

27 April 2015

Military Personnel
Physical Training Areas

Summary. This regulation outlines policies and procedures for the training of US Army Intelligence Center of Excellence (USAICoE) personnel.

Applicability. This regulation applies to all USAICoE and to all partner organizations engaged in any activity, official or unofficial, while using training areas on Fort Huachuca.

Supplementation. Supplementation of this regulation is prohibited without prior approval from the proponent.

Suggested improvements. The proponent of this regulation is the US Army Garrison Command (USAG) Sergeant Major. Users may send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) through channels to Commander, USAG, ATTN: IMHU-PLO, Fort Huachuca, AZ 85613-7001.

Availability. This publication is available solely on the Fort Huachuca intranet page at <https://fhintranet.hua.army.mil>.

Contents		
	Paragraph	Page
Purpose	1	2
References.....	2	2
Explanation of abbreviations	3	2
Physical Training Areas include:	4	2
Responsibilities	5	2
Physical Fitness Training Areas and Procedures	6	4

*This regulation supersedes Fort Huachuca Regulation 600-2, 11 January 2013, subject: Physical Training Areas.

	Page
Figure 1: Map of PT Area.....	6
Figure 2: Unit Road Guard and Barrier Assignments.....	7
Figure 3: Unit Events Checklist.....	8
Figure 4: Vehicle Pass (Sample).....	9
Appendix A: References	10
Glossary	11

1. Purpose.

This regulation delineates responsibility and procedures for the Apache Flats training area and delegates permanent unit responsibilities for physical training (PT) road guards and roadway barriers.

2. References.

Required and related publications and referenced forms are listed in Appendix A. Prescribed and referenced publications and forms are available electronically. Fort Huachuca publications and forms are available at <http://huachuca-www.army.mil> and higher echelon publications and forms are available at <http://www.apd.army.mil>.

3. Explanation of abbreviations.

Abbreviations are explained in the glossary.

4. Physical Training Areas include:

- a. Apache Flats.
- b. Confidence or Obstacle Course.
- c. Leadership Reaction Course.
- d. Road Marches.

5. Responsibilities.

- a. The Directorate of Plans, Training, Mobilization, and Security (DPTMS) will:
 - (1) Maintain the Confidence and Obstacle Courses on Whitside Road.
 - (2) Maintain overall responsibility for Apache Flats Training Area.

(3) Designate unit responsibilities for permanent road guard posts and barrier emplacement.

(4) Serve as the point of contact with post agencies on all matters pertaining to PT road guards, road barriers, and training area vehicle passes.

(5) Review, update and staff any changes to this regulation.

(6) Provide each tasked organization a copy of this document.

(7) Maintain vehicle authorization passes for entrance to the Apache Flats Training Area during PT times, to allow for authorized use of the Confidence or Obstacle Course during this time.

b. Commanders of the using units will:

(1) Use events checklist to assist in planning run or event (Figure 3).

(2) Provide a permanent road guard detail and/or ensure designated barriers are emplaced before PT hours and removed after PT hours as detailed at Figures 1 and 2.

(3) Ensure adequate supervision, safety equipment, communications and appropriate instructions are provided to each road guard and/or barrier placement detail. Brief road guards on the current acceptable pass and ensure they check the expiration date on the pass (Figure 4 shows a sample pass).

(4) Ensure each road guard is in the correct uniform. Uniform for road guard duty is: ACUs with soft cap, reflective vest, reflective gloves, and flashlight. Appropriate cold/wet weather gear will be on hand or worn, as required. When cold or wet weather gear is worn, the reflective vest will be worn over that gear.

(5) Schedule all special use with the DPTMS six (6) weeks prior to the request date.

(6) Periodically inspect road guards, road guard instructions, and roadway barriers to ensure compliance with above policy requirements.

(7) Report all problems, including descriptions of drivers and vehicles that refuse to comply with the road guard's instructions, to the DPTMS, 533-2291.

c. Road Guards (posts 1-9) will:

(1) Ensure the safety of personnel performing PT by restricting traffic flow. The speed limit in the PT area is ten (10) miles per hour, even when no Soldiers are visible. (Authorized vehicles--see exception).

