I. **Organization**: The proponent for this section is The Citadel Physical Readiness Program Manager (CPRPM). The personnel who are responsible for the CPRP are:

A. **CPRP Manager**: Serves as the Commandant’s subject matter expert in physical readiness practices and procedures. The CPRPM is responsible for the establishment and administration of an effective and efficient physical readiness program using U.S. military and fitness industry’s best practices. The CPRPM is the point of contact for the components of the Physical Readiness Program addressed under this regulation.

1. The CPRPM is responsible for the overall development, training, and execution of the Athletic Officer (AO) Trainer Course. This course trains nominated cadets to operate as both a company and an individual physical fitness trainer/mentor and to provide physical readiness subject matter expertise to cadet commanders regarding physical fitness doctrine and safe practices.

2. The CPRPM trains, mentors, and utilizes cadet AOs to promote standardization of the CPRP throughout the Corps of Cadets. The CPRPM ensures that the physical readiness policies and practices are carried out through the use of command policies and procedures and proper physical fitness concepts.

3. The CPRPM assists companies in the development of specialized and focused physical fitness activities and training programs. Provides subject-matter expertise and records maintenance assistance to TACs, Cadet Commanders, Company Leaders/AOs through an experienced-based working knowledge of exercise physiology, biomechanics, nutrition and weight management as they relate to the physical fitness training of cadets.

4. CPRPM clarifies College policies, regulations and instructions provided by The College/Commandant as they relate to the Corps of Cadets Physical Readiness Program.

B. **Regimental Athletic Officer (RAO)/NCO**: The CPRPM will select a Regimental Athletic Officer (RAO) and a Regimental Athletic NCO (RANCO) who will assist in the execution and supervision of the CPRP. These cadets will report directly to the CPRPM and are responsible for ensuring that companies comply with physical fitness training standards. He/she will ensure that each AO is held to a high degree of accountability, competency, and professionalism while they are assigned to, and represent, the Commandant’s Physical Readiness Program.

1. **Minimum Qualifications**: In order to be considered for selection to the Athletic Officer program, an individual cadet must have the following minimum qualifications:

   i. Must have passed and maintained certification from the Athletic Officer Training Course provided by the Commandant’s Department.

   ii. Passed the previous 3 CPFT assessments.

   iii. Meet body composition standards.
iv. Have no history of major conduct violations.

2. **Dismissal from the AO program:** To ensure that the Physical Readiness Program follows acceptable practices of the fitness industry the CPRPM will immediately revoke certification for AOs who fail to follow the safety guidelines and training guidance. Dismissal from the program will bar a cadet from serving as a AO for the rest of the academic year.

C. **Battalion AO:** Each Battalion will appoint an Athletic Officer to manage the physical readiness of all cadets within that Battalion. They will assist the RAO in the planning and execution of the physical readiness program among their assigned battalions and companies. This cadet must have successfully completed the Athletic Officer Training course.

D. **Company AO:** The role of the Athletic Officer is to be the subject matter experts to their Company Commanders, TAC Officers, and Cadets in the area of physical readiness.

1. AOs are required to be physically fit and have demonstrated leadership qualities.
2. They serve as the primary point of contact (POC) between their company and the Health & Human Performance (HHP) department for intramural sports participation.
3. AOs are responsible for ensuring company compliance with physical readiness standards for assessments and physical readiness records maintenance (i.e. Physical deficiency rosters, medical status, CPFT records, etc.).

II. **Functions:** The Citadel’s unique Leader Development Model incorporates physical fitness as an individual pillar to leadership development. To facilitate and support this development model, the Commandant’s department has instituted the Commandant’s Physical Readiness Program. The CPRP is designed to advocate and promote an environment that encourages every cadet to develop the mindset to optimize individual health in order to improve physical, mental, and leadership performance. To do this, the CPRP utilizes a variety of physical training activities, assessments, and educational opportunities combined with leadership opportunities, intramural activities, and other fitness opportunities that support and reinforce the College’s mission “to educate and prepare graduates to become principled leaders.” This section outlines the procedures associated with the following components of the CPRP:

A. **4th Class physical fitness training and assessments**
   1. 4C physical training
   2. Body composition screening
   3. Citadel Physical Fitness Test
   4. Physically deficient status

