

TSAC

TACTICAL STRENGTH AND CONDITIONING

ANNUAL TRAINING

APRIL 2 - 5, 2018 | NORFOLK, VA

NSCA.COM/TSAC2018

2.0 CEUs



FIT TO SERVE. STRENGTH TO PERFORM.

Load Carriage across Tactical Personnel: Green, Blue and Red

Dr Rob Orr (PhD, PHTY, BFET, TSAC-F, ADFPTI)



Conflict of Interest Statement

- **I have no actual or potential conflict of interest in relation to this presentation.**



**BOND
UNIVERSITY**
TACTICAL RESEARCH UNIT



Content

- Military
- Law Enforcement
- Fire and Rescue
- Injuries
- Impacts
- Conditioning



HISTORICAL CONTEXT – MILITARY

Background

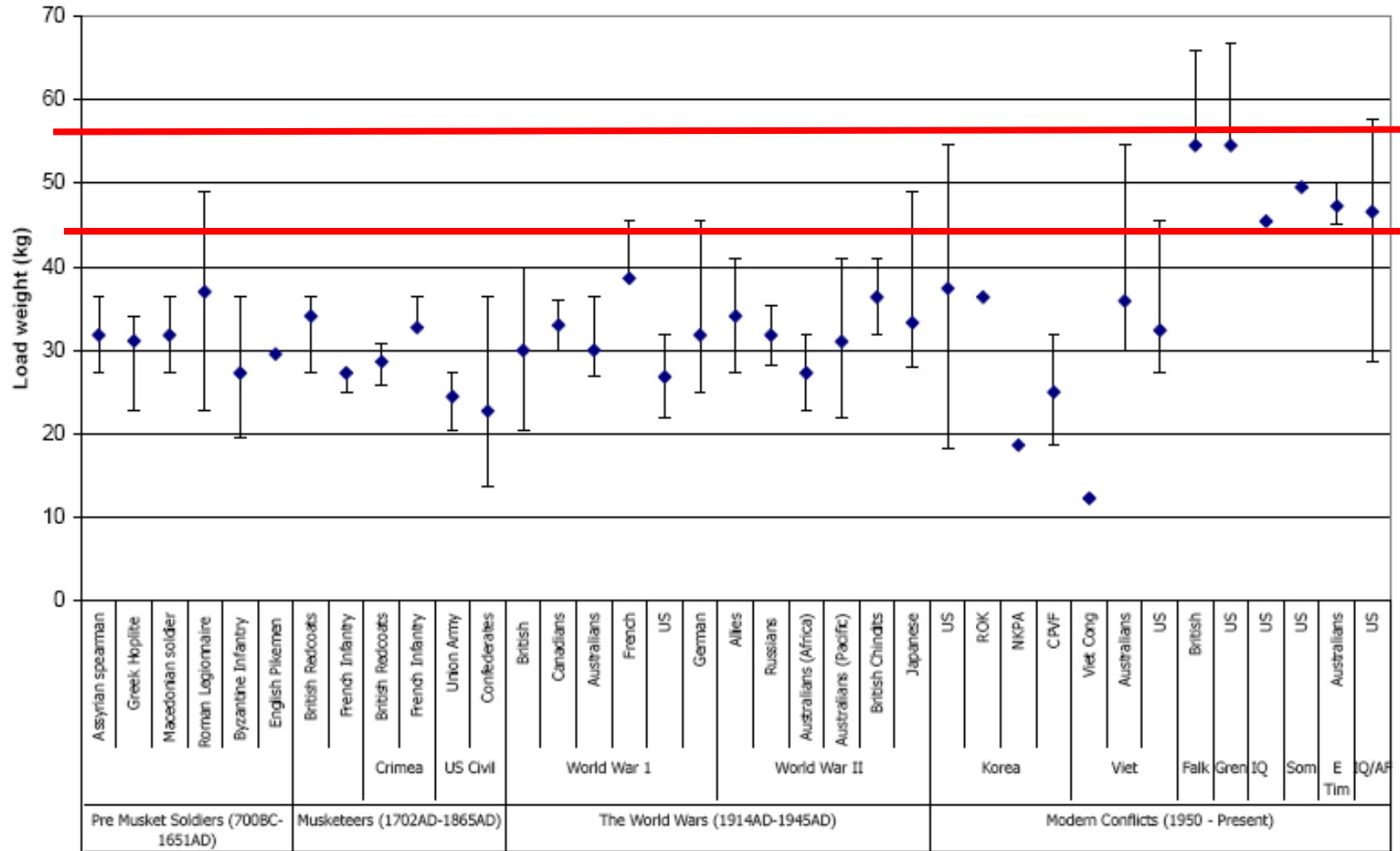
- From the early Assyrian spearman of antiquity (circa 800 B.C.), soldiers have been required to carry external loads consisting of weaponry, equipment and food

(Orr, 2010; Knapik et al., 2012:2004)

- Downstream effects of these loads have been shown to impact on the tactics of warfare, cause injury and reduce fighting force size

(Lee, 2007; Breen, 2002;Lothian , 1921)

HISTORICAL CONTEXT – MILITARY



Viet = Vietnam; Falk = Falklands; Gren = Grenada; IQ = Iraq; Som = Somalia; E Tim = East Timor; IQ/AF = Iraq/Afghanistan

(Orr, 2010; Orr et al., 2015)



CURRENT CONTEXT – AUSTRALIAN ARMY

On Operations (2001-2010)

- PO loads
 - $M=28.4 \pm 10.0$ kg
 - heaviest mean load in 2008 ($M=36.9 \pm 10.8$ kg)
- MO loads
 - $M=56.7 \pm 15.3$ kg
 - heaviest mean load in 2009 ($M=65.1 \pm 16.3$ kg)
- OVERALL loads
 - 47.7 ± 21.0 kg, (mean range over 10 years = 40.7 kg to 50.9 kg) *(Orr et al., 2015).*



**BOND
UNIVERSITY**
TACTICAL RESEARCH UNIT



CURRENT CONTEXT – AUSTRALIAN ARMY

- Approximate relative load carried by Roman Legionnaires = 56%
- Australian Soldiers in East Timor = 56%
- *US Soldiers in Afghanistan = 57%*



(Orr et al., 2010)



ABSOLUTE VS RELATIVE LOADS

- Currently female soldiers carry lighter absolute loads than male soldiers but only slightly heavier relative loads

