

Human Performance Optimization (HPO) in the Danish Special Operation Forces

- Perspectives for High-speed Boat Operations

Lieutenant Commander "BUTLER" (PhD, MSc, BSc)
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Background HPO INTERNATIONALLY

"Humans are more important than hardware"



"NATO have identified the development of HP programs for SOF as a critical requirement"



UNITED STATES SPECIAL OPERATIONS COMMAND
OFFICE OF THE CHIEF OF STAFF
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MACDILL AIR FORCE BASE, FLORIDA 33821-5929

JAN 17 2019

POLICY MEMORANDUM 18-35

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: U.S. Special Operations Command Policy for Mandatory Participation in Human Performance Program

1. Purpose. This policy memorandum (PM) directs the minimum mandatory participation of all U.S. Special Operations Command (USSOCOM) personnel in the Human Performance (HP) Program. It provides the implementation guidance and procedures for use of the HP program and directs data collection and reporting in accordance with (IAW) existing guidance.

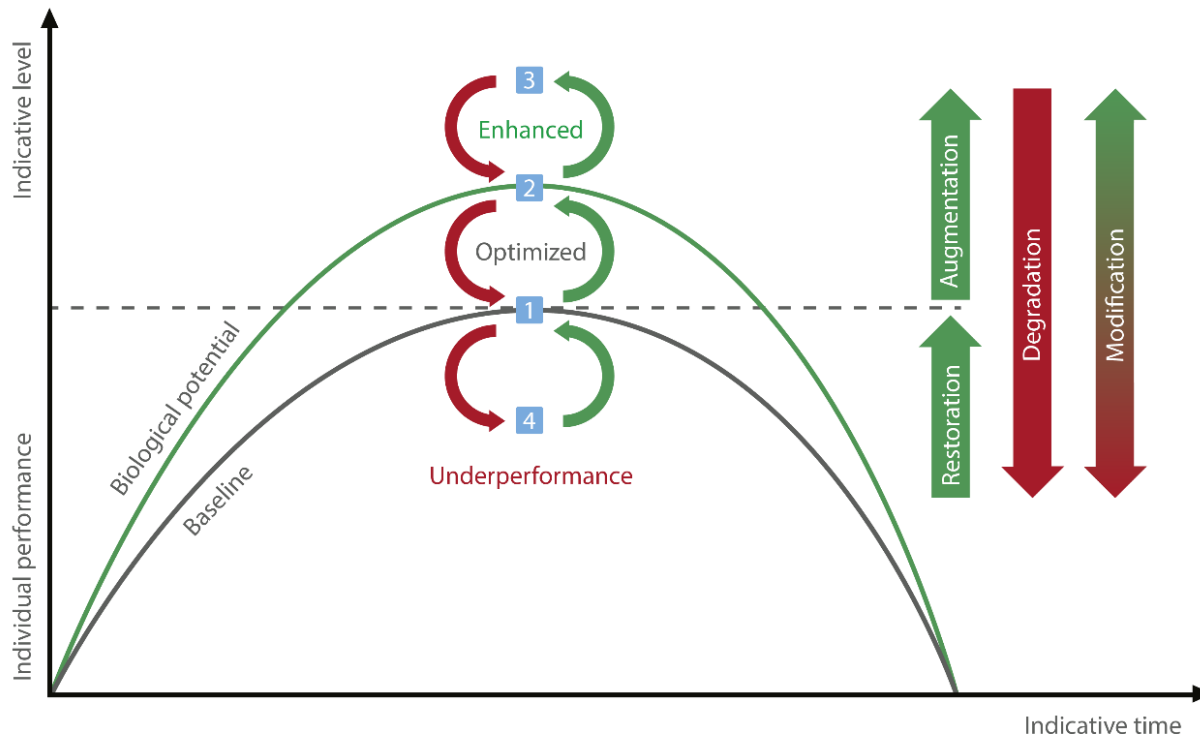


HOLISTIC HEALTH
AND FITNESS (H2F)

NSHQ

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Background HPO



- 1** Current performance – baseline
- 3** Enhanced beyond biological potential
- 2** Optimized up to biological potential
- 4** Underperformance

