



DEPARTMENT OF THE ARMY
HEADQUARTERS, JOINT READINESS TRAINING CENTER AND FORT POLK
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FORT POLK, LOUISIANA 71459-5339

AFZX-CG

JAN 23 2020

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: JRTC and Fort Polk Policy 10 - Comprehensive Soldier and Family Fitness

1. Purpose: This policy addresses the administration of the Comprehensive Soldier and Family Fitness (CSF2) program.

2. References:

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

b. Comprehensive Soldier Fitness: <http://www.army.mil/csf>

c. Master Resilience Training Course: <http://www.army.mil/csf/mrt/upenn/index.html>

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 five dimensions of strength (physical, emotional, spiritual, social, and family) through training provided by the Master Resiliency Trainers (MRTs) and Resiliency Training Assistants (RTAs) as part of the CSF2 program. These Skills and techniques will cultivate Soldiers, Families, and DACs that are more productive, have greater resilience to stressful events on and off duty, and help mitigate high risk activities.

4. Responsibilities:

a. Fort Polk will maintain a robust CSF2 program, and appoint a program manager who is an additional skill identifier (ASI) qualified (8R, 8J, 8K, or 8L) to execute the program at the installation level, serve as the subject matter expert for the installation's senior leaders on all CSF2 matters, and be a liaison between Fort Polk and FORSCOM to ensure updates to the program are captured and implemented in a timely manner.

b. Fort Polk CSF2 Program Manager will perform but is not limited to the following duties:

(1) Advise the Senior Commander and Command Sergeant Major on the command's CSF2 Program.

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(2) Participate in the local Community Health Promotion Council, Suicide Prevention Task Force, and other working groups as applicable to ensure the integration of the CSF2 Program and the Army's Ready and Resilient Campaign at all levels of health promotion, risk reduction, and suicide prevention.

(3) Coordinate all CSF2 Program training requirements for Army units that fall within the ADCON responsibility of the Senior Commander.

(4) Coordinate utilization of all available MRTs into training plans and strategies. These coordination efforts include GAT completion strategies, ArmyFit command emphasis, and incorporation of resilience and performance training requirements into the master unit training plan.

(5) Assist Commanders in complying with CSF2 reporting requirements in the unit status report (USR) and AR 220-1.

(6) Identify training seat requirements for MRT School during the annual Total Army Centralized Individual Training Solicitation Survey.

(7) Participate in quarterly teleconferences with the CSF2 Directorate at FORSCOM.

(8) Manage ordering, receipt, and use of MRT training materials and CSF2 promotional materials from the MRT Resource Center on behalf of all installation MRTs.

(9) Track and manage MRT company-level additional duty assignment fill rates and assist supported commands with mitigation strategies and assistance.

(10) Will manage the resiliency quality assurance/quality control program for the installation.

c. Each major subordinate command (MSC) level commander will appoint on additional duty orders both an officer in charge (OIC) and a noncommissioned officer in charge (NCOIC) of their CSF2 program. Both the OIC and NCOIC will be graduates of the 10-Day MRT Course. Commanders are encouraged to incorporate Resiliency training into their Strong Bonds Programs.

d. The MSC Level CSF2 OIC/NCOIC: Will supervise, implement, and direct their unit's CSF2 program, serve as the MSC's CSF2 subject matter experts, and advise the commander on the CSF2 Program.

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(1) Ensure the brigade's CSF2 program is in compliance with Army and higher headquarters CSF2 policies and guidance.

(2) Develop a working relationship with the JRTC and Fort Polk Installation CSF2 Program Manager.

(3) Track training and personnel for subordinate units and report the statistics to the JRTC and Fort Polk Installation CSF2 Program Manager on a monthly basis.

e. Each battalion level commander will appoint on additional duty orders an NCOIC of their CSF2 program. Each will be a graduate of the 10-Day MRT Course.

(1) Serve as the battalion's CSF2 subject matter expert and advise the battalion commander on the CSF2 Program.

(2) Supervise their battalion's CSF2 program and training to ensure the battalion and subordinate companies adhere to the guidance in this policy letter and applicable references.

(3) Supervise the performance of company level MRTs and RTAs to ensure quality in the training conducted at the battalion and company level.

f. Each company level commander will appoint on additional duty orders an MRT for their CSF2 program. Each will be a graduate of the 10-day MRT Course.

(1) Each company will appoint on orders one resilience RTA to each platoon in the rank of SGT or above. Each RTA must complete the 25-hour RTA course.

(2) Company MRTs and RTAs: Will serve as the company's CSF2 subject matter expert, and advise the company commander on the CSF2 program.

g. Each Operations Group JRTC named Task Force will appoint on additional duty orders and maintain an MRT as their trainer. Each will be a graduate of the 10-day MRT Course. Each named Task Force will appoint on orders one RTA in the rank of SGT or above to assist the MRT. Each RTA must complete the 25-hour RTA course.

h. Noncommissioned Officer Academy, Army Community Service, and other non-FORSCOM Elements will maintain their resilience training program in accordance with established Army and ACOM guidance.

5. All Soldiers will take the Global Assessment Tool 2.0 (GAT) every 12 months. The GAT can be accessed at <https://www.sft.army.mil>. MSC, battalion, and company MRTs

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will track completion. Actual results of the GAT are confidential. Soldiers cannot be compelled to show GAT results to his chain of command.

6. All Soldiers will receive training on all 14 CSF2/MRT skills each year. Training will be led by an ASI-qualified 8R, 8J, 8K, or 8L MRT.

a. CSF2/MRT Training will be conducted in groups no larger than a "platoon" size element (30-35 Soldiers).

b. Deploying Soldiers will complete the MRT pre-deployment module as part of their pre-deployment training.

c. Redeploying Soldiers will receive at least one hour of CSF2/MRT training within 10 days of returning to CONUS and will receive a second block of CSF2/MRT post-deployment training 3-6 month following redeployment.

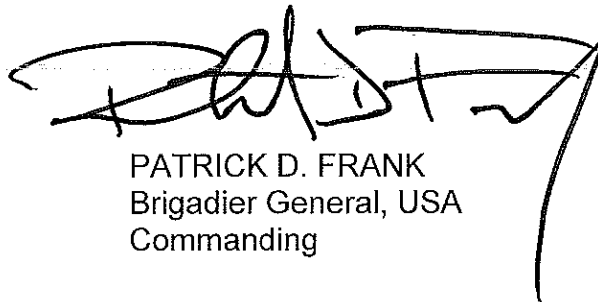
7. Resiliency Training Assistant (RTA) courses will be consolidated at the installation level and be offered on a monthly basis. The course will be 24 hours in length and run for a total of three days.

8. MSCs will conduct a CSF2 AAR led by the MSC Commander and Command Sergeant Major to discuss current and future goals of the BDE's CSF2 program.

9. To keep JRTC and Fort Polk a strong and resilient Installation, leaders will routinely implement CSF2/MRT skills into everyday training and operations; such as, encouraging energy management during physical training, conducting "Hunting the Good Stuff" sessions during formation, using the "Activating event, Thoughts and Consequences" (ATC) model during counseling sessions.

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

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



PATRICK D. FRANK
Brigadier General, USA
Commanding

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