ABSOLUTE LOADS*

FEMALE: $M = 26.4$ kg

MALE: $M = 39.0$ kg

$p = .045$

RELATIVE LOADS

FEMALE: $M = 43\%$

MALE: $M = 47\%$

$p = .55$

(Orr et al., 2015)



ABSOLUTE VS RELATIVE LOADS

- Currently lighter soldiers carry the same absolute loads as heavier soldiers but heavier relative loads

ABSOLUTE LOADS

Light 20%: $M = 34.7$ kg

Heavy 20%: $M = 35.7$ kg

$p = .902$

RELATIVE LOADS

Light 20%: $M = 49\%$

Heavy 20%: $M = 36\%$

$p = .0509$

(Orr et al., 2015)



HISTORICAL CONTEXT – LEO



http://2.bp.blogspot.com/-xHtSiLRFIMQ/UfewLRnEgAI/AAAAAAAAIpc/54yapn_ibtE/s1600/Curious+Black+&+White+Photographs+of+The+Police+Officers+from+1890



[http://3.bp.blogspot.com/-HO26ffMhqS4/UihkEhycrol/AAAAAAAAAMR4/qGsg2ryfWKA/s640/Pictures+of+Life+of+the+New+York+Police+Department+in+the+1970's+\(7\).jpg](http://3.bp.blogspot.com/-HO26ffMhqS4/UihkEhycrol/AAAAAAAAAMR4/qGsg2ryfWKA/s640/Pictures+of+Life+of+the+New+York+Police+Department+in+the+1970's+(7).jpg)

<http://images.smh.com.au/2012/12/04/3861588/art-police-uniforms-620x349.jpg>



<http://images.smh.com.au/2009/03/09/410908/policebelt.jpg>

http://www.gunblast.com/images/WBell_PoliceHolsterHist/Police-Holster-History-012.jpg





HISTORICAL CONTEXT – LEO

- Police are becoming Christmas trees



<http://images.canberratimes.com.au/2012/06/24/3400673/art729-st24policewomen-420x0.jpg>



http://img.dailymail.co.uk/i/pix/2008/04_03/TabGunGirlLEWIS_468x715.jpg



HISTORICAL CONTEXT - LEO

- Increasing levels of threat





CURRENT CONTEXT – AUSTRALIAN LEO

ILAV type (A-C) & Normal station wear (N)	ILAV Weight (kg)	Duty load Complete (kg)	Total load including officer weight (kg)
A	4.12 ± 0.65*	11.53 ± 0.77‡	88.03 ± 20.49
B	3.54 ± 0.70*	11.01 ± 1.01‡	87.51 ± 20.60
C	3.24 ± 0.48*	10.77 ± 1.16‡	87.27 ± 20.66
N	NA	8.69 ± 0.68	85.19 ± 20.24

* Significantly different (p<0.05) between vests: ‡ Significantly different (p<0.001) from normal station wear

(Orr et al., 2016)



CURRENT CONTEXT – AUSTRALIAN LEO

	FEMALE	MALE	FEMALE	MALE
ILAV type	ILAV + Duty Loads (kg)	ILAV + Duty Loads (kg)	%BW	%BW
A	11.14	11.85	16.90	14.90
B	10.80	11.18	16.43	13.91
C	10.24	11.22	15.60	13.95
N	8.68	8.70	13.20	10.92
	*p=0.225		*p=0.009	

(Orr et al., 2016)



CURRENT CONTEXT – US LEO

	COMBINED (n=246)
Age (yrs)	30.82±5.84
Years sworn (yrs)	3.62±3.46
Body Wt (Kg)	85.69±15.08
Load Wt (Kg)	10.72±1.73
Relative load (%)	11.83±2.38



(Dulla et al., 2017)



CURRENT CONTEXT – US LEO

	FEMALE (n=43)	MALE (n=203)
Age (yrs)	30.60±4.56	30.86±6.09
Years sworn (yrs)	4.03±2.92	3.54±3.56
Body Wt (Kg)	68.78±10.96*	89.27±13.31
Load Wt (Kg)	9.99±1.66*	10.87±1.71
Relative load (%)	13.36±2.46*	11.50±2.24

* Significantly different from male sheriffs, $p < .001$

(Dulla et al., 2017)



CURRENT CONTEXT – US LEO (2)

(Dawes, Kornhauser, Holmes, et al., submitted)

	Cohort	Male	Female
	Mean ± SD	Mean ± SD	Mean ± SD
	(Range)	(Range)	(Range)
Age (years)	38.79 ± 7.97 (22 – 66)	38.36 ± 8.06 (22-66)	40.88 ± 7.68 (25-50)
Height (cm)	177.45 ± 8.36 (156.21 – 195.58)	179.53 ± 6.95 (165.10 – 195.58)	167.32 ± 7.49 (156.21 – 177.80)
Weight (kg)	88.61 ± 19.44 (51.71 – 154.59)	91.35 ± 18.20 (66.04 – 154.58)	75.22 ± 20.95 (51.71 – 118.16)
Absolute load (kg)	9.57 ± .94 (7.08 – 12.02)	9.61 ± .97 (7.08 – 12.02)	9.34 ± .81 (8.26 – 10.70)
Relative load (% of body weight)	11.19 ± 2.14 (5.93 – 17.02)	10.82 ± 1.87 (5.93 – 14.56)	13.00 ± 2.56 (8.41 – 17.02)



ABSOLUTE VS RELATIVE LOADS

- Both LEO studies found female officers carried either the same (AUST) or lighter (US) absolute loads compared to the male officers
- However when expressed as a percentage of their body weight female officers carried significantly more relative load than male officers



CURRENT CONTEXT – AUSTRALIAN LEO (TOU)

	Mean \pm SD	Range
Absolute load carried (kg)	22.8 \pm 1.8	20.6-25.6
Relative load carried (%BW)	25.9 \pm 4.0	21.2-28.8



(Carbone et al., 2014; Carlton et al., 2014)



HISTORICAL CONTEXT - FIREFIGHTING

1770

1879

2016





CURRENT CONTEXT – AUST FIRE

(Orr, Gorey et al., 2015)

	MEAN ± SD
Age (yrs)	34.14 ± 7.69
Years of Experience (yrs)	7.00 ± 8.18
Unloaded Weight (kg)	90.96 ± 9.65
Weight of Supervisor PPE (kg)	11.03 ± 0.10
Weight of Firefight PPE-FF (kg)	22.61 ± 0.31
Relative Weight of PPE (% body weight)	13.13 ± 0.05
Relative Weight of PPE-FF (% body weight)	22.23 ± 2.18





