

CRM LESSON PLAN REPORT

2, 5, AND 7.5 MILE FOOT MARCHES (BCT)
071-BT071038 / 5.02 ©

Approved
10 Aug 2021

Effective Date: 10 Aug 2021

SCOPE:

This lesson plan reemphasizes the importance of tactical training during foot marches by stressing disciplinary measures. Ensure the selected route is reconnoitered before the march to mitigate any preventable safety concerns. Conduct PCCs/PCIs to ensure each Trainee is carrying the appropriate weight and required resources/equipment (i.e., water, extra clothing, etc.)

Distribution Restriction: Distribution authorized to U.S. Government agencies and their contractors only due to references used in this lesson plan. This determination was made on 13 July 2021. Insert office symbol ATZB-IS.

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Foreign Disclosure: FD3 - This training product has been reviewed by the developers in coordination with the MCoE foreign disclosure officer. This training product cannot be used to instruct international military students.

SECTION I. ADMINISTRATIVE DATA

All Course Masters/POIs Including This Lesson

Courses				
<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
750-BT	11.0	Basic Combat Training	N/A	Analysis

POIs				
<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
31B10-OSUT	21.0 ©	Basic Military Police	0	Analysis
750-BT	11.0 ©	Basic Combat Training	0	Analysis
12C10-OSUT (ST)	20.0 ©	Bridge Crewmember	0	Analysis

Task(s) Taught(*) or Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Reinforced Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
011-1760K	Safety and environmental restrictions	No	Yes
071-OPN-0015	Safety Procedures	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
UH-60M-S-0008	Apply safety procedures	No	Yes
S0193	Practicing safety at all times	No	Yes

Administrative/Academic Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	7 hrs	40 mins	Practical Exercise (Hands-On/Written)
Yes	0 hrs	10 mins	Discussion (Small or Large Group)
Total Hours(50 min):		8 hrs	0 mins

Instructor Action Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>		
Total Hours (60 min):		0 hrs 0 mins

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
None		

Prerequisite Lesson(s)

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
None		

Training Material Classification

Security Level: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Foreign Disclosure Restrictions

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References

<u>Number</u>	<u>Title</u>	<u>Date</u>
ATP 3-21.18	Foot Marches	04 May 2018
ATP 5-19	RISK MANAGEMENT, with change 1 dated 8 Sep 2014	14 Apr 2014
ATP 7-22.02	Holistic Health and Fitness Drills and Exercises	01 Oct 2020
FM 7-22	Holistic Health and Fitness	01 Oct 2020
IET TRNG GUIDE	IET Standardized Physical Training Guide	04 Jan 2005
STP 21-1-SMCT	SOLDIER'S MANUAL OF COMMON TASKS, WARRIOR SKILLS, LEVEL 1	07 Nov 2019
TRADOC REG 350-6	Enlisted Initial Entry Training Policies and Administration http://www.tradoc.army.mil/tpubs/regs/TR350-6.pdf	09 Aug 2019

Student Study Assignment

TRADOC PAM 600-4, IET Soldiers Handbook.

Instructor Requirements

Be familiar with this Lesson Plan.

Support Personnel Requirements

None.

Additional Support Personnel Requirements

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
OIC Remarks:	0:0	1	8.0
Combat Lifesaver Qualified Individual Remarks:	0:0	1	8.0
NCOIC Remarks:	0:0	1	8.9
Driver, HMMWV Remarks:	0:0	1	8.0
Driver, LMTV Remarks:	0:0	1	8.0

**Equipment
Required
for Instruction**

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
1005-01-361-8208 - Firing Attachment, Blank Ammunition Remarks:	1:1	0:0	No	0	No
1005-01-382-0953 - Carbine, 5.56 Millimeter: M4A1 Remarks:	1:1	0:0	No	0	No
1005-01-451-5119 - Cleaning Kit, Gun Remarks:	1:1	0:0	No	0	No
1005-01-630-9508 - 30 Round Magazine Assembly Remarks:	7:1	0:0	No	0	No
2320-01-111-2274 - Truck, Ambulance, 4 Litter: M997 Remarks:	0:0	0:0	Yes	1	No
2330-01-108-7367 - Trailer Water: M149A2 Remarks:	0:0	0:0	Yes	1	No
4110-01-485-3626 - Chest, Ice Storage, White, 48 Quart Capacity 2S Remarks:	0:0	0:0	Yes	4	No
5820-01-243-4960 - Radio 10 Channel, Portable, Motorola: MDL-Q2 Remarks:	0:0	0:0	Yes	8	No
6260-00-106-7478 - Light, Chemiluminescent, 4 Inches Long, 6 Hours, Green Remarks:	2:1	0:0	Yes	8	No
6530-00-783-7510 - Litter, Nonrigid, Poleless, Nylon, 78 X 26 Inch, Retaining Straps, Field Use Remarks:	0:0	0:0	Yes	4	No
6530-01-260-1222 - Rescue and Transport System, Patient Remarks:	0:0	0:0	Yes	4	No
6545-01-532-3674 - Medical Equipment Set, Combat Lifesaver, Version 2005, UA 245A Remarks:	0:0	0:0	Yes	4	No
6665-01-103-8547 - Wet Globe Temperature Kit, Dial Thermometer Type, Mechanical Remarks:	0:0	0:0	Yes	1	No
6840-01-493-7334 - Camouflage Face Paint with DEET Insect Repellent 12S Remarks:	1:1	0:0	No	0	No
7210-00-081-1417 - Sheet, Bed, Cotton-Polyester, White, 104 X 72 Inches, Solid, Plain, Flat Remarks: Minimum 10 Ice Sheets per company	0:0	0:0	Yes	8	No
8960-01-430-4378 - Ice, 8 Pounds Remarks:	1:10	0:0	Yes	8	No
T56383 - Truck Utility Cargo M1165 Remarks:	0:0	0:0	Yes	1	No

