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512th Airlift Wing, Dover Air Force Base, Del.

Fitness testing begins for deployed Airmen

Airmen deployed to the U.S. Central Command area of responsibility will roll physical fitness testing into their wartime responsibilities starting Oct. 1.

Lt. Gen. Mike Hostage, the U.S. Air Forces Central Command commander, recently approved a policy authorizing fitness testing in the AOR for permanent party Airmen and those on one-year deployments.

Airmen must have a current fitness score prior to deployment, according to Air Force

Instruction 36-2905.

The new AFI also permits fitness assessments in the AOR at locations that meet the criteria. Viable locations must have an approved running and walking course, local medical support, trained physical training leaders and a health screening process. Several deployed locations already meet these standards and are ready to begin fitness testing; however, a comprehensive list is not yet available.

People deployed for less than a year will have an opportunity to test at approved locations on a voluntary basis. However, permanent party Airmen and those on yearlong deployments will be required to do so, per the new USAFCENT fitness policy.

The new policy enables deployed commanders to implement physical training programs, and it provides them the flexibility to evaluate Airmen's fitness levels. It also gives commanders the chance to offer deployed Airmen with unsatisfactory scores an opportunity to retest. Deployed commanders can also conduct unofficial, practice assessments to give Airmen a chance to gauge their progress and compliance with Air Force fitness standards.

Airmen, Soldiers, Sailors and Marines undergo fitness tests twice a year in garrison. Like Airmen, deployed Soldiers and Sailors also test at approved locations in the AOR. Marines do not currently test while deployed.



U.S. Air Force photo by Abner Guzman/Released

Airmen deployed to the U.S. Central Command area of responsibility will roll physical fitness testing into their wartime responsibilities starting Oct. 1. The new USAFCENT fitness policy will be available soon on AEF Online.

Don't be denied access onto base, register for DBIDS this UTA

Once the Defense Biometric Identification System is fully implemented here, personnel who haven't registered will only have three strikes before they are

denied entry onto base. The first and second time an ID card is scanned the individual is given a warning and referred to the Visitor Control Center to register. The third

time it happens, they will be denied access to the base until they have their Common Access Card registered.

During the September unit training assembly, the

VCC is open for DBIDS registration Saturday from 8 a.m. to noon and 1 to 4 p.m. Read the full story at: <http://www.512aw.afrc.af.mil/news/story.asp?id=123218344>.



U.S. Air Force photo by Senior Airman Perry Aston/Released

Dover reservists assist with Iraqi drawdown

Aerial port Airmen from the 447th Expeditionary Logistics Readiness Squadron oversee the loading of contractors heading to bases throughout Iraq, at Sather Air Base Aug. 6, 2010. Senior Master Sgt. Ara Shishmanian and Staff Sgt. Austin Diaz, from the 46th Aerial Port Squadron, are two of the deployed aerial porters featured in an online article. It highlights the Air Force's involvement during the Responsible Drawdown of Forces in Iraq, which is on track to bring the number of operational forces down to 50,000 troops. Read the full story at <http://www.512aw.afrc.af.mil/news/story.asp?id=123219727>.