

IRC Program of Instruction(POI) COA 1 300 PAX Daily (Days 1,2,and 3 run concurrently, 100 ea)

COURAGE DAY (EVERY MONDAY)

Time	Event	Location	Uniform
0530-0600	Room Inspections (Barracks Personnel)	IRC	APFU
0615	Accountability Formation (Grooming & Uniform Check)	IRC	APFU
0630-0730	H2F Focused PT (WOD 1)	IRC	APFU
0730-0830	Breakfast / Hygiene	IRC	APFU
0830	Accountability Formation & Movement to ALCC (IRC Transportation Provied)	IRC	OCP
0900-0950	AFWC (ACFT Improvement & Injury Prevention)	ALCC	OCP
0950-1000	Break	ALCC	OCP
1000-1050	Grooming and Predatory Behavior Recognition / Healthy Dating & Sex	ALCC	OCP
1050-1100	Break	ALCC	OCP
1100-1200	Consent Boundary Setting / Risk Mitigation / Rejection Acceptance	ALCC	OCP
1200-1340	JBLM / MWR Resource Fair & Lunch	ALCC	OCP
1340-1545	Keys to Connection	ALCC	OCP
1545-1600	Movement back to IRC	ALCC	OCP
COB	Soldier & Family Readiness Time (HHG,POV, POW, CYS, etc.) or Soldier Pick Up	N/A	OCP

DAY ONE (1) ASAP - CADRE DAY 1 BRIEFS - TRI CARE - NEWCOMERS SPONSORSHIP COORDINATION

Time	Event	Location	Uniform
0530-0600	Room Inspections (Barracks Personnel)	IRC	APFU
0615	Accountability Formation (Grooming & Uniform Check)	IRC	APFU
0630-0745	Breakfast / Hygiene	IRC	APFU
0745	Accountability Formation & Movement to Waller Hall	IRC	OCP
0800-0900	ASAP & Cadre Day 1 Briefs (Cadre POCs - Weapons Safety - IRC & JBLM Policies - Blue Book Overview - Off Limits Areas - JBLM 24-hr. POCs - DA Form 5960 prep)	WH Computer Lab	OCP
0900-0945	Tri-Care	WH Computer Lab	OCP
0945-1000	Movement back to IRC	WH Computer Lab	OCP
1000-1130	Newcomers Sponsorship Coordination	IRC	OCP
1130-1300	Sponsorship / CoC Link-up Opportunity & Lunch	IRC	OCP
1300-1500	Newcomers Sponsorship Coordination	IRC	OCP
COB	Soldier & Family Readiness Time (HHG,POV, POW, CYS, etc.) or Soldier Pick Up	N/A	OCP

DAY TWO (2) FINANCE IN-PROCESSING - FINANCIAL READINESS - MANDATORY SPONSORSHIP LINK-UP

Time	Event	Location	Uniform
0530-0600	Room Inspections (Barracks Personnel)	IRC	APFU
0615	Accountability Formation (Grooming & Uniform Check)	IRC	APFU
0630-0730	H2F Focused PT (WOD 2)	IRC	APFU
0745-0900	Breakfast / Hygiene	IRC	APFU
0915	Accountability Formation & Movement to Waller Hall	IRC	OCP
0945-1215	DA Form 5960 turn-in & Smart Voucher Processing & Introduction to IPPS-A	WH Computer Lab	OCP
1215-1225	Movement back to IRC	IRC	OCP
1225-1255	Mandatory Sponsorship / CoC Link-up (a member/leader from your gaining organization must link-up with you)	IRC	OCP
1255-1305	Movement back to Waller Hall	IRC	OCP
1305-1505	ACS / AER Financial Readiness Brief (E1-E5)	WH Computer Lab	OCP
1305-1505	ACS / AER Financial Readiness Brief (E6-E9, WO1-CW2, O1-O3)	WH Classroom 420	OCP
1505-1530	ACS/AER Schedule Financial Readiness Appointments	ACS Office	OCP
1530-1545	Movement back to IRC	IRC	OCP
1545-UTC	Mandatory Sponsorship / CoC Link-up (a member/leader from your gaining organization must link-up with you)	IRC	OCP
COB	Soldier & Family Readiness Time (HHG,POV, POW, CYS, etc.) or Soldier Pick Up	N/A	OCP

DAY THREE (3) CIF - MEDICAL READINESS

Time	Event	Location	Uniform
0530-0600	Room Inspections (Barracks Personnel)	IRC	OCP
0600-0700	Breakfast	IRC	OCP
0700-0730	Accountability Formation & Movement to CIF	IRC	OCP
0730-0930	CIF OCIE Issue & Load Bags	CIF	OCP
0930-0945	Movement back to IRC	CIF	OCP
0945-1000	SRP Brief (appointment times provided)	IRC	OCP

1000-1200	Medical / Dental In-Processing	SRP Site	OCP
1200-1300	Sponsorship / CoC Link-up Opportunity & Lunch	IRC	OCP
1300-UTC	Medical / Dental In-Processing	SRP Site	OCP
Complete	Movement back to IRC	IRC	OCP
COB	Soldier & Family Readiness Time (HHG,POV, POW, CYS, etc.) or Soldier Pick Up	IRC	OCP
COURAGE CARES (EVERY FRIDAY)			
Time	Event	Location	Uniform
0530-0600	Room Inspections (Barracks Personnel)	IRC	OCP
0615	Accountability Formation (Grooming & Uniform Check)	IRC	APFU
0615-0630	Movement to Cowan Stadium	IRC	APFU
0630-0730	IRC Courage WOD	Cowan Stadium	APFU
0730-0745	Courage WOD Leadership Engagement	Cowan Stadium	APFU
0745-0800	Movement back to IRC	Cowan Stadium	APFU
0800-0900	Breakfast / Hygiene	IRC	APFU
0905	Accountability Formation & Movement to Carey Theater (IRC Transportation Provided)	Carey Theater	OCP
0930-1200	I Corps Leadership & JBG Newcomers Briefs: AFWC, Recruiting, SOCOM, SFAB, JBG, MWR, CYS, ES, BOSS, ACS, AFCS, AFAP, AFTB, FAP, EFMP, ERP, AER, HSO, IHG, SHARP, and EO	Carey Theater	OCP
1200-1245	Sponsorship / CoC Link-up Opportunity & Lunch	Carey Theater	OCP
1245-1300	Movement back to IRC (PVT-SPC) Courage Cares Complete	Carey Theater	OCP
1300-1500	Jr. C.A.R.E.S & AFWC (E5-E7, WO1-CW2, O1-O2)	Carey Theater	OCP
1500-1600	Barracks Leaders Training & ARMA Overview (E5-E7)	Carey Theater	OCP
1600-1615	Movement back to IRC	Carey Theater	OCP
1615-UTC	Soldier Pick Up	IRC	OCP