(Note: Asterisk before ID indicates a TADSS.)

**Materials
Required***Instructor Materials:*

The Drill Sergeants will use the Center for Army Lessons Learned (CALL) website at <http://call.army.mil/> and/or the Battle Command Knowledge System (BCKS) website at <https://bcks.army.mil/default.aspx> (<https://leadernetwork.bcks.army.mil/> for Mounted Maneuver Net) to get the most current and relevant information on Tactics, Techniques, and Procedures (TTPs) used in the Operational Environment (OE).

Student Materials:

As required by unit SOP.

**Classroom,
Training Area,
and Range
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
17710-247 Maneuver/Training Area, Light Forces, 247 Acre Remarks: Approximately 247 Acres	1	0:0	10	10

**Ammunition
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

**Instructional Guidance/
Conduct of Lesson**

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

ATTENTION INSTRUCTORS:

1. Stress tactical training during foot marches. The 2 mile foot march should be used to set the the standard and teaching points for the future foot marches.
2. Reinforce march discipline during all foot marches.
3. Ensure the foot march route is reconnoitered for possible safety hazards and halt areas.

**Proponent Lesson
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Joseph Hiner	Not available	Approver	10 Aug 2021

SECTION II. INTRODUCTION

Method of Instruction: Discussion (Small or Large Group)
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - NON-ICH (1:200) (Drill Sergeant)
Time of Instruction: 5 mins

Motivator

Many examples of successful marches exist throughout the history of warfare. The grueling foot march in July 1943 during the Sicilian Campaign of World War II is an example of an extremely successful foot march. This march was made by the 3rd Battalion, 30th Infantry Regiment, 3rd Infantry Division. The battalion was directed to move on foot across mountainous terrain from Aragona to participate in a coordinated attack on enemy forces in San Stefano. The battalion made this record-breaking, 54-mile, cross-country march in only 33 hours. Two hours after its arrival, the battalion was committed in the attack on San Stefano, which resulted in its capture. Another example from the Korean War occurred during the retreat from Chosin. Soldiers who couldnt make the march were captured and executed by the Chinese.

The Battlefield is forever changing, as Soldiers; you must be able to perform under any condition and in any area around the world. Knowing or having a basic idea of what to expect based on the Operational Environment(OE) better prepares you as a Soldier to meet the challenges faced during a time of war. The Drill Sergeants will use their experience and various scenarios that represent the Operational Environment (OE) in places the military is around the world.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Complete 2, 5, and 7.5 mile foot marches.
Conditions:	Day or during limited visibility, given assigned equipment and prescribed packing list not to exceed 48 pounds or 30% of the Trainee's bodyweight.
Standards:	Complete all foot marches as a member of a platoon within the prescribed times with all assigned equipment. NOTE: The 5 mile and 7.5 mile foot march will be a part of the Hammer and Anvil Exercises.
Learning Domain - Level:	Psychomotor - Manipulation
No JPME Learning Areas Supported:	None

Safety Requirements

Safety must be paramount in the complex outdoor environment. During the training process, Commanders will utilize the 5-step risk management process to determine the safest and most complete method to train. Every precaution will be taken while replicating realistic battlefield conditions.

It is everyones responsibility to recognize, mitigate, and report hazardous conditions.

INSTRUCTOR NOTE: The Instructor will brief the unit/site SOP and Deliberate Risk Assessment Worksheet, DD Form 2977 Jan 14, for all potential contingencies encountered during that training period/event (i.e., severe weather, fire, evacuation, rally points etc.).

Risk Assessment Level

Low - All Army Instructors will complete a Risk Assessment Worksheet (DD Form 2977, Deliberate Risk Assessment Worksheet, Jan 14) prior to training and brief Trainees on

identified hazards.

