OFFICE OF CIVILIAN DEFENSE
WASHINGTON, D. C.

CIVIL AIR PATROL

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NO. 5)

NATIONAL HEADQUARTERS
WASHINGTON, MAY 4, 1943

PHYSICAL TRAINING

1. The success of operations of the Coastal Patrol and Liaison Patrol units depends to a great degree upon the physical fitness of the personnel of these units. Furthermore, members of these patrols may find themselves confronted with circumstances, such as a forced landing at sea or in some remote area, under which only the physically fit can hope to survive. As the required degree of physical fitness can be acquired and maintained only through proper and systematic physical training, the importance of such training cannot be over-emphasized.

2. In order to bring about uniformity in the physical training program conducted at the several Coastal Patrol and Liaison Patrol bases, there is being forwarded to each Base Commander with this circular two copies of War Department Basic Field Manual FM 21-20 - Physical Training (March 6, 1941) - for use by his director of physical training.

3. Particular attention is invited to the Setting-Up Exercises presented in paragraph 74 of this manual. All personnel, except women, assigned to CAP Coastal Patrols and Liaison Patrols are hereby required to take at least fifteen (15) minutes per day, six (6) days per week, of setting-up exercises in classes conducted by instructors appointed by the Base Commander.

By direction of National Commander JOHNSON:

Harry H. Blee

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