



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

AFZX-CG

JAN 12 2021

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Joint Readiness Training Center (JRTC) and Fort Polk Policy 8 – Ready and Resilient Performance Center (R2PC) and Training Program

1. Reference:

a. Army Regulation 350-53, Comprehensive Soldier and Family Fitness, 19 June 2014

b. Army Resilience Directorate: <https://www.armyresilience.army.mil/>

2. Purpose: This policy addresses the administration of the JRTC and Fort Polk Ready and Resilient Center (R2PC) and Training Program

3. Scope: The goal of this policy is to provide Soldiers, Families, and Department of the Army Civilians (DAC), the opportunity to develop in the dimensions of strength through training provided by the Master Resiliency Trainers (MRTs), Resiliency Training Assistants (RTAs), and the Performance Experts (PEs) as part of the Ready and Resilient Performance Center Program. Ready and Resilient Performance Center and Training Program provides the foundation for individuals to build and sustain personal readiness and resilience. These skills and techniques will enhance resilience, optimize performance and assist in building cohesive teams.

4. Responsibilities:

a. JRTC and Fort Polk will maintain a robust Ready and Resilient Program, and appoint a Program Manager who is an ASI-qualified (8R, 8J, 8K, or 8L) to execute the program at the installation level, and serve as the subject matter expert for the installation senior leaders.

b. JRTC and Fort Polk Ready and Resilient Program Performance Center Manager (PCM) and / or Performance Expert (PE), will advise the Senior Commander and Command Sergeant Major on the Ready and Resilient Performance Center and Training Program. The PCM will establish relationships with and collaborate with units to advice and conduct Performance Training.

AFZX-CG

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c. JRTC and Fort Polk Ready and Resilient Training Program Manager (PM), will: Ensure units are conducting R2 Training, identify seat requirements for MRT School, track and manage MRT duty assignment fill rates, assist commanders in complying with R2 reporting requirements in the DTMS, roster attended, and practical exercises or applied activities.

d. Major subordinate command (MSC) level commanders will appoint on additional duty orders both an officer in charge (OIC) and a noncommissioned officer in charge (NCOIC) of their R2 program. Both OIC and NCOIC will be graduates of the 10-day MRT Course. Commanders are encouraged to incorporate resiliency training into their Foundation Days.

e. Battalion level commanders will appoint on additional duty orders an NCOIC of their R2 program. Each appointed MRT will be a graduate of the 10-day MRT Course. Each will supervise their battalions R2 Training and ensure quality in training conducted at the battalion and company level.

f. Each company will appoint on orders one Resilience Trainer Assistant (RTA) to each platoon. Each RTA must complete the 25-hour RTA course. Company MRTs and RTAs will conduct resilience training with the support of MRT-PE's at the R2PC

g. Each JRTC Operations Group named Task Force will appoint on additional duty orders and maintain an MRT as its trainer. Each MRT will be a graduate of the 10-Day MRT Course. Each named Task Force will appoint on orders one RTA to assist the MRT. Each RTA must complete the 25-hour RTA course provided at the R2PC.

5. Training:

a. R2 / MRT Training will be conducted in groups no larger than a "platoon" size element (30-35 Soldiers). RTA courses will be consolidated at the installation level and offered quarterly. The course will be 25 hours over the course of four days.

b. Deployment Cycle Resiliency Training (DCRT): Unit MRTs are responsible for becoming DCRT certified and for training deploying Soldiers according to the DCRT module standards, to include pre-deployment reintegration and post deployment training.


AFZX-CG

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6. To keep JRTC and Fort Polk a strong resilient installation the R2PC provides the following additional training and opportunities to equip and empower Soldiers, leaders, DAC, contractors, spouses with skills to optimize performance and thrive: mental minutes, “divide and conquer” podcast, customized training (based on the needs of the unit), life skill mastery classes, and lunch and learns.

7. Proponent: The point of contact for this policy is the Assistance Chief of Staff, G1, at (337) 531-1196.

8. This policy will remain in effect until superseded or rescinded.


DAVID S. DOYLE
Brigadier General, USA
Commanding

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