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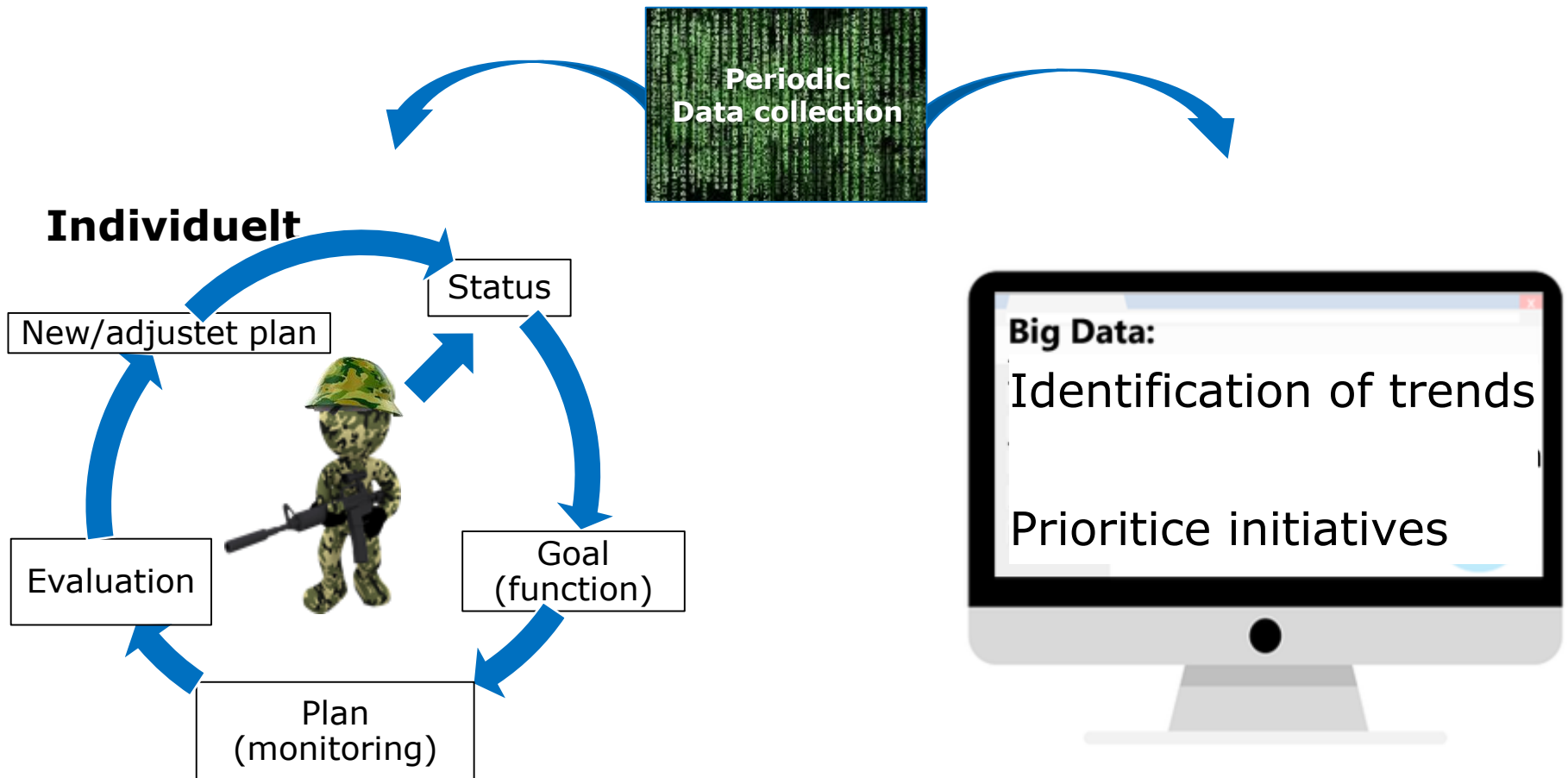
Background HPO



- Based on facts/data
- Systematised
- Koordinatet (multi disciplinary)

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Background HPO



Danish SOF HPO Project

Develop HPO program to:

- Optimize operative performance (mental & physical)
 - Reduce number, impact & duration of injury, pain- and stress incidences
- ⇒ Reduce absence from active duty
- ⇒ Increase retention
- ⇒ Decrease negative long term effects of duty on health and wellbeing
- for all personnel

Furhtermore:

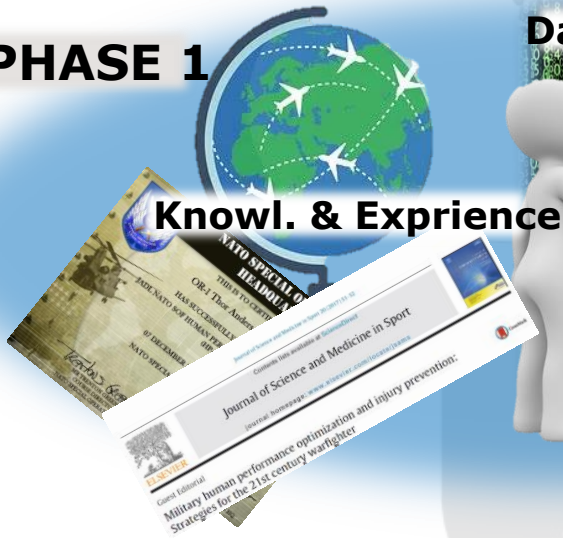
- Optimize recruitment, selection and on-board training
- Adjust this chain with technological development and change in operational complex



