



# H2F PROGRAM DIRECTOR ON-BOARDING

**Building Physical Lethality and Mental Toughness so our  
Soldiers can win quickly and return home healthy**

# CHECKLIST



## 30 -day checklist

- ✓ Meet BDE Leadership
- ✓ ATAAPS
- ✓ DPMAPS-Performance Plan
- ✓ GTCC
- ✓ TAAS

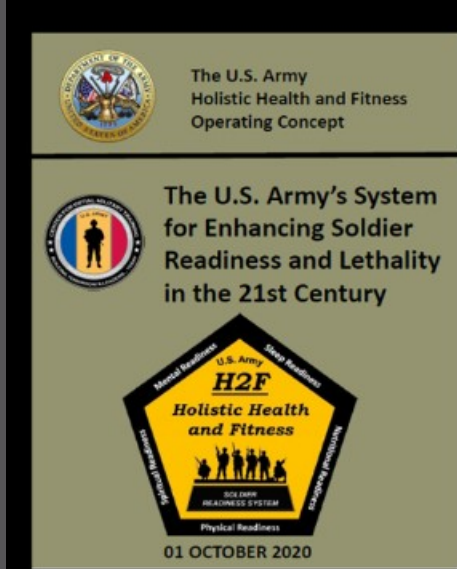
## 60-day checklist

- ✓ Needs Assessment
- ✓ SDC
- ✓ Continue TAAS
- ✓ Review Civ Resumes
- ✓ CES

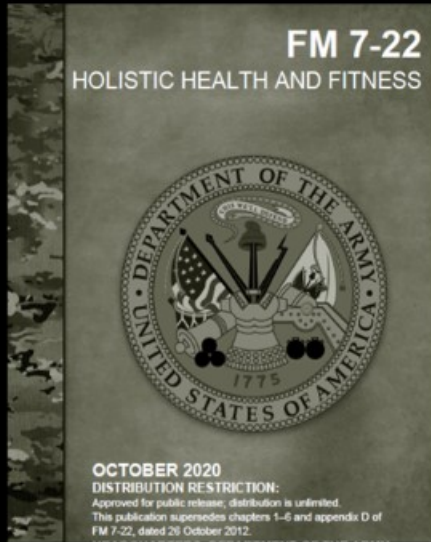
## 90-day checklist

- ✓ Read and Review Doctrine
- ✓ GTM Training
- ✓ Read TimeZone Document

# H2F WRITTEN GUIDANCE AND LINKS



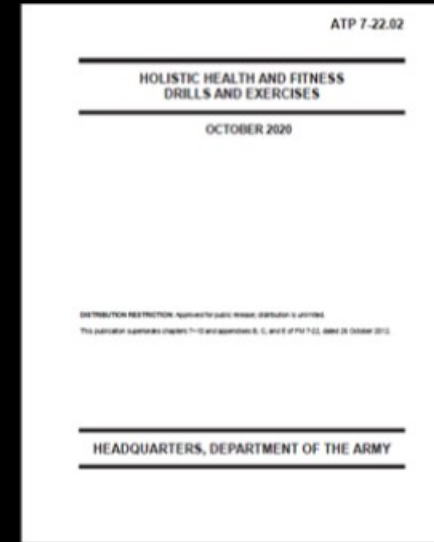
[H2F Operating Concept](#)



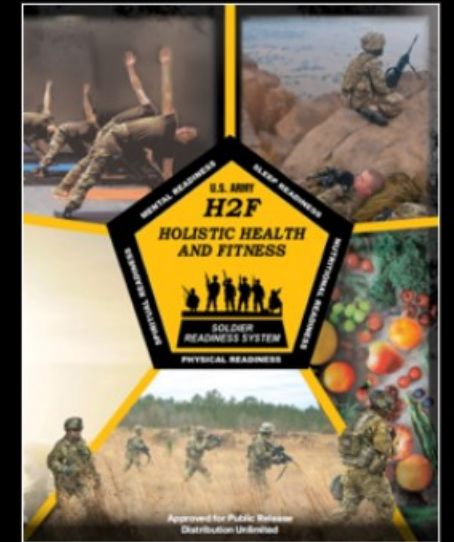
[FM 7-22: Holistic Health & Fitness](#)



[ATP 7-22.01: H2F Testing](#)



[ATP 7-22.02: H2F Drills & Exercises](#)



[H2F CALL Manual](#)

# ADDITIONAL RESOURCES/LINKS



[H2F Assessment Tool](#)

[Position Descriptions](#)

[USA Staffing](#)

[Contractor Trainings](#)

[Staff Onboarding](#)