CURRENT CONTEXT – US FIRE

(Dawes et al., unpublished)

Position	Driver	Firefighter	Officer	Paramedic
Age (yrs)	41.89 ± 8.22	35.63 ± 8.67	49.85 ± 6.48	39.00 ± 10.24
Height (cm)	175.61 ± 8.73	178.17 ± 6.12	176.39 ± 4.86	178.16 ± 4.65
Weight (kgs)	93.01 ± 16.16	87.55 ± 12.17	90.50 ± 15.16	88.45 ± 10.35
BMI	30.15 ± 4.41	27.49 ± 3.17	28.59 ± 4.22	27.82 ± 2.74
PPE Load (kgs)	27.25 ± 6.27	27.99 ± 1.92	27.00 ± 2.01	28.02 ± 2.177
PPE Load (%bw)	30.49 ± 10.46	32.57 ± 4.99	30.40 ± 4.58	32.10 ± 4.67



19/02/16

05:42:49

85 °C

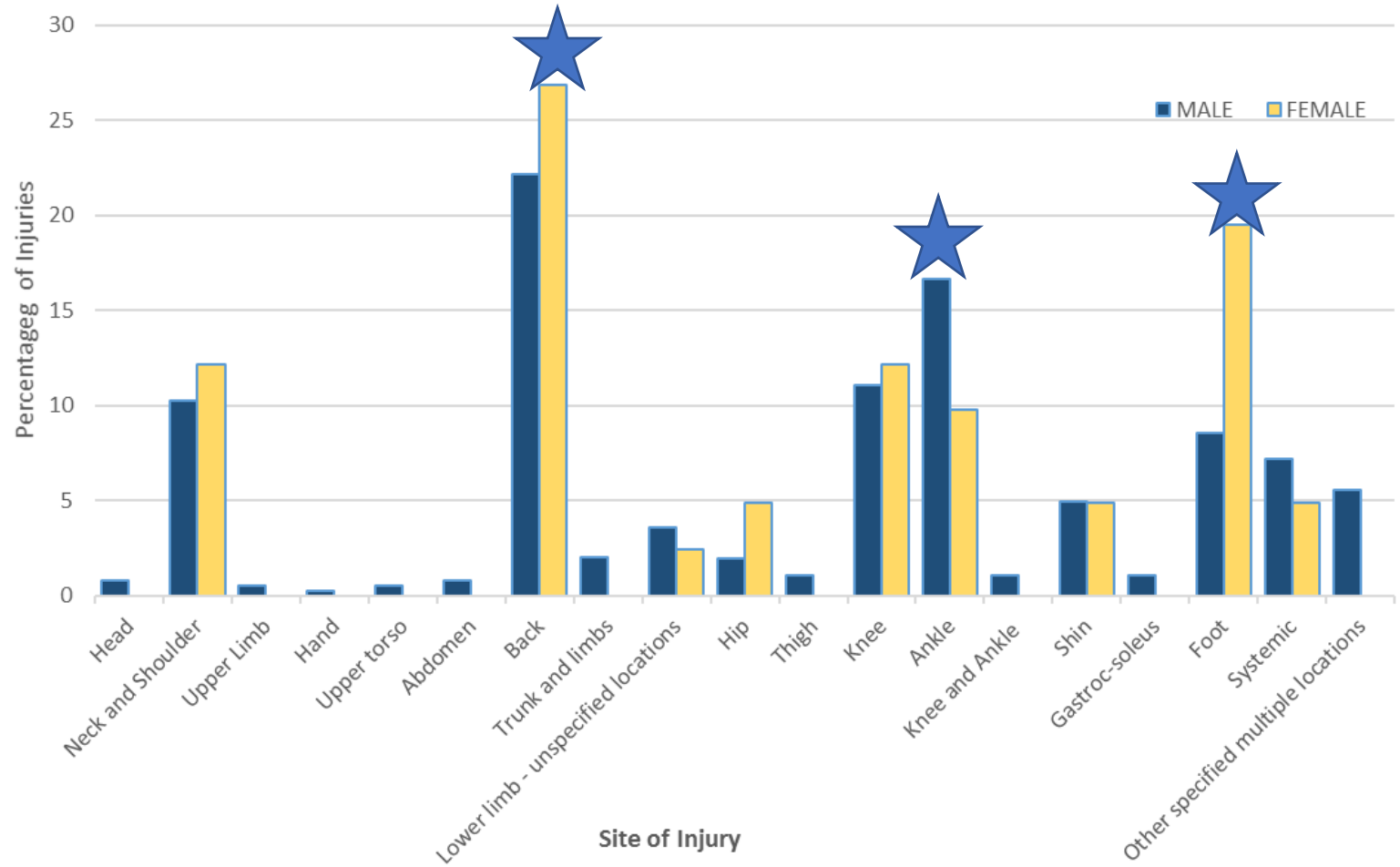


SEX DIFFERENCES IN LC INJURIES

(Orr et al., 2016)

- Mean ARA population over 2 years = 24,876 personnel
 - Female n= 2441 (10%): Male n= 22435 (90%)
- 401 reported injuries associated with load carriage
 - Female n=40 (10%): male n= 361 (90%)
 - RR = 1.02 (95% CI 0.74 to 1.41)
- SPI
 - Female n=6 (15%): male n= 23 (6%)
 - RR of SPI = 2.40 (95% CI 0.98 to 5.88)





(Orr et al., 2016)



IMPACTS ON PERFORMANCE - MARKSMANSHIP

- Decrements in performance:
 - ↓ Marksmanship (Knapik et al., 1990:1991:1997: Rice et al., 1999).