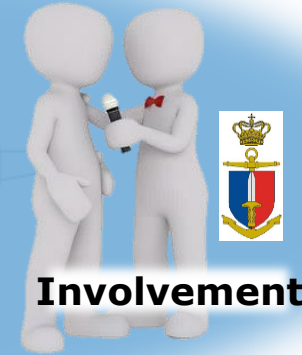
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HPO Project Plan

PHASE 1



Data collection



Involvement

Fase 1: Establish foundation - baseline

2020

2021

2022

2023

2024

2025

2026

2027

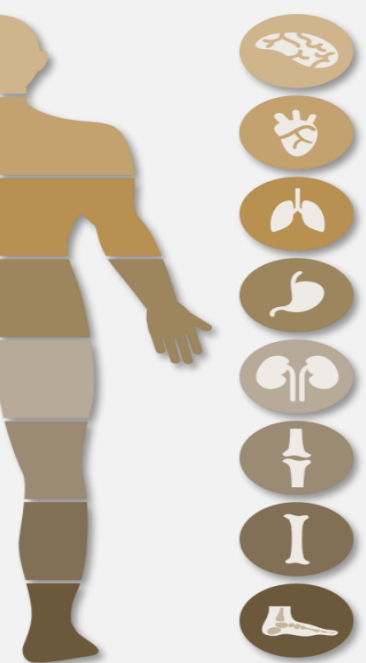
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Fase 2: Scale up – test initiatives

Fase 3: Establishing Concept

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Science collaboration - Academia