**\*Work with local Human Resources Office (HRO) for guidance on training**

OPERATIONS

# OPERATIONS OVERVIEW

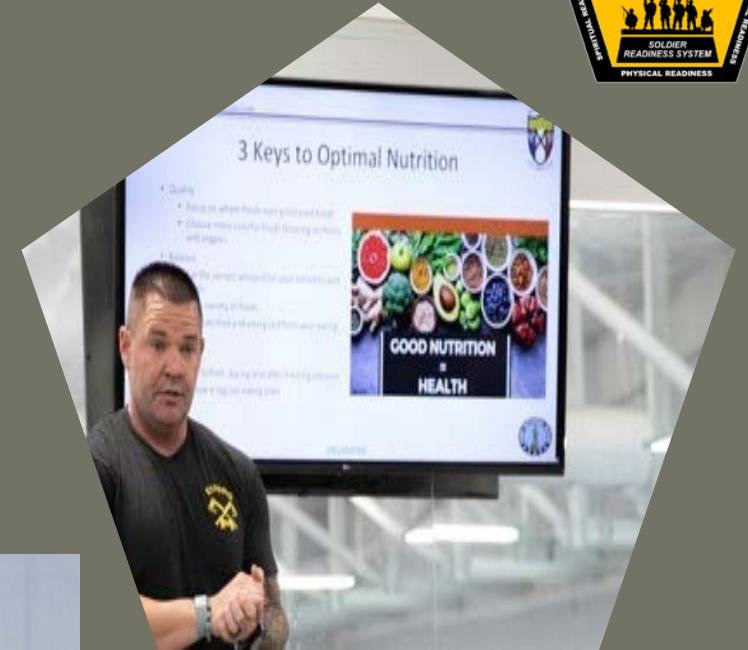
- Soldier In-processing
- TRADOC and FORSCOM equipment
- H2F Extender Courses
- Special Conditioning Programs
- Optional Prep Course Offerings
- Battle Rhythm Meetings



# NEW SOLDIER INPROCESSING



- BDE Commander's Intent
- Timeline
- Resources (i.e. capabilities brief, team intros)
- Circuit-style set-up for domain assessments
- Example:
  - 1 AD Green platoon booklet
    - CC intent letter
    - Agenda
    - Health questionnaires



# TRADOC AND FORSCOM EQUIPMENT



## What do you get?

### TRADOC

- Garrison Equipment Sets
- IT Package

### FORSCOM

- Garrison Equipment Sets
- IT Package
- DMES-Medical Equipment

## How do you get it?

Attend IPR w/ CIMT H2F Physical domain Lead (LTC Jon Lesher); timeline varies on receipt of items

- Coordination of CIMT H2F, gaining unit and installation central receiving/PBO
- OOA 2<sup>nd</sup> QTR of fielded year
- Fielding of equipment is anticipated 3<sup>rd</sup> or 4<sup>th</sup> QTR of fielded year

## Garrison Equipment Set

## Garrison Equipment Set and DMES:

CIMT H2F → Installation Central Receiving/LSA → Unit S4 → UNIT

## IT Package

CIMT H2F → Installation Central Receiving/LSA → Unit S4 → UNIT → Coordinate w/ S6 for imaging and network access



# SPECIAL CONDITIONING PROGRAMS



## ABCP

Army body composition program is for Soldiers who fail to meet AR 600-9 standard.

- Consider proactive approach-do not wait until fail occurs
- Addresses fueling for performance, not caloric deficit
- Concern for overtraining/under fueling in this population = high injury risk
- Soldiers who achieve a 540 ACT score (80 points in each event) are exempt from tape test (AD 2023-08)

## RPRT

Reconditioning Physical Readiness Training is for Soldiers recovering from injury, illness, or other medical conditions for optimum performance.

- Could be combined with PRT or a separate course

## ACFT IMPROVEMENT

Army Combat Fitness Test Improvement

## P3T

Pregnancy and Post-partum Physical Training

- Incorporates all 5 domains of H2F
- Designed to minimize de-training during pregnancy, support a healthy delivery, and promote safe return to activity postpartum

\*A Soldier may be enrolled in the first three programs concurrently, however, considerations of overtraining must be made



# OPTIONAL PREP COURSE OFFERINGS



- Ranger
- Airborne
- Air Assault
- Sapper
- SFAS
- Expert Infantry Badge/Expert Soldier Badge
- Expert Field Medical Badge
- All other Army Badges/Schools