B. **Corps Physical Readiness Assessments**
   1. Citadel Physical Fitness Test (CPFT)
   2. Alternate CPFT
   3. CPFT Scheduling
      i. Make-up CPFT scheduling
   4. CPFT Uniform
   5. CPFT Score Cards
   6. Grader Qualifications/Responsibilities
   7. Corps Body Composition screening
   8. NCAA Athletes Physical Readiness Testing & Assessments

C. **Physical Deficiency Status**
   1. Commandant’s Physical Deficiency Report
   2. Class privileges
   3. Leadership in Physical Deficiency Status
      i. Cadre
      ii. Athletic Officers
   4. Senior Deficiencies
      i. Ring Presentation
      ii. Graduation
      iii. Recognition Day
   5. Seniors on Physically Limited XMD/XPT Status
D. Regimental Physical Training
   1. Training plan/ execution
   2. Attendance
   3. XPT/XMD/Limited Profile Status
   4. Cancellation

E. Commandant’s Physical Remediation PT
   1. Reporting & Attendance
   2. XPT Deficiency Cadets
   3. Unexcused absences
   4. Body Composition Failures
   5. Periodic Assessments/ Progress tracking
   6. Release from program

F. Spirit PT

G. Physical Fitness Conduct & Safety Guidelines
   1. Physical Fitness Uniform
   2. Hydration
   3. Heat index
   4. Inclement weather

H. Off Campus Individual Physical Fitness Training

I. Intramural Sports Program

III. Procedures:

A. 4th Class physical fitness training and assessments: Beginning with fourth class (4C) orientation, cadet recruits are exposed to the Citadel’s Physical Readiness Program through several instructional periods of physical fitness training and fitness proficiency assessments. These are designed to evaluate compliance with Corps physical readiness standards and also to assess the cadet recruit’s general level of physical fitness. Fourth class cadets will fall under the Corps physical readiness program standards beginning in the Spring Semester of their 4C year.

   1. 4C physical training (Fall semester): During Challenge Week cadet recruits will receive daily physical training instructions and conduct practical exercises designed to assist them in mastering the material. Physical training is only taught by trained cadet cadre and monitored by the CPRPM.

      i. Cadet recruits continue this training on Monday and Thursday mornings and training will cumulate with the cadet recruit taking the Fall Semester “Record” CPFT.

   2. Body Composition screening: Cadet Recruits are required to be screened for compliance with body composition standards within the first week of arrival at the College. Cadet recruits that fail to meet height and weight “sustainment” standards will undergo body fat composition screening.

   3. Citadel Physical Fitness Test (CPFT): The first CPFT will be diagnostic in nature and is only administered to give the cadet, and their leadership, an assessment of the recruit’s current level of physical fitness. The recruit will then take the Record CPFT during the week prior to Parents’ Weekend to determine proficiency standards.

   4. Physically Deficient Status: 4C cadets who fail to meet physical proficiency standards during Diagnostic CPFT or body composition screening will not be listed as physically deficient however, they will be required to meet with the CPRPM for guidance and resources available to them for physical fitness improvement.

B. Corps Physical Readiness Assessments: Cadets are required to meet minimum levels of physical fitness in order to be considered a Principled Leader. The Corps of Cadets has adopted the minimum levels of physical proficiency and the physical fitness assessments used by the United States Military. These
assessments test muscular strength and endurance and cardiorespiratory fitness along with basic body composition. The two basic assessments used to determine cadet physical proficiency are the Citadel Physical Fitness Test (CPFT) and Body Composition Screening (height and weight screening). Each of these events will be administered twice each academic year; once in the Fall semester and once in the Spring semester.

