



Air Force ROTC Detachment 010 Orientation/First Day of Class Checklist

PREPARING FOR THE TRAINING ENVIRONMENT ...

PHYSICAL FITNESS ASSESSMENT

- MUST have a sports physical (AFROTC Form 28) submitted NLT the first day of class
- PFA consists of:
 - Abdominal Circumference (Waist) Measurement
 - 1-minute push-ups
 - 1-minute sit-ups
 - 1.5-mile run
 - Visit <http://www.afpc.af.mil/Air-Force-Fitness-Program/> for score charts

ATHLETIC ATTIRE

- The following is required before your Physical Training Uniform (PTU) is issued:
 - Orientation paperwork completed
- T-Shirt (must be solid grey, light gray, blue or black)
- Tennis shoes (no limitations on color/style)
- White or black athletic socks
- Cold weather athletic apparel
- Athletic undergarments
 - compression shorts (solid black or blue)
 - sports bras
 - undershirts (must be white, light gray or black)

BUSINESS CASUAL ATTIRE

Cadets will be required to wear business casual attire outlined below to Leadership Lab and ROTC classes until your military uniform is issued:

- Khaki slacks, any brand, in a tan or light brown color
- Short-sleeve polo-style shirt
- Black or brown leather dress shoes; no canvas or sports shoes; no open-toe/heel shoes
- Black or navy blue socks
- Black or brown belt (to match shoes), with the shirt tucked into trousers

MILITARY GROOMING STANDARDS

All Grooming standards are in accordance with [Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel](#). Highlights listed below:

- Gentlemen:
 - Head Hair: Must be tapered appearance on both sides and the back of the head, both with and without headgear
 - Facial hair clean shaven every morning
 - Hair will not touch ears and will be tapered not to exceed ¼" at start of taper
 - No piercings to include tongue while in uniform
- Ladies
 - Head hair: All hair pulled up and back into a bun, a loose ponytail is acceptable in fitness attire
 - Conservative make-up and nail polish colors
 - Only one earring per ear: diamond; pearl; or gold/silver spherical shape studs
 - With the exception of earrings, no piercings to include tongue while in uniform