



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY GARRISON RHEINLAND-PFALZ  
UNIT 23152  
APO AE 09067-3152

IMRP-ZA

3 June 2019

MEMORANDUM FOR All Members of the United States Army Garrison Rheinland-Pfalz (USAG RP) Community

SUBJECT: USAG RP Policy Memorandum #12, Physical Training (PT) and Uniforms Standards in Physical Fitness Centers

1. References:

- a. Army Regulation (AR) 385-10, The Army Safety Program, 24 Feb 17.
- b. Army Regulation (AR) 670-1, Wear and Appearance of Army Uniforms and Insignia, 25 May 17.
- c. Army in Europe Pamphlet (AE Pam) 385-15-5, Leaders Guide to Accident Prevention in Physical Training Running Formations, 08 Mar 18.
- d. Army Techniques Publication (ATP) 5-19, Risk Management, 14 Apr 14.

2. Purpose: To establish procedures for units and individuals conducting PT outdoors and inside physical fitness centers on the various installations that comprise the USAG RP community. This policy will allow more freedom of movement on each installation in support of agency or unit missions and training requirements.

3. Applicability: This policy applies to all personnel conducting PT in the USAG RP community.

4. Policy: PT for military units and individuals (military and civilian) in USAG RP.

5. Procedures:

- a. Unit commanders will establish safety measures and conduct composite risk assessments to identify and mitigate all hazards for unit PT formations.

- b. Units will conduct all stationary Physical Readiness Training (PRT) Drills in gravel, grass, or hardstand areas when possible, not on roads. Units and Individuals are authorized to run and walk on roads with posted speed limits of less than fifty (50) kilometers per hour and will run/walk with the flow of traffic and as close to the shoulder of the road as possible to allow cars/trucks to pass on their left.

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c. Units are prohibited from conducting PT on roads with a posted speed limit of fifty (50) kilometers per hour or higher, unless they remain on sidewalks. This includes, but is not limited to, running, walking, and ruck marching.

d. When conducting PT in formation (running, walking, ruck marching, etc.), units will post two road guards in front of the formation and two in the rear of the formation to ensure the unit can safely cross intersections by stopping oncoming vehicular traffic, when necessary. During hours of limited visibility (darkness, fog, etc.), road guards will wear reflective vests and carry flashlights or luminescent chemical lights to warn oncoming vehicular traffic of the formation's presence.

e. Battalion and higher units can request to use a secure run route for PT through the USAG RP S3/5/7 office. The USAG RP S3/5/7 will forward the request to the Provost Marshal's office for approval. Roadblocks on a secure run route may only be emplaced during the approved/coordinated times and must be manned by the requesting unit. Personnel performing roadblock duties must wear reflective vests at all times and possess either a flashlight with cone or luminescent chemical light during hours of limited visibility. Unit must submit requests through the USAG RP S3/5/7 at least 72 hours prior to execution.

f. Sports fields and tracks may be reserved for PT or unit events with prior coordination with the USAG RP DFMWR, Chief of Sports and Fitness at 493-2088.

g. Units will not call cadence when conducting PT in Family housing areas or local residential areas.

h. The Army Physical Fitness Test (APFT) will not be conducted on roads with a posted speed limit of fifty (50) kilometers per hour or higher or in parking lots.

i. Soldiers will maintain a professional standard of conduct and appearance IAW AR 670-1 while conducting PT and utilizing Garrison Fitness Centers. NOTE: Physical Training Uniform (PT Uniform) refers to the Army Physical Fitness Uniform (APFU) or the Air Force, Navy or Marine Corps equivalent. The Army Combat Uniform (ACU) refers to the ACU in both the Universal Camouflage Pattern (UCP) until 30 September 2019, and the Operational Camouflage Pattern (OCP).

j. Service Members (SMs) may wear headphones, including wireless or non-wireless devices and earpieces electronic devices such as digital music players (e.g., an iPod) or cell phones when performing individual physical training inside of fitness centers regardless of attire (i.e., PT uniform, Army Combat Uniform [ACU], or civilian clothing). SMs may not wear headphones outside of a fitness center while in PT uniform or ACUs. SMs may wear an armband to hold their electronic devices while working out

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inside of a fitness center. SMs in PT Uniform or ACUs can only wear black armbands and must remove their armbands before exiting a fitness center. IAW AR 385-10, paragraph 6-5, SMs are not authorized to use portable headphones, earphones, or other listening devices while walking, jogging, running, skating, skateboarding, and bicycling on DOD installation roads and streets.

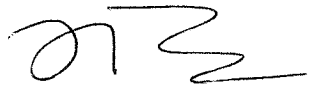
k. The Army Combat Uniform (ACU) or Air Force, Navy, Marine Corps equivalent uniform, is authorized for wear when conducting PT inside fitness centers. However, Combat Boots are only authorized for wear in the free weight and weight machine sections of fitness centers. SMs must remove their boots and put on running shoes/tennis shoes, etc., before using cardio equipment, entering a basketball court and/or a racquetball court. SMs may remove their ACU coats (jackets) while conducting physical training inside of fitness centers. SMs must remove all items attached to their ACU belts to prevent damage to gym equipment.

l. Muddy or excessively dirty foot gear of any type is not permitted inside fitness centers.

m. Appropriate civilian attire is required on USAG RP installations and inside fitness centers. Tank tops and sleeveless shirts must be designed as outerwear and cover an individual's chest, abdomen, and oblique areas. Shorts must cover the buttocks (no excessively short shorts). Lastly, open-toed shoes are not authorized for wear in fitness centers while conducting PT (no shower shoes, sandals, etc.).

n. Individual Soldiers and Civilians conducting PT (not in a unit formation) must walk/run on a sidewalk, not on a road. However, if a sidewalk is not available, individual Soldiers/Civilians will run/walk with the flow of traffic, as close to the shoulder of the road as possible. They will also yield to traffic when crossing streets. Soldiers and civilians conducting PT on installation or public roads are encouraged to use the buddy system.

6. Point of contact for this policy is the USAG RP Command Sergeant Major, at DSN 541-0131.



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