1. Citadel Physical Fitness Test (CPFT): The CPFT provides a measure of upper and lower body muscular strength and endurance and cardiorespiratory fitness, which are the foundation of overall physical fitness.

   i. The CPFT consists of 3 events; Army regulation push-ups, Marine regulation crunches, and the Navy’s 1.5-mile run—done in that order—on the same day. Cadets are allowed a minimum of 10 minutes and a maximum of 20 minutes rest between events. All three events must be completed within two hours. The test period is defined as the period of time that elapses from the start to the finish of the three events (from the first push-up performed to the last Cadet crossing the finish line of the 1.5-mile run event).

   ii. At no time will a cadet abandon the test and leave the testing site. To ensure the safety and accountability of tested cadets, and to maintain the integrity and accuracy of grading, cadets that cannot finish the 1.5-mile run must still report to their grader at the end of the course to complete and sign their scorecard. This will not apply to cadets who are taken/go to the Infirmary for medical attention due to injury during the test.

      a. The RAO will ensure that accountability is maintained of cadets that are taken/self-report to the infirmary.

   iii. Physical Proficiency: To be considered physically proficient, a cadet must score a minimum of 145 points on the CPFT with a minimum 60 points for push-ups, 40 points for crunches, and 45 points for the 1.5-mile run. The maximum score is 100 points in each event.

      a. If a Cadet fails to achieve the minimum score in each event, the cadet will be listed in a physically deficient status and will be assigned to the Commandant’s Physical Remediation Program (Remedial PT).

   iv. In order for a cadet to take the CPFT and gain a physical proficiency status, cadets must be able to do a minimum of 2 out of the 3 events and one of those events must be a cardio event.

      a. Cadets with a physical profile of X-Push-ups or X-Sit-ups will take the CPFT as scheduled. (See Infirmary chapter for physical profile definitions)

      b. If a cadet has a physical profile of either X-Run, with no alternate cardio request, or they have BOTH an X-Push-up AND X-Sit-Up profile, they will be listed as XPT in the notes section of the CPFT Score Card.

      c. On the morning of their assigned CPFT, these cadets will report to accountability formation with their XPT slip from the Infirmary. The Company AO will ensure that XPT is annotated and will then collect both the score card and a copy of the Infirmary slip and turn them into the CPRPM at the CPFT testing site.

      d. Cadets on XPT status will not be required to take the CPFT until they are afforded the opportunity to recover from that illness or injury and prepare for the next CPFT. Cadets will have 2 days for every day that they were on XPT status, not to exceed 30 days after the profile ends, before they are required to take the CPFT.

2. Alternate CPFT: The only CPFT event that has an alternate field assessment is the 1.5 Mile run. This alternate event is limited only to cadets who have an injury/illness that will prevent them from completing the standard 1.5-Mile run. The Citadel Surgeon is the only authorized person who can recommend that that an alternate CPFT be given in lieu of the standard CPFT.

   i. The alternate CPFT is only available to cadets who have a long term profile or a temporary profile that is expected to last an entire semester.
ii. In order to qualify for the alternate CPFT cardio event, the cadet must be able to do both the push up and crunch events and have a medical profile that is X-Run.
   a. Once a cadet has taken the standard CPFT, an alternate CPFT cannot be administered to that cadet in the same semester.
iii. The only authorized alternate events are the following:
   a. 12-minute Stationary bicycle
   b. 500-Yard Swim
iv. A cadet who is authorized to take the alternate CPFT will report to morning accountability formation on their assigned battalion CPFT date. Company leadership/AO will ensure the following is conducted:
   a. He/she has a valid alternate CPFT request form that is signed by the Citadel surgeon.
   b. Cadet will annotate “Alt Cardio Event” on the CPFT Score Card and the AO will collect the score card and the alternate event request form and turn them in to the CPRPM at the CPFT test site.
v. The Commandant’s Department will not accept any other department’s physical fitness test results as a substitute for the CPFT. This means that the ROTC (Army/Navy/Marines/Coast Guard) physical fitness test results will not be accepted in lieu of completing the Citadel Physical Fitness Test.

