

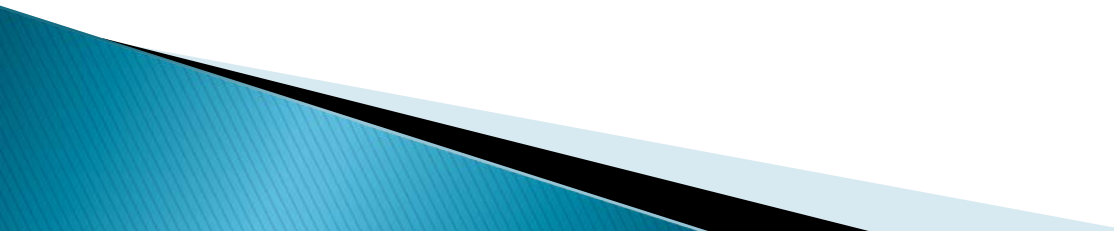
# How to Exercise

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# Exercise Types?

- ▶ Cardio, Core, Step, Bike 😊
- ▶ <E:\TGEN\Exercise Types.docx>

# Agenda

- ▶ A little about me...
  - ▶ Types of Exercises
  - ▶ Exercise process
  - ▶ Templates/ Forms
- 

# Process

- ▶ In a nutshell
  - Objective Meeting
    - (SMART)
  - Planning Conference(s)
  - Creation of the Ex-PLAN
    - Includes MSEL
  - Exercise
  - Hot-wash
  - After Action Review (AAR)

# Question I was recently asked?

- ▶ What is the most important part of the process?

# Documents

- ▶ Ex-Plan
  - <E:\TGEN\ExPLAN.docx>
- ▶ Master Scenario Event List (MSEL)
  - <E:\TGEN\MSEL.xls>
- ▶ After Action Review
  - <E:\TGEN\AAR.docx>

▶ Questions???