Assessment: The principal instructor will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management ATP 5-19.

Controls: See attached DD Form 2977.

Leader Actions: See attached DD Form 2977.

Low - Heat/Cold Weather Injuries.

Assessment: Ensure to check local weather reports prior to the execution of training. Drill Sergeants must conduct layouts prior to training to ensure all required clothing and equipment is present.

Controls: Drill Sergeants will monitor Trainees to ensure adequate hydration and nutrition. Drill Sergeants will ensure Trainees are wearing the appropriate clothing and protective gear for the local weather.

Leader Actions: Ensure DD Form 2977 is updated with the appropriate controls. Make sure every Drill Sergeant is aware of controls prior to execution of training so they can take appropriate action.

Low - Interactions with local wildlife.

Assessment: Check local listings of wildlife.

Controls: Ensure Drill Sergeants give a detailed Safety Brief prior to the execution of training to include what potentially hazardous animals and insects could be in the area. Drill Sergeants will monitor Trainees at all times.

Leader Actions: Ensure DD 2977 is updated with the appropriate controls. Ensure Drill Sergeants have to appropriate information prior to the execution of training.

Low - Interactions with poisonous plants.

Assessment: Check local listings of potentially hazardous plants.

Controls: Drill Sergeants will give a detailed safety brief to include what types of poisonous plants are in the area, (sumac, poison oak/ivy). Drill Sergeants will ensure Trainees avoid the identified plants.

Leader Actions: Ensure DD 2977 is updated with the appropriate controls. Ensure Drill Sergeants have the appropriate information prior to the execution of Training.

Low - Hyponatremia.

Assessment: Review the symptoms of Hyponatremia.

Controls: Drill Sergeants will monitor Trainee water consumption. Ensure the safety brief includes the symptoms of Hyponatremia.

Leader Actions: Ensure DD 2977 is updated with appropriate controls. Ensure Drill Sergeants have the appropriate information prior to the safety brief.

Low - Dehydration.

Assessment: Check water levels in the unit water trailer prior to execution of the training. Ensure the Drill Sergeants check the Trainees water is topped off prior to departure.

Controls: Drill Sergeants will include symptoms of dehydration in their safety brief. Drill Sergeants will monitor Trainees' water consumption.

Leader Actions: Ensure DD 2977 is updated with appropriate controls. Ensure Drill Sergeants have the appropriate information prior to the safety brief.

Low - Inclement weather.

Assessment: Check local forecasts. Contact range control for more detailed information.

Controls: Drill Sergeants will brief Trainees on what course of action to take for specific weather conditions (lightning, tornadoes, etc.).

Leader Actions: Ensure DD 2977 is updated with appropriate controls. Ensure Drill Sergeants are aware of what weather is expected and where to take shelter if appropriate.

Low - Musculoskeletal injuries.

Assessment: Ensure a copy of FM 7-22 is present for the Drill Sergeants to reference if needed.

Controls: Prior to the execution of training Drill Sergeants will conduct a warmup IAW FM 7-22.

Leader Actions: Ensure DD 2977 is updated with appropriate controls. Ensure Drill Sergeants have the appropriate information prior to the safety brief.

Environmental Considerations

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

ENVIRONMENTAL STATEMENT:

1. The Army is committed to protecting the environment; therefore, the Army will conduct operations so that environmental impact is minimized.
2. Units and installations will prepare an environmental risk assessment using the before, during, and after checklist found in ATP 3-34.5 MCRP 4-11B, AUG 2015.
3. The checklist should supplement local and state environmental regulations applicable to your area.

Instructional Lead-in

A successful foot march is characterized by the arrival of all troops at the destination at the prescribed time and in good enough physical condition to execute the tactical mission.

SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Complete a 2 mile foot march.

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - NON-ICH (3:55)* (Drill Sergeant)

Time of Instruction: 1 hr

Media Type: Actual Equipment

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

1. Lead-in: The purpose of any foot march is to move Soldiers from one place to another. The purpose of the foot march we will conduct today is to acquaint you with the types of foot marches, the requirements for noise discipline, formations, methods of marching, and the proper adjustment of equipment.

2. March discipline.

a. Noise discipline. Observe noise discipline at all times. Avoid talking amongst yourselves; use hand and arm signals. Wear your equipment properly; tie or tape down loose equipment.

b. Formation. The formations used for foot marches depend on the routes available and the enemy situation. The usual formation for a tactical foot march is a column of two files, one on each side of the road, or a single file.

(1) "For today's march, we will use the [unit identified] formation."

c. Rate of march. If the rate of march is not prescribed by the unit SOP, then the Commander selects the rate that will get his unit to the destination the fastest, and in a combat-ready condition. The IET SPT GUIDE and ATP 3-21.18 state the normal rate of march during daylight is 4 km per hour and 3.2 km per hour during periods of limited visibility.