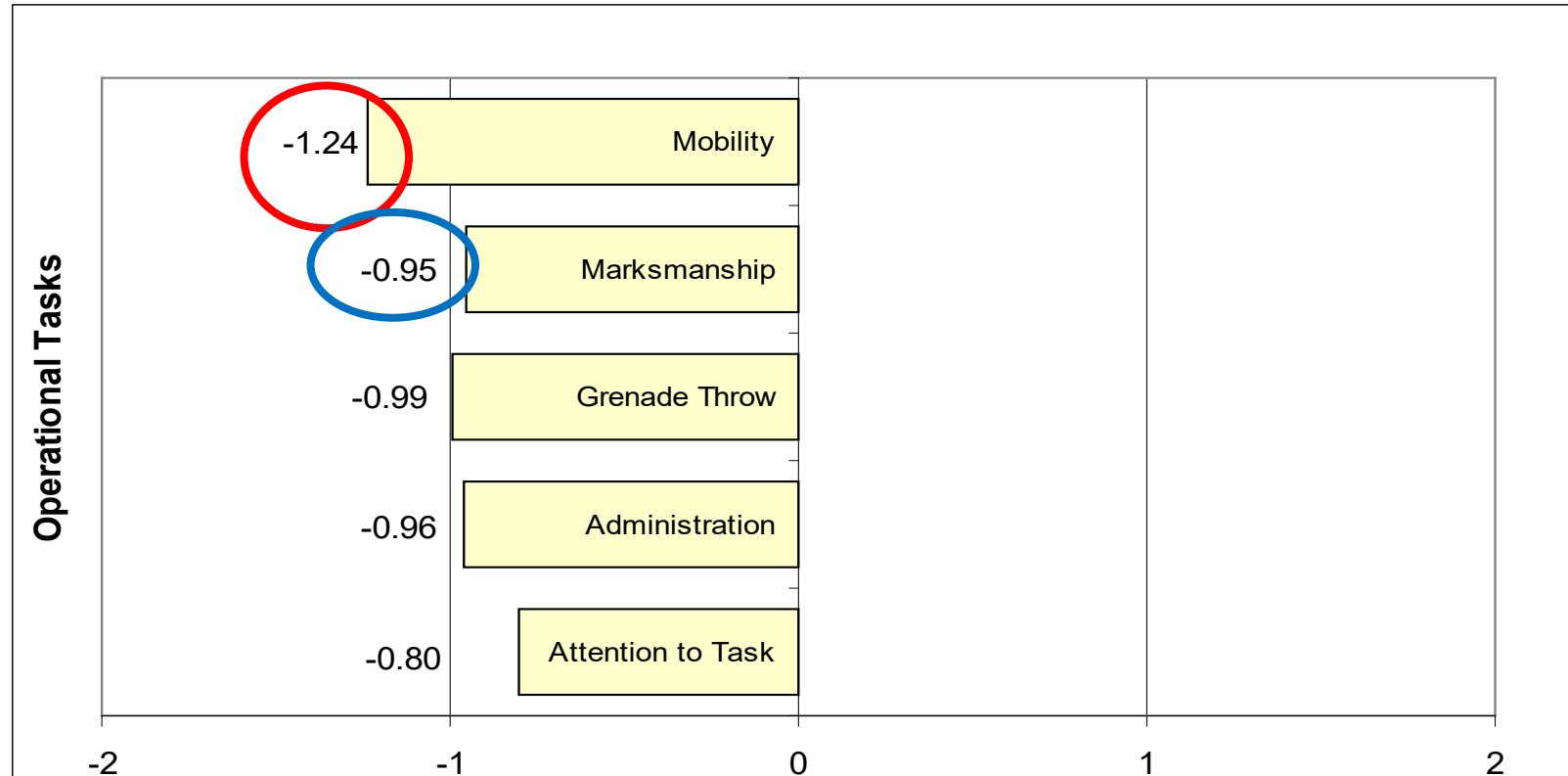




IMPACTS ON PERFORMANCE - MARKSMANSHIP

- **Reduced performance**
 - Survey of 218 soldiers on operations

(Orr et al., 2013)



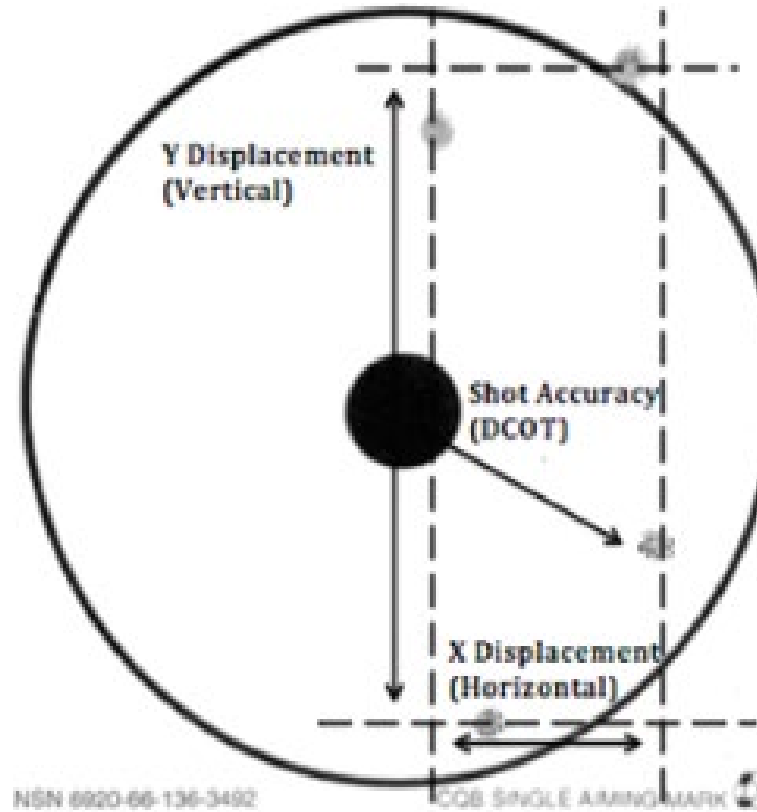
Impact of Load Carriage on Performance



IMPACTS ON PERFORMANCE - MARKSMANSHIP

- Distance to centre of target
 - DCOT
- Horizontal shot spread
 - X-Dispersion
- Vertical shot spread
 - Y-Dispersion

(Carbone et al., 2014)