Step 1
Baseline
Screening/evaluation

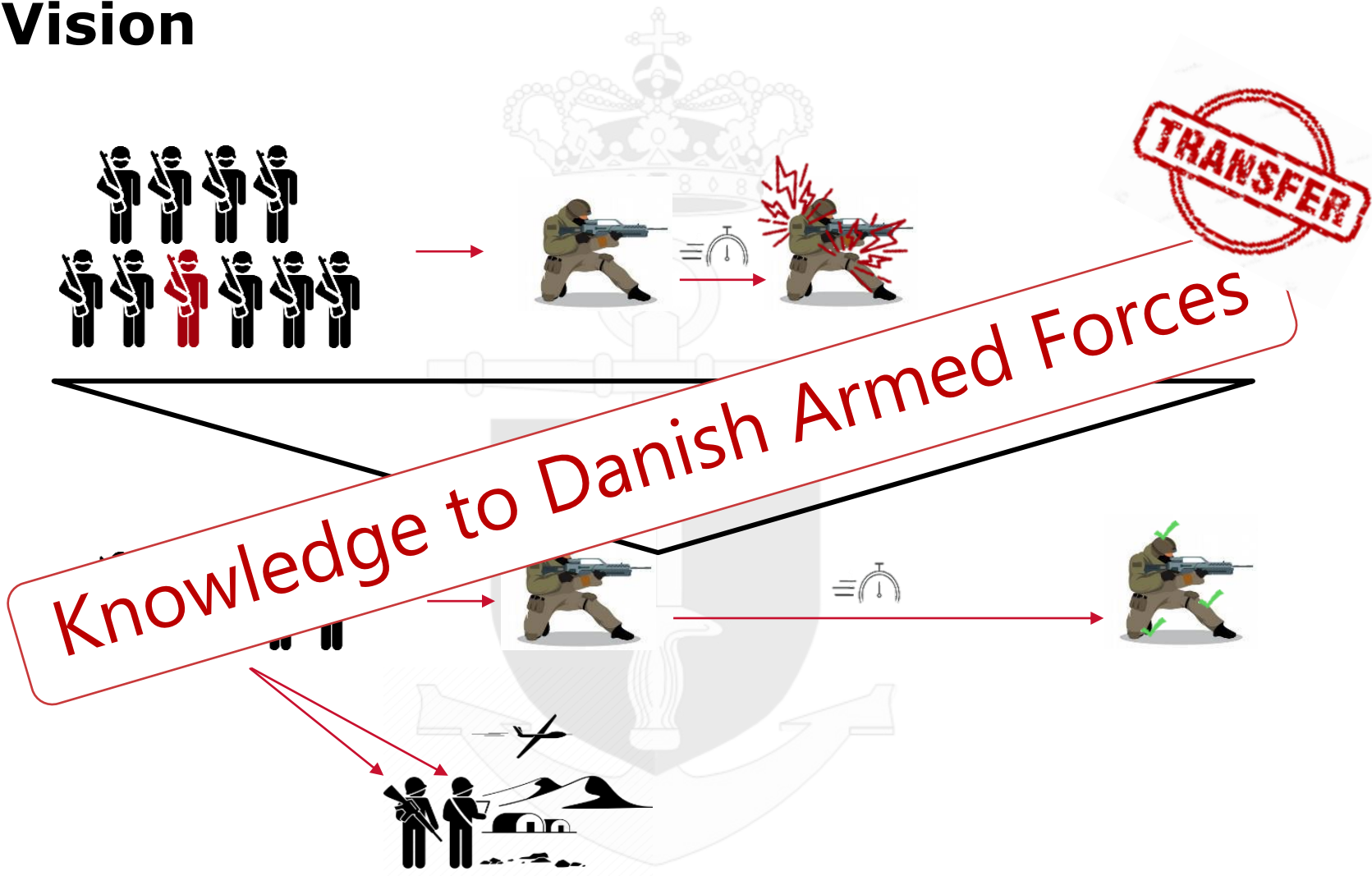


Step 2
Development






Step 3
Increase Retention
→ Maximise cost-benefit

Vision



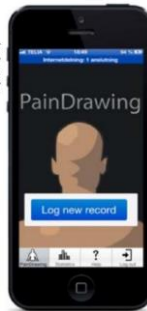
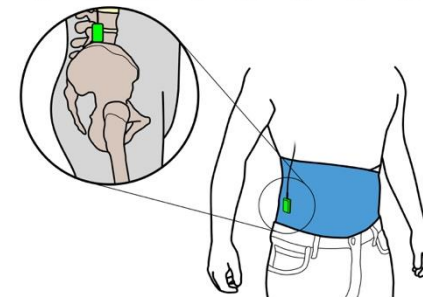
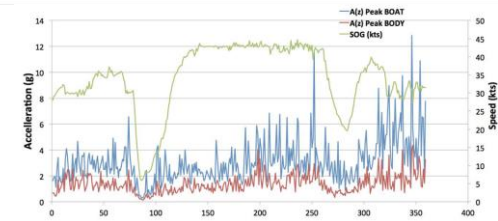
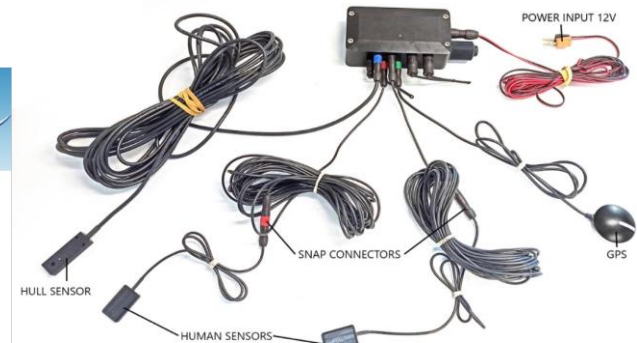
Perspectives for High-speed Boat Operations

 SCIENCE AND TECHNOLOGY ORGANIZATION COLLABORATION SUPPORT OFFICE 	
<p>RTG-433: Human Impact Exposure onboard High-Speed Boats</p>  <p style="text-align: right;">Mentor: Yohan Robinson (SWE)</p>	<p>Activity chair: Prof Stephen Myers (GBR)</p> <p>Members: USA, NOR, NLD, BEL, CAN, GBR, ITA, PRT, FRA, USA, DNK</p> <p>Partners: SWE, AUS, NZL, IRL</p> <p>Duration: AUG 2020 – OCT 2024</p> <p>Coordination: NNAG, CMRE</p> <p>Related activities: HFM ET-183</p>
<p>Objectives:</p> <ul style="list-style-type: none"> Protect all personnel onboard High-Speed Boats from injuries caused by exposure to whole body impacts Strengthen physical combat capacity Establish which levels and what kinds of impacts cause acute injuries and which reduce physical combat capacity Define recommendations for new <u>relevant</u> exposure limits Specify smart signalling solutions of expected high impact related to current weather and sea conditions <p>Topics covered:</p> <ul style="list-style-type: none"> Epidemiology of occup. hazards onboard high-speed boats Safe ride standards for high speed boats 	<p>Exploitation and impact:</p> <ul style="list-style-type: none"> Establish limits for exposure to discrete and cumulative impacts Define a relevant unit for measuring and quantifying whole body impact exposure. Define, for each boat type, recommended hull-exposure limits to keep personnel safe and fit for mission Specify and calibrate dashboard displays, indicating in real-time, Safe - Risky - Dangerous levels of exposure. <p>Status:</p> <ul style="list-style-type: none"> Approved

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Slide 1





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TAKE HOME MESSAGES

- Data collection
- Sharing knowledge and experience
- Long term development

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