3. CPFT Scheduling: All Cadets are required to take the CPFT-diagnostics and record, unless otherwise specified by the Citadel Physician. The Record CPFT is scheduled by battalion during a one week testing block during each semester.
   i. In the Fall Semester, the record CPFT is preceded by a Diagnostic CPFT that is given progressively during the military training periods and the first week of classes.
   ii. However, if a cadet scores at least 90 points in each event (total of 270 or higher) on the Diagnostic CPFT they will not be required to take the Record test.
   iii. **Make-up CPFT scheduling:** The CPRPM will schedule a minimum of one make-up date for the CPFT each semester. Make-up tests are for excused absences only--authorized when a cadet is not physically present on campus or is on a medical physical profile status issued by the Citadel Physician during their assigned testing date. Any cadet who was excused from the record test must be present at the make-up.
      a. If there is a CPFT scheduled prior to the cadet’s departure, the cadet must take this test prior to leaving. Failure to take the CPFT prior to departure will result in an unexcused absence.
      b. Cadets will advise their Company AO/CPRPM of potential conflicts and coordinate to take the test prior to departure. If there is no available CPFT prior to departure, the cadet will be scheduled for the make-up test date.
      c. Company AOs will submit a consolidated list of approved requests to take the make-up CPFT to the CPRPM, NLT Friday of the week prior to the scheduled make-up test.
   iv. If a cadet fails to take the CPFT as scheduled and does not meet the requirements for an excused absence, he/she will immediately be listed as deficient and will also be subject to disciplinary actions.

4. CPFT Uniform: The only uniform authorized for the CPFT is the Citadel issued PT uniform ONLY.
   i. Devices or equipment that offer a potential unfair advantage during testing is not authorized. Unless prescribed as part of the Cadet’s medical profile, wearing of the following items are not authorized: nasal strips, weight lifting gloves, back braces, elastic bandages, or any other brace.
ii. Electronic devices (cell phones, iPods, radios, headphones, etc.) are also not authorized for use during the CPFT.

5. CPFT Score cards: CPFT results will be recorded on the Cadet CPFT Score Card. Cadets will never take their score card away from the testing site for any reason. The CPRPM will issue, collect, and maintain all cadet score cards according to this regulation.
   i. Score cards will be picked up by company AOs NLT 1330hrs on the last working day prior to their battalions assigned CPFT or HT & WT screening.
   ii. Score cards may only be given to the cadet the morning of the testing.
   iii. All Score Cards will be collected by the Company AO at the end of testing before leaving the testing site.
   iv. Cards will be returned to the CPRPM in alphabetical order.
   v. Cadets that fail to meet with their CPFT grader after the 1.5-mile run (those that abandon the test and do not go to the run end point) are subject to disciplinary procedures.
   vi. Score Cards that are not signed by the tested cadet will not be counted as a valid test and the Cadet will receive a “No Show” for their test attendance.

6. CPFT Grader Qualifications/Responsibilities: To ensure that there is uniformity in CPFT grading standards, cadet graders are trained by the CPRPM on proper grading techniques and must adhere to these grading standards during each CPFT event. Only cadet leaders who hold rank of CPL or above, have been certified as CPFT graders, and who are physically proficient will serve as a grader during a “Record” or “Alternate” Citadel Physical Fitness Test.
   i. Company First Sergeants are responsible for ensuring that all company leaders (present and future) attend one of these training sessions and completes certification requirements.
   ii. Company First Sergeants will receive a CPFT support tasking through Regimental Operations/Regimental CSM to provide certified graders for each battalion CPFT. Company 1SGs will identify and notify each grader of their duty to grade the CPFT.
   iii. Graders will report to the Wilson Field NLT 0530 on the morning of their assigned CPFT date. Graders must have a black ink ballpoint pen in their possession to score the test.
   iv. Graders will score pushup and crunch repetitions for each cadet tested and ensure that the correct time is recorded for the 1.5-mile event. Upon completion of the 1.5-mile run, graders will make sure that their tested cadet is accounted for and that scorecards are signed by the test taker. Graders will then sign the bottom of the score card and return them to the designated AO at the testing site. **No score cards are to leave the testing site for any reason!**

7. Corps Body Composition Screening: The Commandant’s Department uses The Army standard height and weight assessment as the primary means of body composition screening. Cadets will be screened for body composition compliance twice each academic year; once in the Fall Semester and once in the Spring Semester.
   i. If a cadet exceeds the height and weight standards (Appendix “A”), they will be screened for waist circumference, and if needed, maximum allowable body fat percentage standards for their age group. (Appendix “B”).
   ii. Body composition screening will be scheduled by the CPRPM for a one week block time period during the first and second semesters of the academic year. Each cadet is responsible for ensuring that he or she is present for their battalion’s scheduled HT/WT date.
      a. In the event that a cadet has a conflict that will prevent them from attending their scheduled screening date, they must complete the screening BEFORE their scheduled absence.
b. If there are unforeseen circumstances, or there are no screening dates available before the absence, the cadet will coordinate with the company AO prior to departure and a date will be set for screening upon the cadet’s return.

