



DEPARTMENT OF THE ARMY  
HEADQUARTERS, JOINT READINESS TRAINING CENTER AND FORT POLK  
6661 WARRIOR TRAIL, BUILDING 350  
FORT POLK, LOUISIANA 71459-5339

NOV 19 2012

AFZX-GA

MEMORANDUM FOR all Soldiers Assigned/Attached to JRTC and Fort Polk

SUBJECT: Command Policy Memorandum G1-08 - Comprehensive Soldier Fitness Program

1. This policy is effective immediately and will remain in effect until rescinded or superseded.
2. References:
  - a. ALARACT: 097-2010, Comprehensive Soldier Fitness Execution Order, dated 6 APR 10.
  - b. MILPER message 10-309: Stabilization Policy for Enlisted Soldiers Assigned as Master Resilience Trainers (MRT), dated 1 DEC 10.
  - c. ALARACT: 192-2010, MOD 1 to Comprehensive Soldier Fitness Execution Order, dated 26 JUN 10.
  - d. ALARACT: 045-2011, Global Assessment Tool and Comprehensive Resilience Modules Completion Requirements, dated 10 FEB 11.
  - e. ALARACT: 086-2011, MOD 2 to Comprehensive Soldier Fitness Execution Order, dated 4 MAR 11.
  - f. Comprehensive Soldier Fitness: <http://csf.army.mil/>.
3. Purpose: This policy letter addresses the administration of the Comprehensive Soldier Fitness (CSF) program for all Soldiers assigned to Fort Polk.
4. Intent: The goal of this command is to provide Soldiers with the foremost opportunity to flourish in all five dimensions of strength (Physical, Emotional, Social, Spiritual, and Family) within the CSF program. Members will be given the skills and abilities to thrive and prosper in the dimensional strengths by the training instituted by the Master Resilience Trainers (MRTs) and Resilience Training Assistants (RTAs) within the unit's CSF program. These skills and techniques will cultivate Soldiers that are more productive, have greater resilience to stressful events on and off duty, and help to mitigate high risk activities.

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5. Responsibilities:

a. Fort Polk will establish and maintain a robust CSF program, and appoint a program manager who is an MRT 8R ASI to execute the program at the installation level, who serves as the subject matter expert for the installation's senior leaders on all CSF matters, and is a liaison between Fort Polk and FORSCOM to ensure updates to the program are captured and implemented in a timely manner.

b. Fort Polk CSF Program Manager will perform but is not limited to the following duties.

(1) Implement, direct, and oversee the installation CSF program; ensure compliance with the policies established in this letter and other command directed policies.

(2) Inspect resilience training through the Organizational Inspection Program; receive, compile, and report monthly CSF progress; serve as the Installation's subject matter expert (SME) on the program.

(3) Provide assistance to subordinate units as the SME, ensuring all CSF training is supported within resources.

(4) Conduct RTA certification courses leveraging MSC MRT support when necessary.

(5) Is a member of and provides information to the Community Health Promotion Council.

c. Each brigade level commander will appoint both an OIC and an NCOIC of their CSF program that will hold the ASI of 8R (MRT).

d. Each battalion level commander will appoint an NCOIC of their CSF program that will hold the ASI of 8R (MRT).

e. Each JRTC OPS GRP named team will appoint and maintain one trained MRT 8R.

f. Each company commander will appoint on orders one RTA per PLT and CO HQ.

g. NCOA, ACS, and other non FORSCOM elements will maintain their resilience training program IAW established Army and MACOM guidance.

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## 6. Procedures

a. MRT duties will include but are not limited to the following:

(1) Ensure compliance with the policies established in this letter and other command directed policies.

(2) Assist the CDR in meeting the BDE's CSF training requirements; conduct/inspect resilience training; track resilience training and report training conducted for submission into DTMS; serve as the commander's SME on the program.

(3) Establish a working relationship with his/her higher HQ MRT as well as subordinate units MRT/RTAs, providing support as needed.

(4) BDE/BN MRTs are responsible for offering/conducting classes for FRGs and Family members within the BDE/BN/CO.

b. All Soldiers will take the Global Assessment Tool (GAT) at least once a year. The GAT can be accessed at <https://www.sft.army.mil/>. Compliance with this task will be tracked at all levels and is part of the CSF monthly reporting requirements to the installation. The results of the GAT are confidential and a Soldier cannot and will not be forced to show results to leadership.

c. All military personnel will receive no less than two hours of resilience skills training per quarter. This training will be conducted by either an MRT 8R or trained RTA and must utilize the CSF sanctioned materials. The training may be presented in whatever manner the trainer feels will get maximum results from the individuals being trained.

(1) Conduct training in groups no larger than a platoon size element.

(2) Input resilience training into the Digital Training Management System (DTMS).

(3) Deploying Soldiers must receive the pre-deployment resilience training module within 30 days prior to deployment, reintegration resilience training module within +/- 10 days of returning from theater, and the post deployment resilience training module within 3 to 6 months of returning from theater. Each of these training models requires 1-2 hours of allocated training time.

d. Subordinate units are required to submit monthly consolidated reports to the higher HQ CSF program manager to include the Global Assessment Tool, comprehensive resilience modules, MRTs, and RTAs.

e. Leaders will implement CSF and resilience skills into training, development, and operational tasks that are conducted during the normal duty day. For example, leaders

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can demonstrate how skills learned in CSF will assist in problem solving and dealings with subordinates in the counseling process.

7. Point of contact for this policy memorandum is the Fort Polk ACoS, G1.

  
WILLIAM B. HICKMAN  
Brigadier General, USA  
Commanding