



**Physical Therapy Section  
Moncrief Army Community Hospital  
(803) 751-3021/2408**

**Basic Combat Training – Medical Guidelines**

Phases of Basic Combat Training (BCT):

BCT at Fort Jackson is a 10-week course conducted in 3 phases as described below. In addition to the standard training executed in each phase, Soldiers will be given training on Army Values, Physical Training, and End of Phase testing on military subject matter.

1. Red Phase (Week 1-3): Communications, Army Values, First Aid, Military Justice (UCMJ), Drill and Ceremonies, Foot March 1 (4K), Land Navigation, Victory Tower, Teamwork Development Course, Basic Tactical Training, Fit-To-Win Course, Chemical, Biological, Radiological, and Nuclear (CBRN) Training including Gas Chamber, Sexual Harassment, and Equal Opportunity Training.
2. White Phase (Week 4-6): Basic Rifle Marksmanship (BRM), Qualification with M16A2 Rifle, US Weapons (M249 SAW, M240B, M203 grenade launcher, AT-4 anti-tank weapon), Urban and Convoy Operations (WANAT), Confidence Obstacle Course, Situational Training Exercise (STX), Night Infiltration Course (NIC at Night), and additional Foot March 2 (8K).
3. Blue Phase (Week 7-10): Individual Tactical Training, Combat Indoctrination Ranges, Hand Grenade Training (REMAGEN), Buddy Team Live Fire (OMAHA), Victory Forge, Foot Marches 3 & 4 (12K, 16K), Urban Operations, and final Army Physical Fitness Test (APFT), Graduation.

BCT Mandatory Graduation Requirements:

1. Qualify with M16A2 Rifle
  2. Pass Army Physical Fitness Test consisting of 2 mile run, 2 minute push-up, 2 minute sit-up (minimum of 50 points in each event)
  3. Pass all End of Phase tests
  4. Negotiate the Hand Grenade Qualification Course and throw 2 live hand grenades
  5. Participate in a Pugil Bout
  6. Participate in Unarmed Combat Training
  7. Execute the NBC Chamber Confidence Exercise
  8. Negotiate all events at Victory Tower
  9. Participate in Teamwork Development Course
  10. Negotiate Confidence Course
  11. Negotiate Obstacle Courses (at least one time)
  12. Complete 4 Tactical Foot Marches (4, 8, 12, and 16 km).
  13. Negotiate Buddy Team Live Fire
  14. Negotiate Night Infiltration Course
  15. Participate as a squad member in Victory Forge
  16. Pass inspection Period 4
  17. Demonstrate discipline, motivation, and adherence to Army Standards of Conduct
- Demonstrate an understanding of and willingness to live by the Army's Seven (7) Core Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage

**IMT Sick Slip (FJ-689):** Provides guidelines to the Soldier and cadre on what physical activities the Soldier may participate in without endangering his/her health; what is “medically safe”.

\*Generally written for no more than 5 days for BCT Soldiers, 2 weeks for AIT Soldiers; exceptions sometimes made for holiday weekends or pending other medical appointments (e.g. bone scan or MRI). If a Soldier has been had multiple sick slips for training restrictions and/or has missed too much mandatory training, he/she may be considered for “Re-Start” or “New-Start”.

### **Profiling Per Phase Basic Combat Training:**

#### **Red Phase Mandatory Training:**

1. Foot March 1 (4K)
2. Victory Tower (VT)
  - a. Climbing cargo net and rope and wood ladders
  - b. Swing/slide on rope over open (netted) space
  - c. Rope bridges (single, double, triple ropes)
  - d. Rappel down 34 foot tower
3. Teamwork Development Course (TDC)
  - a. Perform obstacle course as a team of 6-15 members
  - b. Lift 30-50lbs in groups
  - c. Jump from obstacle 2-3 feet high
4. Pugil Bout
  - a. Performed in the sand
  - b. Must be able to use both arms to manipulate Pugil
5. Unarmed Combat Training
  - a. Modern Army Combatives Program
6. NBC Chamber
  - a. Stand in a chamber with CS gas and perform activities with protective mask on
  - b. Remove mask, state full name, rank, and full social, then clear and reseal mask
  - c. Remove mask at end and breathe in or say the full Soldier’s Creed
7. Conditioning Obstacle Course (Fit-To-Win)
  - a. Run 500-600 yards
  - b. Negotiate small obstacles (2-4 foot wall or trenches, tunnels)
  - c. Ascend and descend cargo net
  - d. Traverse 15 hanging bars
  - e. Jump from 5 feet into sandpit
  - f. Low/high crawl through pit