FH Reg 600-2

(2) Ensure road guards and barriers are in place NLT 0500 and will remove barriers NLT 0730 (with the exception of the Installation Commanding General's (CG) approved training holidays).

(3) Post themselves in a position that ensures positive control of all traffic approaching the area without standing in front of approaching traffic lanes. Road guards will not sit in vehicle, military or privately owned, at any time while on road guard duty. Road guards will not talk, text, play games, or check e-mail/Twitter/Facebook on their cell phone, except for emergencies or to the MPs or Guard Post NCOIC. (**Note:** Electronic devices to include, but not limited to, iPad, iPod, MP3 players, computers, books, electronic reading devices, DVD players, any use of headphones or games takes away from the attention of the duty to which road guards are emplaced and are NOT authorized.)

(4) Read and comply with this regulation and their unit level instructions.

(5) Park vehicles in a location that will not interfere with the flow of traffic or with runners.

(6) Be courteous and professional at all times. Do not attempt to apprehend alleged violators. Record the license plate number and state (bumper number if a military vehicle), a description of the vehicle and the driver violating this regulation or endangering the safety of others and report information to DPTMS.

(7) Allow all emergency vehicles to proceed through the road block without delay. Non-emergency military vehicles may not proceed past a road guard or barrier point without a DPTMS issued authorization pass. See Figure 4 for the sample vehicle pass.

(8) Not use any tobacco products during tour of duty.

(9) Report all problems immediately to the DPTMS at 520-533-2291.

6. Physical Fitness Training Areas and Procedures.

a. Areas used for PT outside the Apache Flats area in the immediate proximity to the using unit's headquarters are that unit's responsibility.

b. Apache Flats PT training area is defined as being encompassed by the following roads: Gatewood (also known as the Heritage Hill/Park area), Backer, Johnson, Whitside and Monitor Site Road, intersection and roadways (to include across Arizona to Stein). See Figure 1 for map locations of PT Training areas and barrier placement.

c. Apache Flats Training Area: Apache Flats training area is designated a "**common use**" area. Utilization of Apache Flats training area will be on a first come, first serve basis for routine daily physical training (PT). Units are not required to schedule use of Apache Flats training area for normal/daily PT. Special events, such as unit activity days, unit organizational days, etc., will be requested, coordinated, and scheduled a minimum of six (6) weeks prior to event execution to allow sufficient time for post wide notification. Training events utilizing the Confidence or Obstacle Courses will be coordinated and scheduled through the Range Control Office (533-7095) prior to

placing event on the unit training calendar. These training areas are common use areas used by units for formations and other accountability purposes, etc. This will be respected by other units and where conflicts arise, will be resolved professionally between senior personnel present.

d. The Apache Flats PT training area is designated for physical fitness training Monday through Friday from 0500 to 0730 hours (with the exception of the Installation Commanding General's (CG) approved training holidays). This PT area will be used for unit and individual running and other physical training. During this period, it will be closed to all traffic, including vehicles, bicycles (see exception below), skateboards, and roller blades. The only exceptions are emergency vehicles from the Health Center, Military Police, Fire Department, and vehicles with area driving passes issued by the DPTMS.

e. There are two, two-mile run courses in the Apache Flats Training Area. Units will provide their own road guards as necessary for each course. Unit PT runners should avoid interfering with testing individuals.

f. Units running on roadways outside of the Apache Flats PT area or the Military Intelligence (MI) Village areas as defined by the locations of road guard posts 1-9 must request approval as an exception to policy. Requests for exceptions to this policy will be submitted to the DPTMS for consideration at least six (6) weeks prior to proposed execution date signed by the first Colonel in the Chain of Command. Units/individuals **will not** run on roads through or near housing areas.

g. Pets are not allowed in the training areas during PT.

h. All guard posts will be manned from 0500 to 0730, Monday through Friday (with the exception of the CG approved installation training holidays). See Figure 1 for map locations of PT Training areas and barrier placement. See Figure 2 for unit guard post assignments. See Figure 3 for unit events checklist for Apache Flats.