c. If a cadet is not present during their battalion screening they will be listed as a “No Show” and will immediately be listed in a deficient status. Cadets who fail to attend screening without a valid excusal will be subject to disciplinary procedures (refer to Blue Book for AWOL for required event) and placed in a deficient status.

d. Once Corps body composition screening is completed a make-up date will be published for all cadets who have not been screened for whatever reason.

e. If the cadet subsequently fails to complete the screening on the make-up date, the cadet will remain in a deficient status until they meet body composition under the physical remediation program.

8. NCAA Athletes Physical Readiness Testing/Assessments: The Commandant recognizes that athletes who compete in NCAA Athletics may be required to have a level of physical proficiency/body composition unique to a particular sport or team position. Therefore, at the start of the academic year the CPRPM and the Citadel strength and conditioning coach will identify athletes/positions that would not be conducive to the physical fitness standards used by the Corps of Cadets.

i. Corps athletes will be required to pass one complete three-event PT test per school year. At the beginning of the academic year, the strength and conditioning coach with provide the CPRPM with a list of athletes that will take the CPFT. Teams are only required to take the CPFT on the respective date decided upon by CPRPM, S&C, and Sport Coach.

   a. Athletes who fail their most recent CPFT will be addressed by Strength and Conditioning Coach.

ii. Power Athletes: The S&C staff will identify power Athletes and any athletes currently on physically limited profile status. Sports Medicine will have final authority on athletes’ injured status.

   a. CPFT standards for Power Athletes have been determined by the CPRPM and Citadel strength & conditioning staff.

iii. Walk-ons and Team Transfers: Once a cadet joins an NCAA sport, they are required to have a passing CPFT score on record for the school year in which they join. If an athlete must complete their CPFT after joining a team, their test date will be set as early as possible and determined by the availability of the CPRPM and Assistant Athletic Director for Strength and Conditioning.

   a. Athletes who quit a team will lose all coverage and considerations for CPFT & height and weight afforded them as an athlete.

   b. Fall sports seniors will complete their height and weight measurements in the Spring with their company IAW the Training schedule.

iv. Film Crew and Managers: Film Crew, Managers, and any other team support personnel are not subject to this provision and must complete the CPFT & Body Composition screening under the Corps of Cadets provisions.

v. Body Composition Screening for NCAA Athletes: All athletes are required to conduct the height and weight screening during Corps screening. The Citadel strength and conditioning coach will screen for compliance with athletic height, weight, and body fat standards for their particular sport/position.

C. Physical Deficiency Status: A cadet who fails to achieve the minimum passing score on any record CPFT will immediately be listed in a physically deficient status and are also subject to loss of privileges as described below.
Chapter 1 - Cadet Organization & Training

Section 5 - Citadel Physical Readiness Program

1. **Commandant’s Physical Deficiency Report**: The CPRPM will publish a report to contain all cadets that fail to achieve a passing score on the most recent CPFT and/or, who fail to meet body composition standards. Cadets on this report will be assigned to the Commandant’s Physical Remediation Program (CPRP).
   i. The CPRPM will publish this report NLT the Wednesday after Corps testing week and after each subsequent makeup event. A cadet on this report will be notified by their company leadership within 24 hours of publication.

2. **Class privileges**: Cadets that are listed as physically deficient will not be given certain privileges.
   i. Physically deficient cadets are not authorized to take any overnight or weekend passes.
   ii. Physically deficient cadets who have an unexcused absence from the CPRP fitness training on the Tuesday or Friday prior to the Wednesday general leave will be restricted to campus during the leave period.
   iii. A physically deficient cadet will not be granted extended leave when given by the Commandant.

