE SECTIONS, PLATOONS OR COMPANIES PERMANENTLY LOCATED MORE THAN 50 MILES AWAY FROM THEIR BATTALION LEVEL HEADQUARTERS.

3.C.2.C.2.C. (U) TWENTY FIVE PERCENT (25%) OF ALL AC DRILL SERGEANTS, 10% OF ALL RC DRILL SERGEANTS, 100% OF AIT PLATOON SERGEANTS, 100% OF BOLC-B INSTRUCTOR/TRAINERS (SENIOR CAPTAINS/JUNIOR MAJORS WHO TRAIN/MENTOR BOLC LTS), AND 25% OF BOLC-A (ROTC) INSTRUCTORS/TRAINERS WILL BE MRTS. TWENTY FIVE PERCENT (25%) OF RESERVE COMPONENT RECRUIT SUSTAINMENT PROGRAM (RSP) CADRE WILL BE MRT TRAINED TO PROVIDE RESILIENCE TRAINING TO INITIAL ENTRY TRAINEES ASSIGNED TO THEIR RSP UNITS.

3.C.2.C.2.D. (U) ONE (1) MRT TRAINED OFFICER OR NCO FOR EACH NAMED TEAM AT THE NTC, JRTC AND CMTc (SCORPION, TARANTULA, ETC.). ONE (1) MRT TRAINED OFFICER OR NCO AT EACH RESERVE COMPONENT AND ACTIVE COMPONENT POWER PROJECTION PLATFORM AND POWER SUPPORT PLATFORM.

3.C.2.C.2.E. (U) TWO MRT TRAINED NCOS PER NON COMMISSIONED OFFICERS ACADEMY.

3.C.2.C.2.F. (U) TWO MRT TRAINED STAFF AND FACULTY MEMBERS AS APPROPRIATE PER BRANCH SCHOOL. TWO MRT TRAINED STAFF AND FACULTY MEMBERS PER ARNG REGIONAL TRAINING INSTITUTE (RTI), TOTAL ARMY SCHOOL SYSTEM (TASS) TRAINING BATTALION AND GENERAL STUDIES TRAINING BATTALION.

3.C.2.C.2.G. (U) TWO MRT TRAINED OFFICERS OR NCOS AS APPROPRIATE AT THE SERGEANTS MAJOR ACADEMY, THE COMMAND AND GENERAL STAFF COLLEGE AND THE ARMY WAR COLLEGE. TWO MRT TRAINED STAFF AND FACULTY MEMBERS AT THE PROFESSIONAL EDUCATION CENTER (PEC), THE NATIONAL TRAINING CENTER FOR THE ARNG.

3.C.2.C.2.H. (U) EACH STAND ALONE NATIONAL GUARD ARMORY AND RESERVE CENTER: THE FACILITY COMMANDER SHALL BE RESPONSIBLE FOR MRT TRAINING FOR ALL ARMY PERSONNEL WITHIN THAT FACILITY REGARDLESS OF UNIT AFFILIATION. TRAINED MRTS WILL BE ALLOCATED AS FOLLOWS: O-6 FACILITY COMMANDER - ONE OFFICER AND ONE NCO; O-5 FACILITY COMMANDER - ONE NCO.

3.C.2.C.2.I. (U) ONE MRT TRAINED OFFICER/NCO FOR EACH ARMY NATIONAL

GUARD STATE JOINT FORCE HEADQUARTERS. TWO MRT TRAINED PERSONS FOR EACH FAMILY ASSISTANCE CENTER TO PROVIDE REACHBACK CAPABILITIES TO GEOGRAPHICALLY DISPERSED FAMILIES AND SOLDIERS.

3.C.2.C.3. (U) NEW: UTILIZING THE GUIDELINES ABOVE, EACH ACOM, ASCC, DRU, FOA AND THE DIRECTOR ARMY NATIONAL GUARD WILL DETERMINE THEIR STANDING MRT REQUIREMENT. PROVIDE BOTH THE REQUIREMENT AND DERIVATION OF THE REQUIREMENT. HIGHLIGHT AND EXPLAIN ANY UNIQUE PLANNING FACTORS AND SIGNIFICANT VARIATIONS FROM THE GUIDELINES ABOVE; FOR EXAMPLE, COMMANDS IN KOREA ADD A COMMENT/REMARK THAT PERSONNEL TURNOVER IS YEARLY VERSUS BI-ANNUALLY, WHICH IN TURN WILL MAKE DAMO-CSF PLANNERS BUILD MORE MRT TRAINING CAPACITY THAN THEY WOULD FOR, AS AN EXAMPLE, AIT PLATOON SERGEANTS OR BOLC-B INSTRUCTORS WHO ARE NORMALLY ON STABILIZED TOURS OF TWO YEARS OR LONGER. SUBMIT REQUIREMENT AND DERIVATION FOR VALIDATION TO THIS HQ, ATTENTION POC IN PARA 5.D.1 BELOW, NLT 01 AUGUST 2010.

3.C.2.C.4. (U) NEW: THE MRT COURSE AT FORT JACKSON, VICTORY UNIVERSITY (VU) HAS BEEN ESTABLISHED. MRT SEAT ALLOCATIONS FOR BOTH LOCATIONS (UPENN AND VICTORY UNIVERSITY) FOR THE REMAINDER OF FY 10 HAVE BEEN ALLOCATED (SEE ANNEX A). ATRRS MANAGERS MUST REFER TO BOTH COURSES (COURSE # 145/UPENN & COURSE # 805V/VICTORY UNIVERSITY, FORT JACKSON) WHEN RESERVING SEATS ALLOCATIONS FOR THEIR PERSONNEL.

