



## **CNIC AFLOAT RECREATION AND FITNESS PROGRAM**

### **FITNESS TRIPS / TOURS**

- **Trips provide transportation to a specified location. Participants have the option to explore the destination on their own. Tours may or may not provide transportation and include destination facilitated sight-seeing guide services.**

**Examples: Local, State or National Park Trips, Hiking Trips, Ski & Snowboarding Trips.**



Hiking trips can fall under fitness and/or recreation trips/tours. The number of opportunities and the skill level available will differ depending on your location.

- Is there base MWR Outdoor Recreation available?**
  - Can you partner with one of their programs?**
  - Plan an exclusive event for your ship?**
- Depending on the skill level – hire a guide?**
- Marketing**
  - Make sure participants understand the skill level**
  - Provide gear list to participants well in advance**
- Conduct safety evaluation**
- Plan what to do in case of emergency**
- Any cost to MWR involved? If so, budgeted?**
- Volunteers / staff**
- Gear / supplies / equipment**
  - MWR providing any of it?**
  - Is it in good condition?**
- Are there apps available to help find trails?**



## AFTER ACTION REPORTS

<b>First and Last name:</b>	<b>Ship's Name:</b> USS Theodore Roosevelt
<b>Position Title:</b> Afloat Recreation Fitness Specialist	<b>Date:</b> March 31, 2017
<b>Event happened:</b> <input type="checkbox"/> Underway <input checked="" type="checkbox"/> Homeport	
<b>Pictures must be included when submitting in an After Action Report to your Supervisor.</b>	
<b>Please Complete below list of Questions regarding the Event:</b>	
<b>1. Title of Event:</b> TR Hiking Club	
<b>2. Location of Event: (Hanger Bay, Picnic Area)</b> San Diego County	
<b>3. Date of Event:</b> Thursdays throughout the month of March	
<b>4. Time of Event:</b> Muster - 0730, Depart - 0800	
<b>5. Number of Participants:</b> 16	
<b>6. Equipment Needed:</b> N/A	
<b>7. Staffing Requirements:</b> 1 MWR Staff - Driver	
<b>8. Points of Contact:</b> Fitboss	
<b>9. Marketing Process:</b> 'All Hands' Email, Flyers, Bulletin Board, Word of Mouth	
<b>10. Explain Event Execution:</b> Promote. One week out - sign-up sheet for first 10 participants. Day of event - muster off ship, drive to hiking location, have fun! *Some hikes are longer and offer an opportunity to bring/stop for lunch.	
<b>11. Winners of Event:</b> N/A	
<b>12. Prizes or Awards:</b> N/A	
<b>13. Lessons Learned:</b> Promote 'in port' events early and up to pulling into port. Once in port, connect more closely with Chiefs Mess to help promote ideas to the enlisted sailors.	
<b>14. Any Additional Information? :</b> Survey crew for hikes they want to do.	



# TR Hiking Club



The following example is from a ship that does frequent port visits to a CONUS site. There is also a surf lesson example under Recreation Skills & Knowledge.

- Is there base MWR Outdoor Recreation available?
  - Can you partner with one of their programs?
  - Plan an exclusive event for your ship?
- Depending on the skill level – hire a guide?
- Marketing
  - Make sure participants understand the skill level
  - Provide gear list to participants well in advance
- Conduct safety evaluation
- Plan what to do in case of emergency
- Any cost to MWR involved? If so, budgeted?
- Volunteers / staff
- Transportation
- Gear / supplies / equipment
  - MWR providing any of it?
  - Is it in good condition?



## AFTER ACTION REPORTS

<b>First and Last name:</b>	<b>Ship's Name:</b> CVN 74 USS JOHN C. STENNIS
<b>Position Title:</b> FITBOSS	<b>Date:</b> 10/31/2015
<b>Event happened:</b> <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
<b>Pictures must be included when submitting in an After Action Report to your Supervisor.</b>	
<b>Please Complete below list of Questions regarding the Event:</b>	
<b>1. Title of Event:</b> SURF TRIP SAN DIEGO	
<b>2. Location of Event: (Hanger Bay, Picnic Area)</b> PACIFIC BEACH, SAN DIEGO	
<b>3. Date of Event:</b> 10/31/2015	
<b>4. Time of Event:</b> 10:00-16:00	
<b>5. Number of Participants:</b> 10	
<b>6. Equipment Needed:</b> MWR VAN, SURF BOARD RENTAL COMPANY	
<b>7. Staffing Requirements:</b> FITBOSS	
<b>8. Points of Contact:</b> FITBOSS	
<b>9. Marketing Process:</b> EMAIL, 1MC, FLYERS, WORD OF MOUTH	
<b>10. Explain Event Execution:</b> REQUESTED EVENT FROM CHAIN OF COMMAND. GRANTED REQUEST AND THEN SET UP EVENT WITH RENTAL COMPANY AND MWR VAN TO GET TO EVENT. SET UP A SIGN UP SHEET FOR INDIVIDUALS TO SIGN UP FOR EVENT. ASSIGNED A DATE AND TIME TO GO SURFING. IMPLEMENTED EVENT. EVENT WAS SUCCESS!	
<b>11. Winners of Event:</b> 10	
<b>12. Prizes or Awards:</b> SURF AND SUN	
<b>13. Lessons Learned:</b> RESEARCH RENTAL COMPANIES AROUND AREA	
<b>14. Any Additional Information? :</b>	