3. **Leadership in Physically deficient Status**: Leaders are expected to Lead by Example and must be prepared to meet physical fitness standards at all times. Cadets may not hold leadership positions if they are listed in a physically deficient status. The following guidelines apply for those circumstances when a cadet leader is listed in a deficient status.
   i. **Cadre in Physically Deficient Status**: Cadets who are listed as physically deficient at the end of the Spring Semester will not be selected for assignment to cadre positions the following year.
   ii. Cadets who are assigned to cadre will be screened for body compositions and administered the CPFT upon arrival for summer cadre training.
      a. Cadre who fail to meet proficiency standards in either of these events may continue cadre duties however; they will be assigned to the Commandant’s Physical Remediation Program where they will work with the CPRPM to remediate their deficiencies.
      b. Cadres in a deficient status will not lead/teach/serve as an assistant instructor (AI) for any physical fitness training period. They may only be used in a support status (i.e. Road guards). Cadre may retake the CPFT with the arriving Leadership.
   iii. **Athletic Officers in Physically Deficient Status**: AOs who become physically deficient are not eligible to hold the position. Once an AO becomes physically deficient, he/she will be immediately relieved of their position and replaced by a new AO chosen by their leadership.

4. **Senior deficiency**: Senior cadets are expected to demonstrate proficiency in all four pillars of The Citadel’s Principled Leader Development Model to be considered a Citadel Principled Leader upon graduation. Senior cadets are required to achieve a passing score on their record 3 event CPFT in both the Fall and Spring Semesters of their senior academic year. **Seniors are cautioned that this is a mandatory requirement as a 1st Class training outcome under the Citadel’s Leadership Development Model and such a requirement will not be waived.** Failure to meet these standards in the senior year will result in loss of the privilege of participating in the Ring Presentation Ceremony, Graduation Ceremonies, the Long Grey Line Parade, and Recognition Day.
   i. **Ring Presentation**: Senior Cadets who are physically deficient in the Fall Semester of their graduating year, will not be allowed to participate in the Ring Presentation Ceremony. Cadets in this category will be able to pick up their ring on the Monday following the event.
   ii. **Graduation Ceremonies and The Long Grey Line Parade**: Senior cadets who are physically deficient in the Spring Semester of their graduating year will not be allowed to participate
in graduation ceremonies known as “walking the stage”. These cadets will also not be allowed to participate in the Long Grey Line Parade.

a. Previous graduates: Individuals that have already graduated and wish to return to participate in the Ring ceremony must meet the CPFT standards listed as a senior cadet. If the graduate cannot demonstrate CPFT proficiency from their last CPFT they will be required to complete the CPFT prior to the ceremony. These individuals must contact the CPRPM to schedule and administer the CPFT.

iii. Recognition Day: Senior/Upper class Cadets who are physically deficient will not participate in the Citadel Recognition Day activities. Physically deficient upperclassmen may be used in a support manner (i.e. water points and road guards) but they will not participate in ANY other function of Recognition Day.

5. Senior Cadets on Physically Limited XMD/XPT Status: A physically limited profile only limits a certain type of exercise such as running, push-ups or crunches. However, a profile limitation does not excuse compliance with body composition standards. Senior cadets who are not eligible to take the CPFT in the Fall or Spring semesters of their senior year due to an XPT status may be listed as proficient for ring presentation, graduation and/or recognition day purposes provided that the cadet meets ALL of the following criteria:

i. The Citadel Surgeon has certified the physical limitation by placing the cadet on XMD/XPT status.

ii. The cadet has an established profile (XMD/XPT Status) prior to returning to school in the Fall, or the cadet has been placed on a long-term profile (TDS) after returning to school which extends beyond the Ring Ceremony/Graduation.

iii. The cadet was physically proficient immediately prior to being placed on the XMD/XPT status—however, this may not extend past the previous 3 semesters. Proficiency is demonstrated by passing a 3 event record CPFT immediately prior to being placed in the XMD/XPT status.

D. Regimental Physical Training: Regimental PT will be held each week on Monday and Thursday at 0530hrs. This is a mandatory event for the entire Corps of Cadets. The RAO plans these training sessions IAW the Regimental Commanders guidance. Company and Battalion AOs will ensure that their company’s training plans reflect this guidance and that company leadership executes the training IAW training regulations.