BOND UNIVERSITY
TACTICAL RESEARCH UNIT

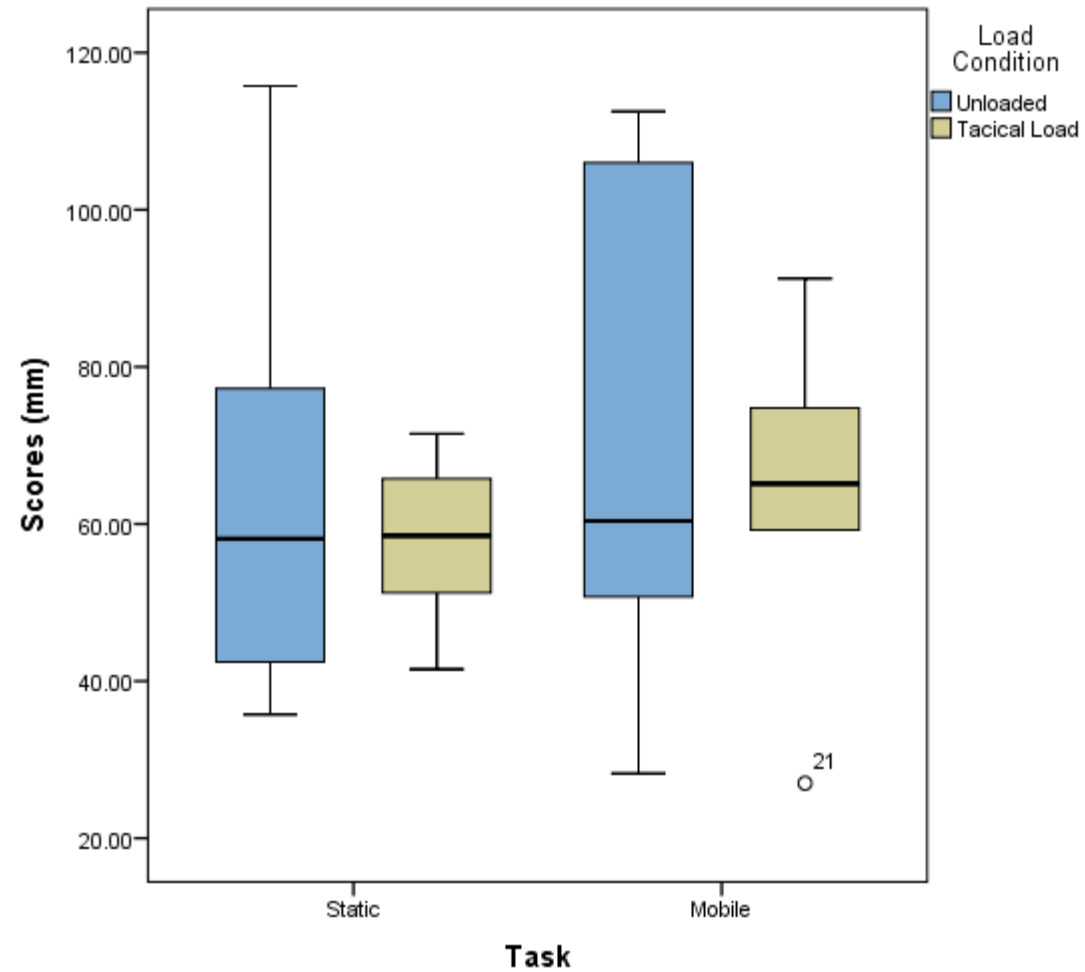




IMPACTS ON PERFORMANCE - MARKSMANSHIP

- Marksmanship

(Carbone et al., 2014)





**BOND
UNIVERSITY**
TACTICAL RESEARCH UNIT





IMPACTS ON PERFORMANCE - MARKSMANSHIP

- No significant difference when TL

Table 1. Primary weapon marksmanship results from all four conditions

Task & Loading Condition	DCOT (mm)	X-Dispersion (mm)	Y-Dispersion (mm)
Short Forward Movement			
Fatigues Only	75.93 ± 17.97	112.50 ± 31.35	143.58 ± 44.88
Tactically Loaded	70.48 ± 19.57	76.42 ± 46.99	168.42 ± 50.39
Mobility Task			
Fatigues Only	74.83 ± 36.95	116.67 ± 70.05	173.25 ± 139.65
Tactically Loaded	100.10 ± 20.14	112.50 ± 51.59	213.67 ± 70.99

Data are mean ± standard deviation

Table 2. Secondary weapon marksmanship results from all four conditions

Task & Loading Condition	DCOT (mm)	X-Dispersion (mm)	Y-Dispersion (mm)
Short Forward Movement			
Fatigues Only	107.35 ± 37.68	178.33 ± 81.62	206.33 ± 85.87
Tactically Loaded	112.60 ± 44.37	128.83 ± 59.55	188.25 ± 60.23
Mobility Task			
Fatigues Only	128.23 ± 33.20	157.00 ± 70.43	274.08 ± 176.61
Tactically Loaded	108.70 ± 52.48	176.25 ± 70.13	212.08 ± 131.60

(Orr et al., accepted)

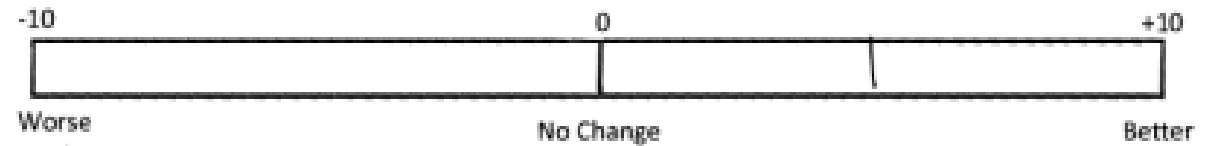


IMPACTS ON PERFORMANCE - MARKSMANSHIP

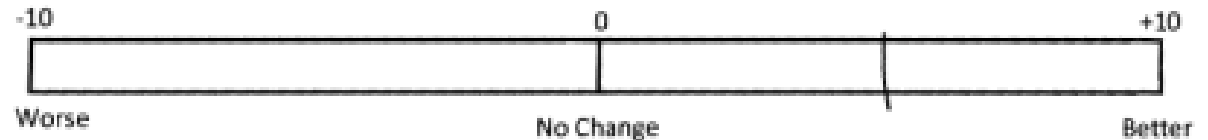
- Visual Analogue Scale (VAS)

Subject Number

How do you think tactical load impacts on your marksmanship with the pistol when compared to carrying no load:



How do you think tactical load impacts on your marksmanship with the rifle when compared to carrying no load:



(Orr et al., accepted)



IMPACTS ON PERFORMANCE - MARKSMANSHIP

- Perceived significant improvement in marksmanship when TL
 - Primary – VAS $+3.00 \pm 2.53$ ($p = 0.016$)
 - Secondary – VAS $+2.83 \pm 2.93$, ($p = 0.039$)
- Correlations between perceptions of load carriage impacts on performance and actual marksmanship scores
 - Primary: Short move: $r = -0.347$, ($p = 0.500$) and mobility task: $r = -0.401$ ($p = 0.431$)
 - Secondary: Short move: $r = -0.631$ ($p = 0.179$) and mobility task: $r = -0.306$, ($p = 0.555$)