#### **Activity Restriction Guidelines:**

1. Must be able to swing, crawl, overhead grip/hang, and climb to participate in VT
2. May be on crutches to participate in TDC but strongly discouraged, but not other physical combat training (Pugils, UAC)

#### **White Phase Mandatory Training:**

1. Basic Rifle Marksmanship (BRM) and qualification with the M16A2 rifle
2. US Weapons
  - a. Automatic weapons
  - b. Grenade launcher
  - c. Anti-tank weapon
3. Confidence Obstacle Course
  - a. Must be able to ascend and descend obstacles from 3 to 10 feet high; obstacles over 6 feet high are completed in teams

- b. Overhead gripping and hanging from bars
- c. Ascend and descend cargo net, wood ladder, rope ladder, and ropes
- d. Swing on rope
- e. Low/high crawl
- 4. Foot March 2 (8K)
- 5. 3-day STX with Night Infiltration Course (NIC at Night)
  - a. Climb over 6 foot bunker
  - b. Low crawl under concertina wire with live rounds fired overhead
- 6. Urban and Convoy Operations (WANAT)
  - a. Wear IBA, ACH (helmet), LBV, and carry weapon
  - b. Run up to 100 yards
  - c. Mount and dismount vehicles and perform tactical movements as member of a team

Activity Restriction Guidelines:

- 1. Cannot be on crutches or in soft shoes to perform NIC at Night, Confidence Obstacle Course, or WANAT
- 2. Must wear boots on the ranges
- 3. Must state on the sick slip if it is safe for the Soldier to put down crutches to participate in qualification
- 4. If Soldier is going to be referred to PTRP, allow them to qualify with their weapon first, then bring them back to the clinic afterward for the referral and “red stamp”

Blue Phase Mandatory Training:

- 1. Hand Grenades (REMAGEN)
  - a. Must be able to jump behind barrier
  - b. Able to roll into cover position
- 2. US Weapons (BASTONE)
  - a. Lift heavy weapons
- 3. Buddy Team Live Fire (OMAHA)
  - a. Perform Individual Movement Techniques (low crawl, high crawl, 3-5 second rush) in full fighting gear
- 4. Foot March 3 & 4 (12 & 16K)
  - a. Must perform 16K force march with full fighting load (48lbs, including assault pack, ACH, LBV, IBA w/o plates, elbow/knee pads, and weapon)
- 5. Victory Forge (4 day Field Training Exercise)
  - a. Perform all previous combat training activities
  - b. Participate in the following tactical training:
    - i. Negotiate an IED lane
    - ii. Negotiate a Trauma lane
    - iii. Negotiate a Squad Attack lane
    - iv. Perform FOB Security duties (gate guard, etc.)
    - v. Perform Urban Operations
    - vi. Negotiate a React to Contact lane
- 6. Army Physical Fitness Test (must pass each event at 50%)
  - a. 2 mile run
  - b. 2 minute sit-ups
  - c. 2 minute push-ups

Activity Restriction Guidelines:

- 1. Cannot be on crutches or in soft shoes for OMAHA
- 2. Can go out to VF on crutches and participate in most activities for credit
- 3. Must complete at least 72 hours of VF in the field for credit
- 4. Can make-up the 16K foot march after return from VF (performed on track)
- 5. Can make-up the final APFT after return from VF

**Other Considerations:**

1. Soldiers participate in "Weapons Immersion" from the beginning of BCT
2. Soldiers will wear Individual Body Armor (IBA) with plates during all Advance Rifle Marksmanship (ARM) ranges but without plates on Foot Marches
3. Soldiers who complete all mandatory events to graduate BCT but have a high- or low-risk bone stress injury that would restrict full participation in AIT should be recommended for convalescent leave (to be taken after graduation). The Soldier must come back to FT Jackson at the end of con leave to be medically cleared before they are allowed to ship to AIT.
4. Soldiers who meet graduation requirements for BCT but have high-risk bone stress injuries or slowly healing low-risk bone stress injuries can be provided with a P2 profile on return from con leave (as appropriate) to allow protection of the injury while still allowing the Soldier to ship to AIT and complete training.