1. Training plan & Execution: The RAO will submit the 21 company physical fitness training plans to the CPRPM NLT 7 days prior to the scheduled training. This plan will include a list of exercises and the number of repetitions/sets to be completed in each training session.

   i. Trained leaders will be the primary trainers while Commanders and AOs will monitor and make corrections as needed. The CPRPM will oversee the event to ensure compliance.

2. Attendance: All members of the Corps will attend Regimental PT. Company 1SGs will account for their personnel and submit the PT Accountability Report prior to moving to the PT field.

   i. In season Athletes and Cadets who have an ROTC PT session at the same time as Regimental PT will be excused from that PT Session.

3. XPT/XMD/Limited X-profile— Unless otherwise instructed by the Citadel Surgeon, XPT cadets are required to report to all required physical training events. See Infirmary chapter for descriptions of all physically limited profile status.

4. Cancellation: Cancellation of Regimental PT will only be in consultation with the CPRPM/Commandant Operations department. In the event of inclement weather, the CPRPM or Commandant Operations will make a final Go/No GO call and notify the Regimental Commander/Operations.

E. Commandant’s Physical Remediation Program: The Commandant’s Remediation Program is designed to assist deficient cadets to become proficient by providing training, guidance, and overall support in
physical fitness and educational needs. This program will be conducted on Tuesday and Friday for all physically deficient cadets and those cadets who did not meet the body composition standards.

1. **Reporting and Attendance:** Company AOs will take accountability of their company’s remedial PT participants during formation prior to leaving the barracks. At 0530hrs, when the barracks gates are opened, company AOs must immediately move their personnel at an “airborne shuffle” to Wilson field for physical fitness training.
   i. AOs will not miss a CPRP event without prior approval and/or coordination with the RAO.
   ii. AOs will submit their accountability roster to the Regimental Athletic NCO and use any additional time available for pre-execution checks. All companies are expected to be formed up on the field and ready to begin PT at 0540hrs. It is the AO’s duty to motivate and encourage all remedial PT participants.
   iii. At no time will any AO dismiss their company prior to the ending time of 0640hrs without the expressed authorization of the CPRPM or RAO.
   iv. AOs will move their company, in a formation, from the PT field to their battalion area at an “airborne shuffle”.

2. **XPT Deficient Cadets:** Cadets on physically-limited duty status will participate to the extent possible within the limitations set by their health care providers. The RAO will have a designated “Modified Physical Training (MPT)” program that will lead X-profile cadets in a fitness training session that is within the limits of the cadet’s physical profile.

3. **Unexcused Absences:** The Commandant’s Physical Remediation Program is a mandatory event for all deficient cadets. Therefore, cadets are expected to adhere to the principles of a military duty and be at all required formations on time. AOs will ensure that accurate accountability of their company is being reported for each PT session.
   i. Cadets who do not report for Remedial training will receive a Performance Report (PR) for AWOL from Required event and will be subject to disciplinary action IAW The Blue Book. Excessive unexcused absences from Remedial PT will not be tolerated; the Assistant Commandant for Discipline will determine subsequent disciplinary action.
   ii. AOs will consolidate and submit PRs to the Assistant Commandant for Discipline for processing. Additionally, these cadets will be counseled by the Company and/or Battalion TAC officer to determine the reasons for unexcused absences.
   a. AOs will ensure all disciplinary matters under this chapter are completed.

4. **Body Composition Failures:** Cadets who exceed body composition standards will report to the CPRPM to develop a Cadet Plan of Action and receive nutrition counseling. These cadets will participate in the Commandant’s Remediation Program until body composition standards are met.

5. **Periodic Assessments and Progress Tracking:** While assigned to the physical remediation program, cadets will be given periodic assessments to assess their compliance and/or progress to meet the physical proficiency standards.
   i. **Remedial CPFT cadets:** A cadet assigned to the physical remediation program for CPFT failure will remain on the program until they become physically proficient.
   ii. There will be only 1 Remedial CPFT scheduled during the Fall semester. This remedial test will be diagnostic in nature and scheduled approximately midway between the end of the record CPFT and the last Friday prior to Final Exams.
   iii. **Remedial BCA cadets:** Cadets assigned to the Remediation Program for failing to meet body composition standards will undergo weekly weigh-ins with their Company or Battalion AO to track progress and determine compliance with the body composition standards. A courtesy BCA may be done by the CPRPM at the cadet’s request.