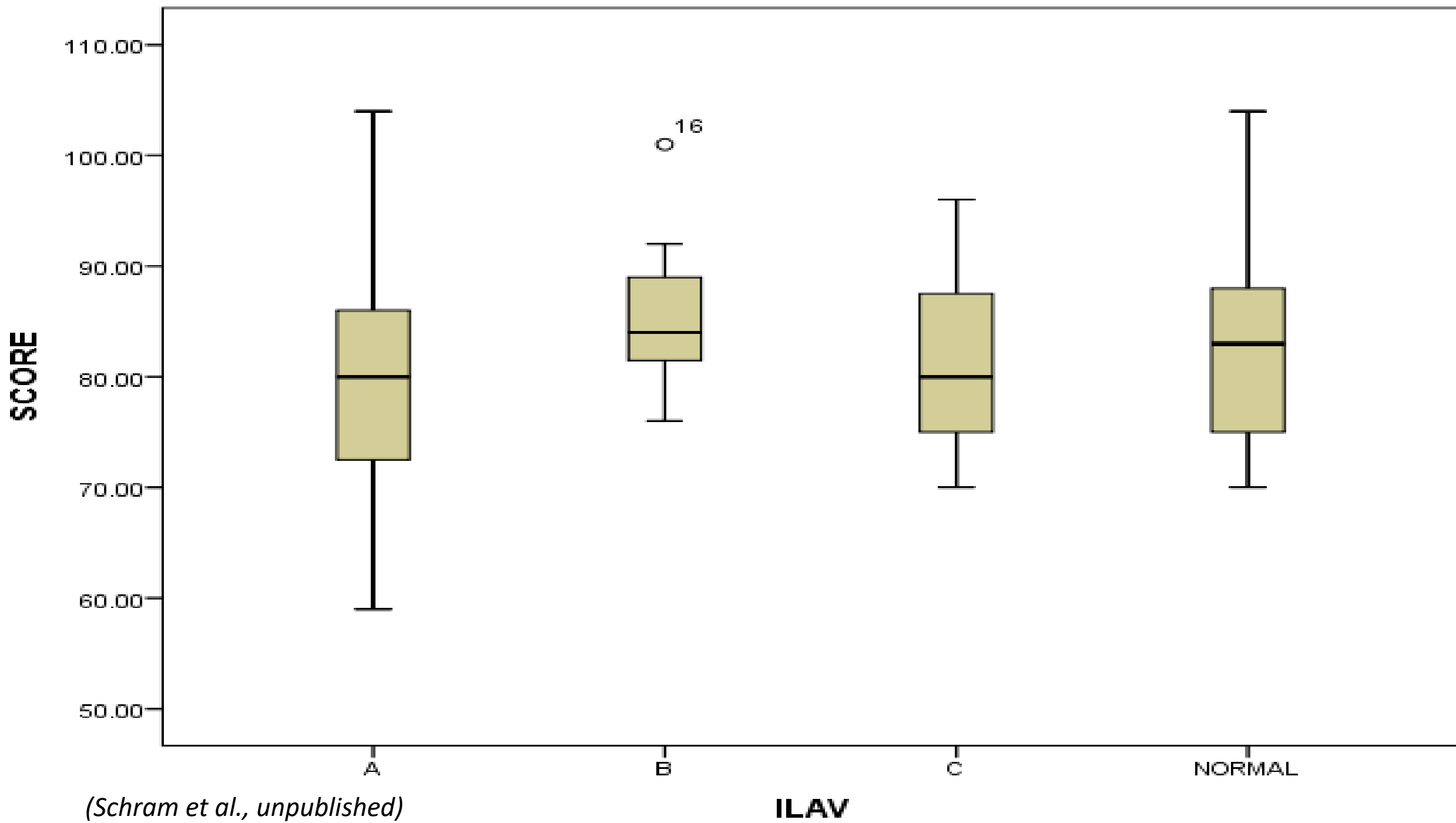
(Orr et al., accepted)



IMPACTS ON PERFORMANCE - MARKSMANSHIP

- GD police (n=11)
 - Average marksmanship scores (p=.118)
 - ILAV B – smallest SD,
 - ILAV A: a negative impact, -2.1 (95% CI -5.5 to +1.3)
 - ILAV B: a positive impact, +2.7 (95% CI +0.4 to +5.0)
 - ILAV C: a negative impact, -1.7 (95% CI -4.4 to +0.9)
 - Normal station wear: a positive impact, +1.4 (95% CI -2.2 to +5.0)

(Schram et al., submitted)



(Schram et al., unpublished)



IMPACTS ON PERFORMANCE - MOBILITY

- Decrements in performance:
 - ↓ **Mobility**
 - Impeded mission success (*Breen 2000*)





IMPACTS ON PERFORMANCE - MOBILITY

- Victim Drag (10m)
- Police Vehicle Exit and Sprint

(Schram et al., submitted)

	Victim Drag	Vehicle Exit
Condition	Time (s)	Time (s)
ILAV A	5.74±0.28	3.49±0.94
ILAV B	5.47±0.23	3.41±0.87
ILAV C	5.50±0.38	3.40±1.06
N	5.56±0.43	3.41±0.85

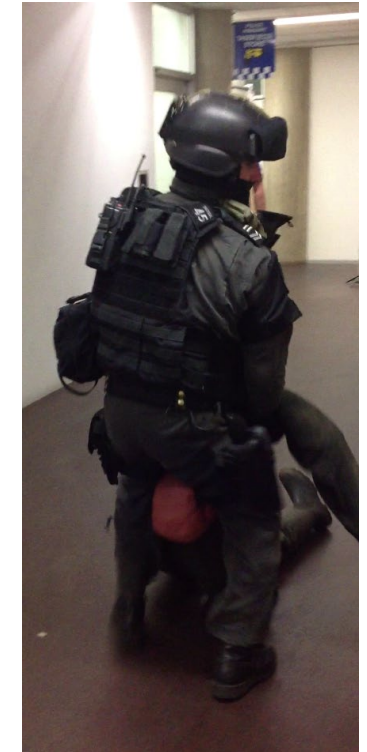


IMPACTS ON PERFORMANCE - MOBILITY

	Unloaded	Loaded
10m sprint (sec)	2.40 ± 0.22	2.46 ± 0.15
10m dummy drag (sec)	6.89 ± 0.44	7.79 ± 0.75*
Total time (sec)	9.29 ± 0.53	10.25 ± 0.77*

* Indicates statically significant differences between unloaded and loaded, $p < 0.01$.

