

## Appendix 2 to Annex A, HQDA EXORD 219-18

### ACFT Grader and NCOIC / OIC Training and Validation

Beginning in FY20 (1 OCT 2019), the US Army Physical Fitness School (PFS) and US Army Center for Initial Military Training (CIMT) will train and validate two categories of ACFT graders: (1) ACFT Grader and (2) ACFT NCOIC / OIC. The primary job of an ACFT grader is to help set up and grade the ACFT. The primary job of an ACFT NCOIC / OIC is to serve as the test administrator. Validated ACFT NCOIC / OICs are also expected to train and validate other ACFT NCOIC / OICs and Graders at their Camp/Post/Installation. Beginning in FY21 (1 OCT 2020) **ALL** ACFT Grader and NCOIC / OIC training and validation will be conducted by unit personnel.

#### ACFT Grader

- ACFT Grader training will consist of approximately 8 hours of training and testing. During FY20 grader training and validation will be provided three ways: (1) at PFS or CIMT resident courses, (2) by mobile training teams from PFS, CIMT or MFTC satellite sites (Ft. Benning, Ft. Hood, Ft. Dix, and Yakima Training Center), or (3) by a unit ACFT NCOIC / OIC.
- Soldiers attending ACFT Grader training are expected to be healthy and fit. As part of the ACFT Grader training, Soldiers will take the 6-event ACFT. While passing the ACFT is not a validation requirement, it does increase grader accuracy and objectivity.
- ACFT Graders can:
  - Validate the testing equipment
  - Set up the ACFT testing lanes
  - Grade the 6 ACFT events
  - Grade the 3 alternate cardio events in the Modified ACFT for permanent profile Soldiers.
- ACFT Graders can be used to familiarize their unit with the ACFT, prepare Soldiers to take the ACFT, and grade a record ACFT.

#### ACFT NCOIC / OIC (NCOIC / OIC)

- ACFT NCOIC / OIC training will consist of 20-24 hours of training and testing. During FY20 grader training and validation will be provided four ways: (1) at PFS or CIMT resident courses, (2) by mobile training teams from PFS, CIMT or MFTC satellite sites (Ft. Benning, Ft. Hood, Ft. Dix, and Yakima Training Center), (3) during a Master Fitness Trainer certification course, or (4) by a unit ACFT NCOIC / OIC.
- Soldiers attending ACFT NCOIC / OIC training are expected to be healthy and fit. As part of the ACFT NCOIC / OIC training, Soldiers will take the 6-event ACFT. While passing the ACFT is not a validation requirement, it does increase administrator competency and grader accuracy and objectivity.
- ACFT NCOIC / OICs can:
  - Serve as the OIC / NCOIC for a record ACFT
  - Validate a testing location
  - Validate the testing equipment
  - Supervise the setup of ACFT testing lanes
  - Supervise ACFT Graders
  - Administer a record ACFT re-test
  - Grade the 6 ACFT events
  - Grade the 3 alternate cardio events in the Modified ACFT for permanent profile Soldiers.
- ACFT NCOIC / OICs may train and validate other ACFT NCOIC / OICs and ACFT Graders
- MFTs (Soldiers with the P5/6P ASI) are encouraged to attend Day 1 of training to get extra instruction so they can better coordinate the ACFT training into their unit's Physical Training.