6. **Release from the Program:** Any cadet that passes a remedial or record CPFT and/or meets body composition standards will immediately be listed as physically proficient and will be released
from the CPRP. A cadet who fails the last CPFT of the semester will remain on the program until the first CPFT of the following semester.

**F. Corps Spirit Physical Training:** Corps Spirit PT is designed to boost morale, bonding, physical fitness, and esprit de corps of the entire company. Therefore, it is imperative that all members of the company participate and finish together.

1. **Scheduling:** Regimental Commander will designate one Regimental PT Session a month as a “Spirit PT day.” This PT session will be conducted on Friday afternoon immediately following parade.

2. **Training:** Spirit PT Day will consist of company level warm up, strength and conditioning exercises and either a regimental or company run. Company based competitions can also be incorporated in the Spirit PT plan.

**G. Physical Fitness Conduct and Safety Guidelines:**

All Athletic Officers are responsible for ensuring that companies comply with physical fitness training standards. Along with the CPRPM, the RAO will ensure that each AO is held to a high degree of accountability, competency, and professionalism while they are assigned to, and represent, the Commandant’s Physical Readiness Program.

1. **Physical Fitness Uniform:** The only uniform authorized for the Citadel Physical Fitness Test, Commandant’s Physical Remediation Training, 4C Physical Training, Regimental Physical Training, and Regimental Spirit Training is The Citadel PT summer or winter uniform.
   i. Current Cadre PT shirts may be worn by those cadets currently serving in the respective positions. No other t-shirts or sweatshirts are allowed.

2. **Hydration:** Commanders are responsible for proper hydration of all cadets prior to any physical training activity. Water must be provided on the event site for the Citadel Physical Fitness Test and Regimental Spirit Training.

3. **Heat Index:** During the warmer months, the Commandant’s Operations and Training Section along with The Citadel Sports Medicine Department will monitor and post the heat index with instructions for any adjustments in training regimen (**Refer to Chapter 6, section 4 for severe weather procedures**).

4. **Inclement weather:** Generally, physical training events will only be cancelled for weather that is so severe that the risk created by the elements would outweigh the training value obtained by the event (**refer to Chapter 8, Section 4**). Physical Training events will not be cancelled simply due to light or moderate rain.
   i. The Regimental Commander & Regimental Athletic Officer will consult with Commandant Operations/CPRPM the morning of the event to determine if training will continue as scheduled.
   ii. CPRPM will monitor weather information and make the decision up until the time the event is to start. If the call is made to cancel, the Regimental Commander will inform the Corps and the Regimental Operations Officer will make sure that all Battalion Commanders receive the information.
      a. If the weather becomes unsafe during any PT session, the event will be terminated in the same manner.

**H. Off Campus Individual Physical Fitness Training:**

Cadets are limited to the area bounded by Spring Street on the south, King Street on the east, and Peachtree Street on the north. Cadets may not stop at any intermediate location except for emergencies.

1. Cadets must be in the proper Citadel Physical Fitness uniform at all times.
2. Cadets engaged in Individual PT may NOT run or exercise off campus in the hours of darkness.
3. Cadets running must wear a reflective belt; face the traffic-- staying in single file on roadways or sidewalks, and cross street intersections only after carefully checking traffic.
4. Cadets riding bicycles must ride with the flow of traffic, wear a helmet and a reflective belt.
5. While running or riding a bike cadets may not use headphone devices on or off campus.
6. Rollerblading is NOT permitted on The Citadel campus.

I. **Intramural Sports Program**: The objective of the intramural sports program is to develop teamwork, foster esprit de corps, enhance motor skills and contribute to the improvement of the physical fitness level of the Corps of Cadets as a whole. The intramural program is organized and directed by the Intramural/Club and Recreation Athletics Department with the assistance of the Regimental, Battalion and Company AOs.

1. Intramural sports are played on the company level in a round-robin format, followed by a Regimental tournament to determine the Regimental Champion in each activity. The Director of Intramural Athletics will publish general intramural rules at the beginning of each year.

2. Every cadet at The Citadel is expected to participate in at least one of the following: an intercollegiate sport, club sport or the intramural program. The Company AOs monitor participation.