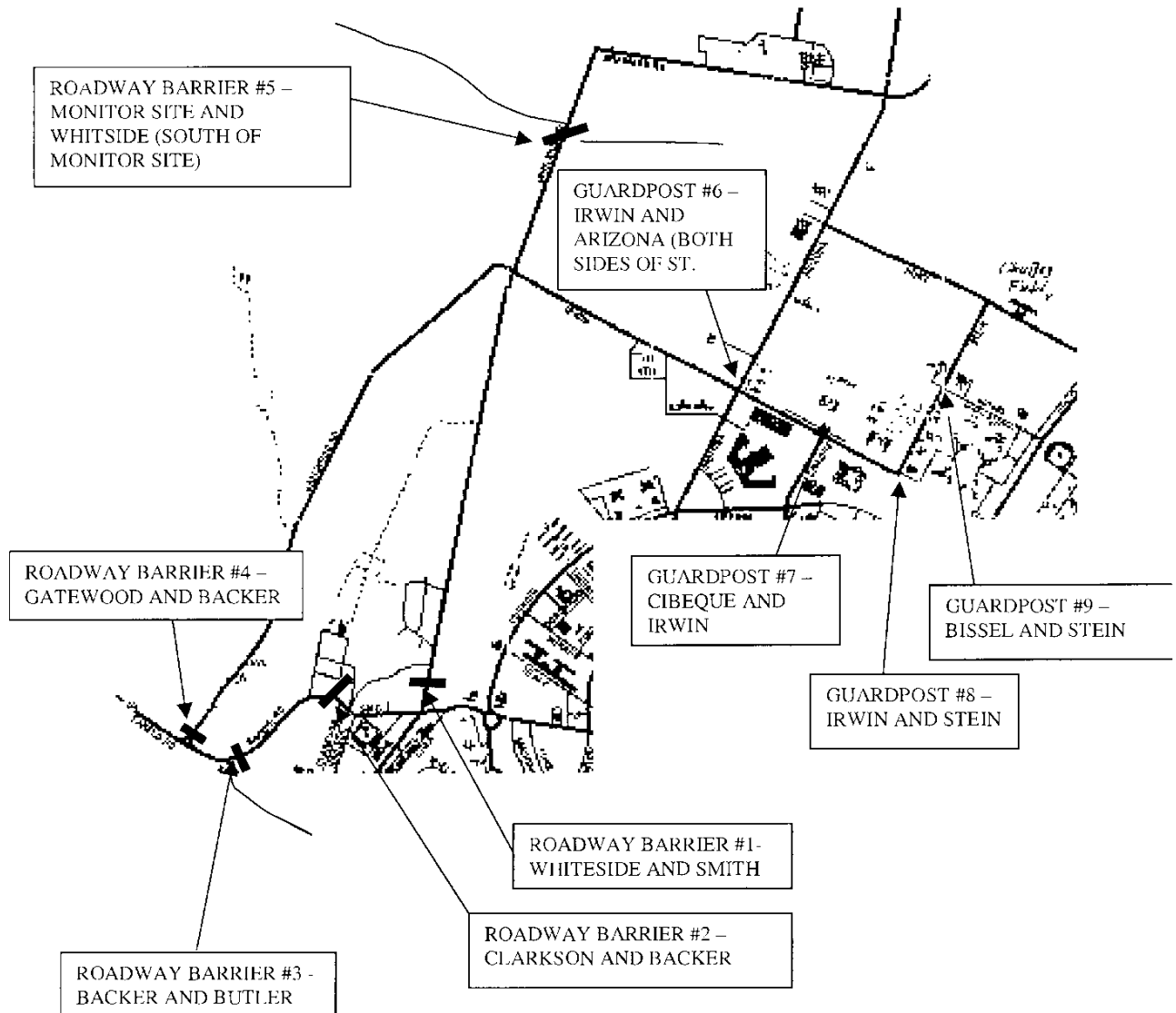


Figure 1. Map of PT Training Area and Barrier Placement

Unit Road Guard Assignments

<u>Guardpoint</u>	<u>Location (Roads)</u>
Guard Post 1	Gatewood and Backer, Barrier Only
Guard Post 2	Backer and Butler, Barrier Only
Guard Post 3	Clarkson and Backer
Guard Post 4	See Figure 1
Guard Post 5	Whitside and Smith, Barrier Only
Guard Post 6	Whitside at Monitor Site Road, Barrier Only
Guard Post 7	Irwin and Arizona Barrier and Guards
Guard Post 8	Cibeque and Irwin
Guard Post 9	Bissel and Stein

NOTE: PT hours are Mon-Fri, 0500-0730; with exception of CG Installation approved training holidays.

