

PROCEDURAL GUIDANCE MESSAGE

Name and Grade of Action Officer SMSgt Jeff Lesko				Office Symbol RSOT		Series Number 109		Signature of Action Officer			Implementation Date: 10 Feb 04	
	To	Action	Initials/Date		To	Action	Initials/Date		To	Action	Initials/Date	
1	RSO	APPR										
2												
3												
4												

FROM: HQ AFRS/RSO

SUBJECT: Enlisted BMT Physical Training Preparation

TO: All Recruiting Service Personnel

1. The recent changes in Air Force fitness standards have led to significant changes in the Basic Military Training (BMT) fitness program. Effective immediately, recruiters will highly encourage each of their Delayed Enlistment Program (DEP) members to begin a physical fitness preparation program in order to meet their suggested fitness level upon arrival at BMT. Recruiters must have the applicant read and sign AFRS Form 5, Liability Release and Express Assumption of Risk, prior to providing them with the "Delayed Entry Program Guide". AFRS Form 5 will be filed in the applicant's residual file.

2. The Delayed Entry Program Guide is a new product developed for recruiter use in managing their individual DEP members. The guide is posted on the AFRS Training web site and can be accessed at the following web address: <http://www.rs.af.mil/rsot/>, located under the "References" heading. Also, you can have DEP members access the BMT web site <http://www.lackland.af.mil/7373web/bmt.htm>, where they will find additional information about BMT preparation and physical fitness standards.

FOR THE COMMANDER

//SIGNED//

GARY W. KIRK, Colonel, USAF
Chief, Operations Division