# BDE BATTLE RHYTHM MEETINGS



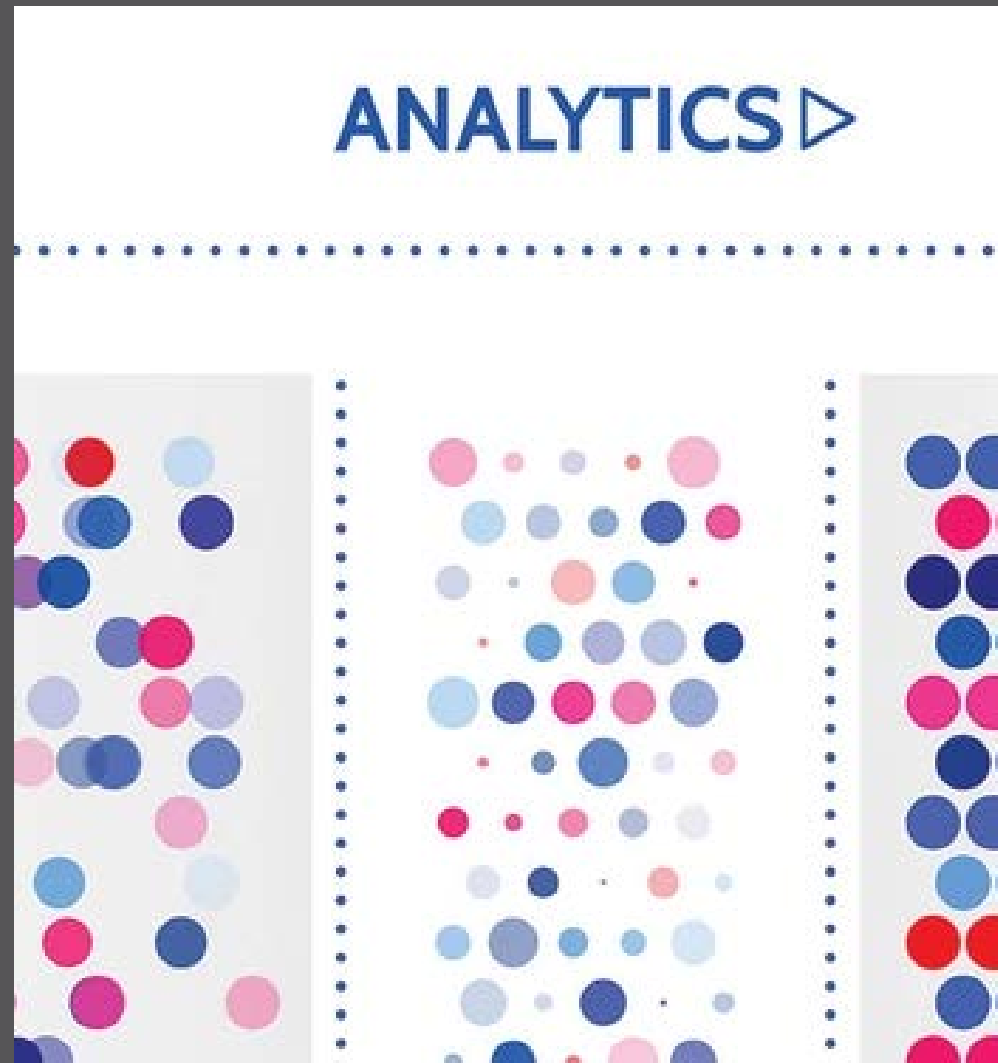
Staff sections are expected to attend several battle rhythm or routine meetings. H2F PD and/or domain lead presence is important to include H2F in all current operations (CUOPs) and future operations (FUOPs) planning.

- Training Meeting (training readiness and calendar events)
- Command and Staff (administrative readiness)
- Military Decision-Making Process (MDMP) sessions for operational events and deployments
- Health of the Force (medical readiness)

# RESEARCH AND DATA COLLECTION

## IF YOU CHOOSE TO CONDUCT RESEARCH

There are many rules and regulations on how research is allowed to occur within the H2F System. The process for approval varies depending on the type of research. You'll need to consult with Dr. Andrew Thompson (TRADOC) or COL Ko (FORSCOM)



# TEAM DYNAMICS



## General Considerations for all HPTs:

- All domains are equal
- Model performance through communication and psychological safety
- Empower domain leads with creativity and leadership
- Encourage face-time between domain leads and BDE leadership
  - The domain leads are SMEs and true faces of the HPT – let them be seen and heard!
- Emphasize transparency and interdisciplinary efforts
- Presence is critical during all planning meetings
- Encourage professional competencies and leader development
- Create clear expectations for assertive (i.e., empathetic, concise, and objective) communication styles
  - Create expectations or processes for addressing conflicts.

# TEAM DEVELOPMENT



- Understand the scope of practice for each provider, and any additional skillsets they may bring to the team.
- Take the time to introduce new teammates, educate on all H2F domains, and educate on all the capabilities of each HPT professional.
- Encourage internal, cross-domain skill development.
- Encourage quarterly (or more frequent) team building events, such as volunteering, fitness sessions, learning opportunities, or other icebreaker games.
- *Model prioritizing the human dimension of human performance*

# OPTIMIZING YOUR ATHLETIC TRAINERS



- Limit sick call hours to no more than 3x/wk for 2 hours
  - Will prevent ATs from being bogged down by patient care, which will prevent them from being able to do education and prevention
- Encourage collaboration with medics and PAs
  - Cross talk between the H2F and organic medical assets
  - Collaboration on medical coverage for training and special events
- Establish standing orders and designated roles with Brigade Surgeon
  - Prevents miscommunication on who does what in an injury situation
  - Ensures everyone know each other's skill sets
- Protect time for administrative duties and educational courses
- Ensure established roles within the Injury Control Team and encourage collaboration across the domains

# ATHLETIC TRAINER AND INJURY CONTROL TEAM RESOURCE FOLDERS



## Athletic Trainer and Injury Control Team Resources

Folders include

- General Army and H2F Resources
- Documentation Guidance
- TBI Resources
- Heat Illness Resources
- Bone Stress Injury Resources
- Behavioral Health Resources