(1) "Today, we will be moving at a [unit identified] rate of speed."

d. Distance between Trainees. In daytime, Trainees will walk 2 to 5 meters apart for tactical soundness. At night, they close to no more than 3 meters apart.

e. Distance between elements. Companies allow 100 meters between them and platoons allow 50. At night or in limited visibility, the elements can halve these distances.

(1) "For today's march, we will maintain [distance] between platoons and [distance] between Trainees."

3. Security measures.

a. A moving force protects itself against enemy action by employing security elements to the front and rear of the march column and on both flanks. Each Trainee in the moving force scans the surrounding area and terrain as the column moves through it. Security is everyone's job. The Commander uses both passive and active security measures. Both provide warning against threats.

4. Water discipline.

Everyone must practice water discipline to ensure your best health and marching efficiency. Here are the rules that you must follow:

a. Every Trainee hydrates before every march to increase sustainment during the movement. This means that you must drink water!

b. Drink only treated water from approved sources.

c. Drink water often- before, during, and after the march.

d. Drink water slowly to prevent cramps or nausea.

e. Avoid spilling or wasting water; use it sparingly for bathing.

Check on Learning: Determine if the Trainees have learned the material presented by soliciting questions and explanations. Ask the Trainees questions and correct misunderstandings.

Review Summary: Trainees will be provided immediate feedback on their performance.

TLO - LSA 2. Learning Step / Activity TLO - LSA 2. Complete a 5 mile foot march.

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - NON-ICH (3:55)* (Drill Sergeant)

Time of Instruction: 2 hrs

Media Type: Actual Equipment

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

NOTE: This foot march is an approach march to The Hammer

1. Review key points from first march.

(1) March discipline.

NOTE: The IET SPT GUIDE and ATP 3-21.18 state the normal rate of march during daylight is 4 km per hour and 3.2 km per hour during periods of limited visibility.

(2) Security measures.

(3) Water discipline.

2. Halts.

(1) During a march, halts are enforced routinely to rest personnel and adjust equipment. They are regulated by SOP or by the movement order. During a march, halts are called routinely (IAW unit SOP or the movement order) to rest personnel and adjust and check equipment. During halts, checks will be conducted on your physical condition, to include your feet.

(2) Under normal conditions, you will be allowed to halt for a short period of time each 15 minutes per hour of marching.

(3) At the halt signal, you will move to the side(s) of the road, but stay close to your unit. You should remove or loosen your gear, and then sit or lie down with your feet elevated if security permits.

(4) During halts, the first priority is to establish security and to have each unit form a hasty perimeter.

Check on Learning: Determine if the Trainees have learned the material presented by soliciting questions and explanations. Ask the Trainees questions and correct misunderstandings.

Review Summary: Trainees will be provided immediate feedback on their performance.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Complete a 7.5 mile foot march.

Method of Instruction: Practical Exercise (Hands-On/Written)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - NON-ICH (3:55)* (Drill Sergeant)

Time of Instruction: 4 hrs 40 mins

Media Type: Actual Equipment

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (*) is derived from the parent learning object

NOTE: This foot march is an approach march to The Anvil.

1. Review.

1) Lead-in. Today we will continue developing your skill in foot marches by completing an 7.5 mile tactical march.

2) Review the key points from the first march.

(a) Security measures.

(b) March discipline.

NOTE: The IET SPT GUIDE and ATP 3-21.18 state the normal rate of march during daylight is 4 km per hour and 3.2 km per hour during periods of limited visibility.

(c) Water discipline.

(d) Halts.

Check on Learning:

Determine if the Trainees have learned the material presented by soliciting questions and explanations. Ask the Trainees questions and correct misunderstandings.

Review Summary:

Trainees will be provided immediate feedback on their performance.

SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - NON-ICH (1:200) (Drill Sergeant)
Time of Instruction:	5 mins

Check on Learning

Determine if the Trainees have learned the material presented by soliciting questions and explanations. Ask the Trainees questions and correct misunderstandings.

Review/ Summary

1. Review or summarize after each march.
2. Evaluation consists of completing each road march as prescribed in each LSA.

SECTION V. STUDENT EVALUATION

**Testing
Requirements**

None.

**Feedback
Requirements**

Trainees will be provided immediate feedback on their performance.

Appendix A - Viewgraph Masters

2, 5, and 7.5 Mile Foot Marches (BCT)
071-BT071038 / Version 5.02 ©

Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: None.

Assessment Plan: None.

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-BT071038 Version 5.02 ©

Appendix D - Student Handouts

**2, 5, and 7.5 Mile Foot Marches (BCT)
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Sequence	Media Name	Media Type
None		