# Pre surf brief and instruction by FITBOSS



**The crew is amped for the  
surf and sun!**



“I can’t wait to shred the gnar  
with you Fitboss!”

– AT3 Kelly, Justin



# ALL SURFED OUT!!!



# SURF MISSION COMPLETE!







## **FITNESS TRIPS / TOURS**

### **HIKING TRIP – PORT VISIT**

Hiking trips can fall under fitness and/or recreation trips/tours. Following is a great example of collaboration between the Fun Boss and Fit Boss. Fun Boss set up the tour during a port visit and Fit Boss led the trip.

- Verify any participant information needed prior to tour**
- Marketing**
  - Make sure participants understand the skill level**
  - Provide gear list to participants well in advance**
- Conduct safety evaluation**
- Plan what to do in case of emergency / POC for the ship**
  - Overseas you will have a local guide from the tour company who should have a plan in place in case of emergency**
- Budgeted?**
  - Create**
  - Approve**
  - Make plan for payment**
- Staff / chaperone**



## AFTER ACTION REPORTS

<b>First and Last name:</b>	<b>Ship's Name:</b> USS Theodore Roosevelt CVN 71
<b>Position Title:</b> Afloat Fitness Specialist	<b>Date:</b> 11/01/2017
<b>Event happened:</b> <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
<b>Pictures must be included when submitting in an After Action Report to your Supervisor.</b>	
<b>Please Complete below list of Questions regarding the Event:</b>	
<b>1. Title of Event:</b> Hike with Fitboss - San Carlos Falls	
<b>2. Location of Event: (Hanger Bay, Picnic Area)</b> Guam	
<b>3. Date of Event:</b> 11/01/2017	
<b>4. Time of Event:</b> 0830-1530	
<b>5. Number of Participants:</b> 22	
<b>6. Equipment Needed:</b> N/A	
<b>7. Staffing Requirements:</b> 2 Hiking Guides, 1 Tour Chaperone	
<b>8. Points of Contact:</b> Guam Liberty Center	
<b>9. Marketing Process:</b> Power Point slide on Site TV, Flyer outside of MWR Ticket office & Big Sip, all hands e-mails, word of mouth, and intranet announcement.	
<b>10. Explain Event Execution:</b> Fun Boss organized event via Liberty Rec on her advanced det. Mustered all patrons on pier 30 minutes prior to 'go time'. At the head of the hike reviewed safety concerns, Adventured, or rather trekked, to a beautiful waterfall. We scaled the mountain down/up. Swam in the swimming hole, hydrated, re-fueled. Lots of great photo ops. Post hike photo (covered head to toe in mud). Turned in muster sheets to MWR rep on pier and thanked MWR Liberty Center Guam for a great trip!	
<b>11. Winners of Event:</b> N/A	
<b>12. Prizes or Awards:</b> N/A	
<b>13. Lessons Learned:</b> See attached.	
<b>14. Any Additional Information? :</b> Will continue to seek optional fitness related tours in all upcoming ports. This was only one of the four we offered, with great turnout.	

### 13. Lessons Learned:

Confirm with host port all details in advance. This hike required gloves, and many could have gotten from the ship. However, we did not find out about this until we had left and had to stop off and buy some. An unexpected cost to the patrons. Ensure that when they offer a tour they can safely accommodate enough seats for everyone. Had all of our 28 personnel showed up there were not large enough vans for this. Work with local Marketing Department for copies of all photos taken by Tour Guide. She had snapped many and our patrons had stopped using their own cameras because tour guide said she'd burn them to a CD. Last day in port they were not ready and no plan to mail them was made.

## Attilong Acho to Cetti Bay Hike - Guam