(Carlton et al., 2014)





IMPACTS ON PERFORMANCE - POWER

(Dawes, Kornhauser, Holmes et al., submitted)

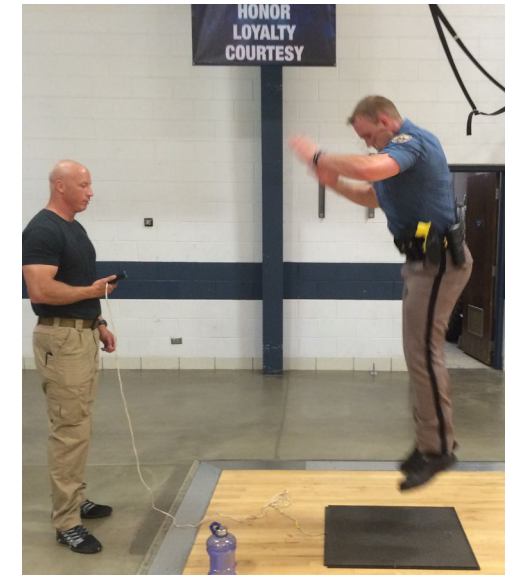
	Cohort Mean ± SD (Range)	Male Mean ± SD (Range)	Female Mean ± SD (Range)
Age (years)	38.79 ± 7.97 (22 – 66)	38.36 ± 8.06 (22-66)	40.88 ± 7.68 (25-50)
Height (cm)	177.45 ± 8.36 (156.21 – 195.58)	179.53 ± 6.95 (165.10 – 195.58)	167.32 ± 7.49 (156.21 – 177.80)
Weight (kg)	88.61 ± 19.44 (51.71 – 154.59)	91.35 ± 18.20 (66.04 – 154.58)	75.22 ± 20.95 (51.71 – 118.16)
Absolute load (kg)	9.57 ± .94 (7.08 – 12.02)	9.61 ± .97 (7.08 – 12.02)	9.34 ± .81 (8.26 – 10.70)
Relative load (% of body weight)	11.19 ± 2.14 (5.93 – 17.02)	10.82 ± 1.87 (5.93 – 14.56)	13.00 ± 2.56 (8.41 – 17.02)



IMPACTS ON PERFORMANCE - POWER

	Unloaded	Loaded
VJ (cm):		
Cohort	49.49 ± 8.46	43.62 ± 7.68 †
Male	51.39 ± 7.50	45.32 ± 6.78 †
Female	40.22 ± 6.79	35.31 ± 6.54 †
PAPw (W):		
Cohort	4963.02 ± 879.17	5039.83 ± 913.92**
Male	5202.74 ± 708.75	5269.80 ± 773.37* †
Female	3794.38 ± 686.64	3918.69 ± 714.72 †
P:W (W/kg):		
Cohort	56.67 ± 6.41	51.66 ± 4.93 †
Male	57.72 ± 6.12	52.60 ± 4.58 †
Female	51.56 ± 5.52	47.03 ± 4.04 †

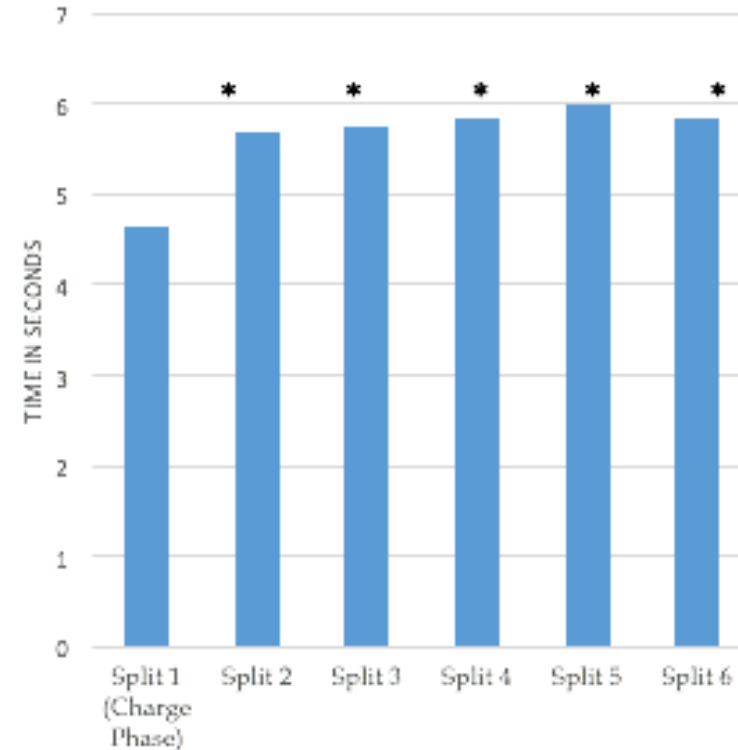
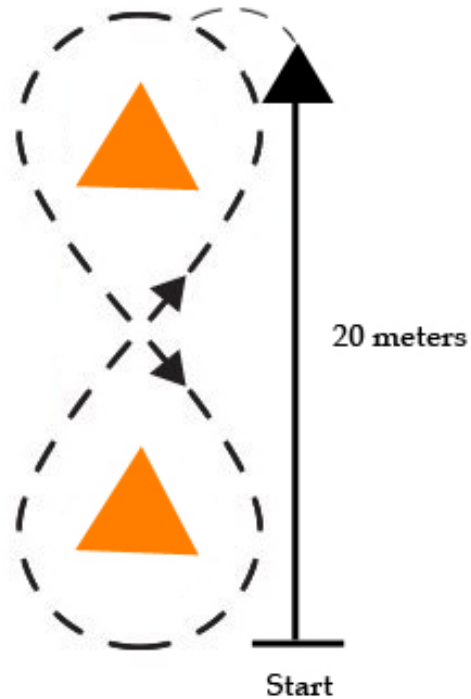
(Dawes, Kornhauser, Holmes et al., submitted)