3.C.2.C.5. (U) NEW: FOR STUDENTS ATTENDING THE MRT COURSE AT FORT JACKSON PLEASE NOTE THE FOLLOWING REPORTING INSTRUCTIONS:

3.C.2.C.5.A. (U) REPORT TO VICTORY UNIVERSITY MRTC FACILITY (BLDG 3216) LOCATED ON MAGRUDER AVENUE BETWEEN DANIEL AND CHEATHAM STREETS NLT 0730 ON THE FIRST DAY OF THE CLASS START. ALL STUDENTS MUST ARRIVE AT FORT JACKSON NLT THE DAY PRIOR TO THE CLASS START DATE.

3.C.2.C.5.B. (U) VICTORY UNIVERSITY WILL RESERVE A BLOCK OF ROOMS AT THE LODGING FACILITY ON FORT JACKSON. CONTACT THE FORT JACKSON LODGING OFFICE (BLDG 4394), TEL (803) 782-9802, FAX: (803) 751-6297 FOR BILLETING. ON-POST LODGING, IF AVAILABLE COSTS \$55/NIGHT. IF ON-POST LODGING IS UNAVAILABLE, STUDENTS WILL RECEIVE A STATEMENT OF NON-AVAILABILITY FROM THE LODGING OFFICE, WHO WILL ASSIST THE STUDENT IN GAINING OFF-POST LODGING.

3.C.2.C.5.C. (U) GOVERNMENT TRANSPORTATION IS NOT AVAILABLE. POV TRAVEL OR RENTAL CAR IS AUTHORIZED. IN/AROUND MILEAGE IS AUTHORIZED UP TO 15 MILES PER DAY.

3.C.2.C.5.D. (U) GOVERNMENT MEALS ARE NOT AVAILABLE DURING THE DURATION OF THE COURSE. PLEASE ENSURE THAT FULL PER DIEM FOR MEALS IS AUTHORIZED.

3.C.2.C.5.E. (U) DAILY CLASS SCHEDULE IS APPROXIMATELY 0830-1700 WITH SOME HOMEWORK EACH NIGHT. PHYSICAL READINESS TRAINING IS ON YOUR OWN. DO NOT SCHEDULE APPOINTMENTS DURING THE COURSE. ON WEEKDAYS AND TRAINING DAYS, INSTRUCTOR CONTACT AND TRAINING CONTINUES DURING THE LUNCH HOUR. CLASS MOVES TO THE NCO CLUB OR ALTERNATE LOCATION FOR THE

LUNCH HOUR; ATTENDANCE IS MANDATORY. LUNCH MEALS WILL BE AVAILABLE FOR VOLUNTARY PURCHASE AT LOCAL ECONOMY PRICES AT THE LUNCH CLASS LOCATION.

3.C.2.C.5.F. (U) FOR FURTHER INFORMATION ON THE COURSE AND CONTACT NUMBERS, VISIT: [HTTP://WWW.JACKSON.ARMY.MIL/SITES/MRT](http://www.jackson.army.mil/sites/mrt).

3.D. (U) ADD: COORDINATING INSTRUCTIONS

3.D.1. (U) FUNDING. RENUMBERED AS 3.D.1. THROUGH 3.D.1.D.

3.D.1.C (U) COMPREHENSIVE SOLDIER FITNESS IS THE ONE AND ONLY PSYCHOLOGICAL RESILIENCE DEVELOPMENT PROGRAM FOR THE ARMY. LEADERS ARE NOT AUTHORIZED TO EXPEND FUNDS ON OTHER PROGRAMS THAT PURPORTEDLY DEVELOP PSYCHOLOGICAL RESILIENCE - OR OTHER CLOSELY RELATED "LIFE SKILLS" - UNLESS EXPRESSLY ENDORSED BY ARMY G-3/5/7 OR HIS DESIGNEE (E.G. DIR, CSF).

3.D.1.D. (U) LEADERS WHO HAVE ENTERED INTO CONTRACTUAL OBLIGATIONS WITH PARTIES NOT ASSOCIATED WITH CSF IN ORDER TO DEVELOP SOLDIER PSYCHOLOGICAL RESILIENCE ARE STRONGLY ENCOURAGED TO END SUCH RELATIONSHIPS AS SOON AS FEASIBLE.

3.D.2. (U) ALLOCATIONS: ATRRS MANAGERS MUST REFER TO BOTH COURSES (COURSE #145/UPENN & COURSE #805V/VICTORY UNIVERSITY, FORT JACKSON) WHEN RESERVING SEAT ALLOCATIONS FOR THEIR PERSONNEL.

4. (U) NEW: ADMINISTRATION AND LOGISTICS. (U) TO BE PUBLISHED (TBP).

5. (U) COMMAND AND SIGNAL. RENUMBERED AS 5 THROUGH 5.E.

5.D.1. (U) ARMY G-3/5/7-CSF POC: COL GLENN BACA,
GLENN.BACA@US.ARMY.MIL, 703-602-6565, (DSN: 332).

5.D.2. (U) ACKNOWLEDGE RECEIPT OF THIS FRAGO 1 BY E-MAIL TO POC IN PARA 5.D.1

5.E. (U) EXPIRATION DATE FOR THIS MESSAGE CANNOT BE DETERMINED.

GEORGE W. CASEY
GENERAL, UNITED STATES ARMY
CHIEF OF STAFF

OFFICIAL

DANIEL P. BOLGER
LIEUTENANT GENERAL, GS

DEPUTY CHIEF OF STAFF, G-3/5/7

ANNEX:

ANNEX A: MRT SEAT ALLOCATIONS JUN-SEP