Figure 2. Unit Road Guard Assignments

FH Reg 600-2

CHECKLIST FOR EVENT SUPPORT IN APACHE FLATS TRAINING AREA

NOTE: PT hours are Mon-Fri, 0500-0730; with exception of CG Installation approved training holidays.

YES NO REQUIRES ACTION

1. Is the special event scheduled 6 weeks in advance?			
2. Is the unit prepared to provide a permanent road guard detail and/or ensure designated barriers are in place before PT hours and removed after PT hours?			
3. Has the unit ensured that adequate supervision, safety equipment, communications and correct instructions to road guard/barrier placement detail has been implemented?			
a. Road guard instructions:			
(1) Set up barriers NLT 0500 and take barriers down NLT 0730.			
(2) Be posted in a position to ensure positive control of traffic. DO NOT sit in vehicle (Military or Privately Owned Vehicle (POV)) at any time while on guard duty.			
(3) Be courteous and professional at all times. Do not attempt to apprehend alleged violators. Record license plate number and state (bumper number if a military vehicle), description of vehicle and driver violating regulation or endangering the safety of others. Report infractions to DPTMS as soon as possible.			
(4) Allow all emergency vehicles (Ambulances, Fire Trucks, or Military Police Vehicles) to proceed through road block without delay. Non-emergency military vehicles may not proceed past barrier point without a DPTMS authorized vehicle pass. POVs NOT AUTHORIZED!			
(5) Ensure safety of personnel by restricting traffic flow. Speed limit in PT area is 10 MPH, even when no soldiers are visible.			
4. Have road guards been briefed on appropriate uniform, i.e., ACU w/soft cap reflective vest, and flashlight, and appropriate cold/weather gear on hand or worn, as required?			
5. If event requires trail vehicle support, does unit have a DPTMS issued vehicle pass? (If not, unit is required to contact DPTMS at least 6 weeks prior to the event)			
6. Is the unit planning on conducting a run or event outside of Apache Flats PT area or in the MI Village area? If yes, unit must request an exception to policy. Unit should provide an OPORD and map delineating actual run, to DPTMS NLT 6 weeks prior to event for post-wide coordination.			

For any additional questions or information and to report problems/infractions, contact DPTMS at 533-2291.

Figure 3. Unit Events Checklist

VEHICLE TRAFFIC PASS

**AUTHORIZES THE USE OF A MILITARY
OR GSA VEHICLE AS A TRAIL VEHICLE
FOR THE APFT.**

POV'S NOT AUTHORIZED!!



AUTHORIZED BY DIR, DPTMS

EXPIRES _____
(Date)

Pass # _____ of _____

(Background color of pass will change each year)

Figure 4. Sample Vehicle Pass

FH Reg 600-2

**Appendix A
References**

**Section I
Referenced Publications**

FH Regulation 190-5
Motor Vehicle Traffic Code

USAICoE Memo
USAICoE Fiscal Year 20XX Holiday Observances and Training Holidays

**Section II
Referenced Forms**

DA Form 2028
Recommended Changes to Publications and Blank Forms

Glossary

Abbreviations

DA

Department of the Army

DPTMS

Directorate of Plans, Training, Mobilization, and Security

DES

Directorate of Emergency Services

FORSCOM

United States Army Forces Command

JITC

Joint Interoperability Test Center

MI

Military Intelligence

NCO

Non-Commissioned Officer

POV

Privately Owned Vehicles

PT

Physical Training

TRADOC

US Army Training and Doctrine Command

USAG

Command Sergeant Major, US Army Garrison

USAICoE

US Army Intelligence Center of Excellence



OFFICIAL:
ROBERT P. ASHLEY
Major General, USA
Commanding

DANIEL B. GIBSON
Director of Human Resources

DISTRIBUTION: E