



CIVIL AIR PATROL

United States Air Force Auxiliary

National Cadet Team
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MEMORANDUM FOR ALL UNIT COMMANDERS

SUBJECT: Shuttle Run Event in the Cadet Physical Fitness Test

1. In the past year we've seen a higher than average trend of cadet injuries arising from the shuttle run event in the cadet physical fitness test (CPFT). Because the President's Council on Physical Fitness and Sports (which publishes guidelines for the Presidents' Challenge / CPFT) has not seen a similar rate of injury in the shuttle run, we're hopeful that we can reverse this trend by paying closer attention to the event's rules and safety considerations.
2. Safety Guidelines for the Shuttle Run.
 - a. Floor Surface. Cadets should participate in the shuttle run on a sports surface such as an indoor or outdoor track, basketball court, or tennis court. If a sports surface is not available, a wood or vinyl tile floor may be used. It is important that the floor be clear of dirt, water, or other elements. Never conduct the shuttle run on a carpeted floor.
 - b. Footwear. Cadets must wear sneakers / running shoes. Other footwear is not permitted.
 - c. Slip Prevention. Local leaders need to be mindful that sweat can accumulate on the floor surface. Towels or dry mops should be used to wipe-up wet spots between runs.
 - d. Ergonomics. The shuttle run involves lots of twisting and bending. As always, if a cadet has an injury, he or she can be assigned to CPFT Category II and essentially waived from the run (see CAPR 52-16, paragraph 2-12).
 - e. Warm-Up. Cold muscles are prone to injury. Therefore, cadets should warm up properly. We recommend cadets walk briskly and then jog for about 5-10 minutes before beginning their shuttle run or mile run.
 - f. Video Instruction. Visual learners will want to see the shuttle run in action before attempting the event. A helpful video is available at www.capmembers.com/shuttlerun.
3. If you've noticed any special techniques or habits that keep cadets safe during the shuttle run, please let us know by emailing cadets@capnhq.gov. Thank you.

CURT LAFOND
Deputy Director for Cadet Programs