IMPACTS ON PERFORMANCE - AGILITY

(Dawes, Kornhauser, Holmes, et al., submitted)





**BOND
UNIVERSITY**
TACTICAL RESEARCH UNIT





Example: Active Shooter Resulting from a High Risk Warrant Execution

(Robinson, Irving, et al., 2015)





**BOND
UNIVERSITY**
TACTICAL RESEARCH UNIT



Example: Physical Assessments to mimic physiological stress encountered during key tasks-SPURT

(Robinson, Irving, Orr, et al., 2015)





PRACTICAL APPLICATION - Conditioning

- Tactical personnel need to be reconditioned to carry loads following injury as part of a RTW process
 - F (7-10 days),
 - I (loads required),
 - T (work duration),
 - T (Load carriage / combined RT & Aerobic)

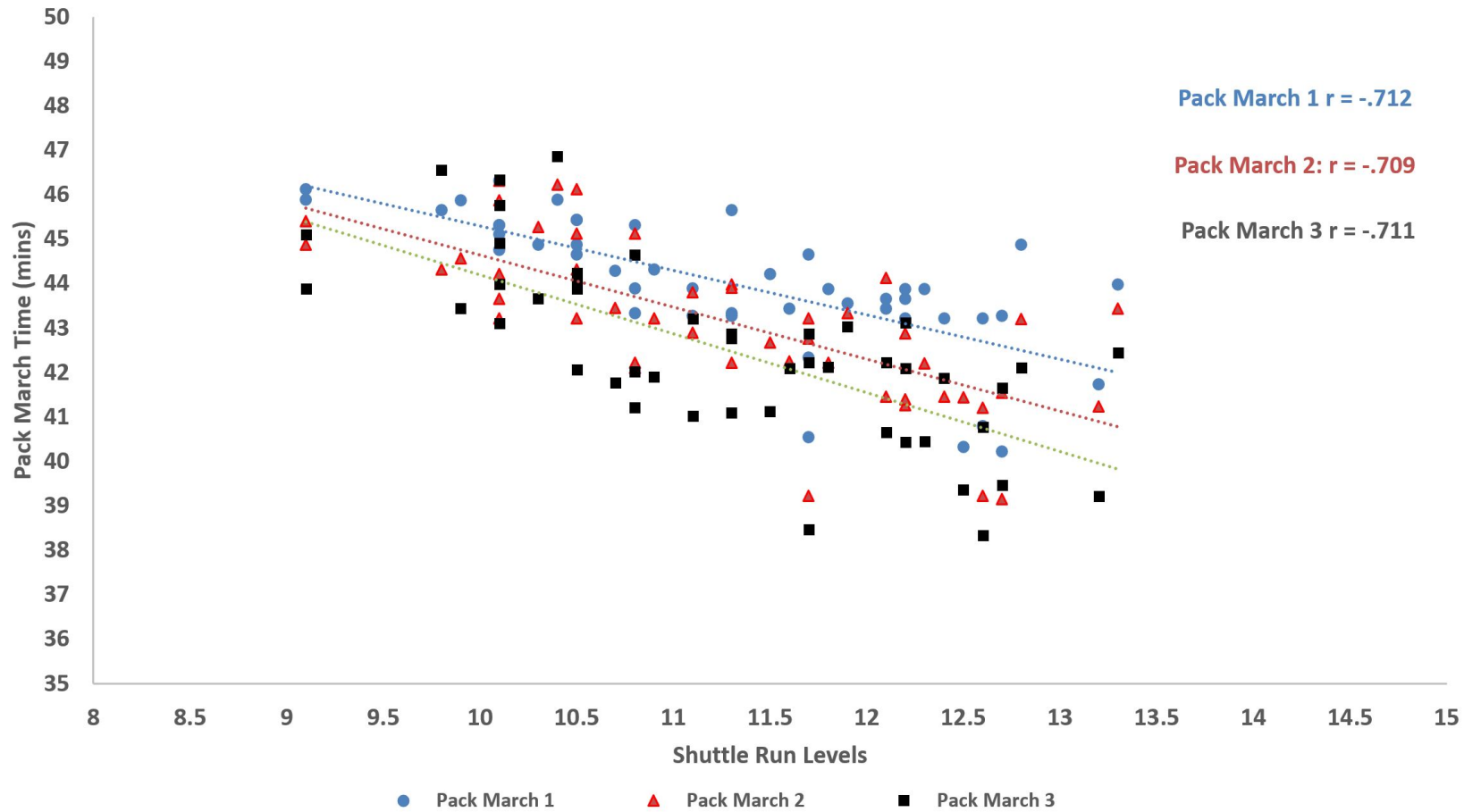
(Orr et al., 2010; Knapik et al., 2012)

Measure	Pack March 1 (mins:sec)	Pack March 2 (mins:sec)	Pack March 3 (mins:sec)
Pack March 1 (mins:sec)	1	.840**	.815**
Pack March 2 (mins:sec)	.840**	1	.881**
Pack March 3 (mins:sec)	.815**	.881**	1
Body Weight (kg)	0.097	0.010	0.081
1 RM Bench Press (kg)	-.360*	-.318*	-.295*
Bench Ratio (%)	-.465**	-.365*	-.379**
1 RM Squat (kg)	-.401**	-.335*	-.316*
Squat Ratio (%)	-.500**	-.381**	-.396**
1 RM Deadlift (kg)	-.288*	-0.248	-0.215
Deadlift Ratio (%)	-.403**	-.294*	-.305*
1 RM Pull up (kg)	-.452**	-.439**	-.416**
Pull up Ratio (%)	-.607**	-.512**	-.541**
Vertical Jump	-.501**	-.541**	-.523**
Shuttle Run (Level)	-.712**	-.709**	-.711**
10 meter sprint	.373*	0.178	0.217

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).







**BOND
UNIVERSITY**
TACTICAL RESEARCH UNIT





PRACTICAL APPLICATION - Conditioning

- Tactical personnel need to be reconditioned to carry loads following injury as part of a RTW process
 - F (7-10 days),
 - I (loads required),
 - T (work duration),
 - T (Load carriage / combined RT & Aerobic)
- Must RTW stronger than when they were injured

(Orr et al., 2010; Knapik et al., 2012)

Load Carriage across Tactical Personnel: Green, Blue and Red

Dr Rob Orr (PhD, PHTY, BFET, TSAC-F, ADFPTI)

<https://bond.edu.au/tru>

rorr@bond.edu.au

