

## USAACE Pam 600-2



## Basic Standards of the United States Army Aviation Center of Excellence (USAACE) and Fort Rucker

28 June 2013



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
**UNITED STATES ARMY AVIATION CENTER OF EXCELLENCE**  
**2218 6TH AVENUE**  
**FORT RUCKER, ALABAMA 36362-5105**

ATZQ-CG

15 May 2013

SUBJECT: Welcome Letter

1. Welcome to Fort Rucker, Alabama, the home of the US Army Aviation Center of Excellence. I am happy to have you on our team. You will find your duty here both challenging and rewarding. Expect to be trained by strong leaders who will make you mentally, spiritually, and physically tough. Please take advantage of opportunities which will develop you personally and professionally.
2. Our primary mission at Fort Rucker is to train the most highly qualified Aviation professionals in the world. Our Army and our Nation are counting on us to succeed; you must be unsurpassed in your commitment!
3. This Blue Book contains the basic information on standards and guidelines that all Soldiers are to uphold. It is your "Soldier -10, Operators Manual." Compliance with these standards is mandatory and enables us to continue the proud traditions of excellence for which Army Aviation is known. If you are a Soldier, I expect you to follow the standard. If you are a leader, I expect you to know and enforce the standard! I assure you, I will!
4. Again, welcome to Fort Rucker. I challenge everyone to strive for excellence in all you do.
5. "Above the Best"

A handwritten signature in black ink, appearing to read "K. Mangum", is positioned above the printed name.

KEVIN W. MANGUM  
Major General, USA  
Commanding



DEPARTMENT OF THE ARMY  
HEADQUARTERS UNITED STATES ARMY AVIATION CENTER OF EXCELLENCE  
2218 6TH AVENUE  
FORT RUCKER ALABAMA 36362-5105

REPLY TO  
ATTENTION OF

ATZQ-CWO

15 May 2013

SUBJECT: Welcome Letter

1. Welcome to the United States Army Aviation Center of Excellence. Fort Rucker is home to the finest military aviation schools in the world. The source of greatness comes from Soldiers and Civilians who are selflessly dedicated to train very complex skills.
2. While at Fort Rucker, Soldiers learn strict tasks, conditions, and standards that are critical for future mission success. This guide provides a set of individual standards that we all should abide by and enforce since we are all part of the most professional organization, the U.S. Army.
3. The Aviation Branch has historically been a "close knit" force, a characteristic that has proven to be valuable on the battlefield. Please use your time at Fort Rucker to establish professional bonds, renew friendships, and share valuable experiences to keep our branch strong.
4. Whether you are here for a two week course or you are permanent party, seek out the vast amount of knowledge that is available in our tenant and non-tenant units. Fort Rucker is filled with personnel with decades of experience which have unique skill sets that are eager to assist.
5. Finally, enjoy your time in the Wiregrass Area and don't hesitate to visit our local communities who are patriotic supporters of the Army and of Fort Rucker.

Above the Best!

A handwritten signature in cursive script, reading "Michael L. Reese".

MICHAEL L. REESE  
CW5, AV  
Chief Warrant Officer of the Branch



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY AVIATION CENTER OF EXCELLENCE  
2818 6TH AVENUE  
FORT RUCKER, ALABAMA 36362-5082

ATZQ-CSM

15 May 2013

SUBJECT: Welcome Letter

1. Welcome to Fort Rucker and the United States Army Aviation Center of Excellence. Whether assigned here as a member of permanent party or here to attend one of our many courses, I am confident that your experiences will be rewarding ones.
2. As the proponent for Army Aviation and a key component of our Army's institutional force, USAACE is committed to delivering Army aviation professionals and indispensable aviation capabilities to support commanders and Soldiers on the ground and you play a vital role in that endeavor.
3. Whether a student, cadre member, Soldier or civilian, you are a member of the Army Profession. As such, expectations are high that you will conduct yourself with the utmost character both on and off duty. The USAACE PAM 600-2, aka the "Blue Book," is a tool to assist leaders in educating the force on what the standards are, and instilling the discipline required to enforce those standards. It is not meant to replace existing Army Regulations and Policy Letters, but rather to compliment them. Read this book and carry it on you as a ready reference when making on the spot corrections.
4. Thank you for serving our Army and Army Aviation. I sincerely hope you enjoy your time at Fort Rucker and the surrounding Wiregrass Community, there is much to experience here for you and your Families.
5. Above the Best!

A handwritten signature in black ink, appearing to read "J. H. Thomson", is positioned above the printed name.

JAMES H. THOMSON  
CSM, USA  
Branch Command Sergeant Major

**BASIC STANDARDS OF THE  
UNITED STATES ARMY AVIATION CENTER OF EXCELLENCE (USAACE)  
AND FORT RUCKER**

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## PREFACE

This pamphlet, Basic Standards of the United States Army Aviation Center of Excellence (USAACE) and Fort Rucker, is the foundation for discipline for Soldiers while assigned to Fort Rucker. Whether you are in a training status or permanent party, this pamphlet will help guide you to a successful tour. It is not only your responsibility to carry this pamphlet with you, but also to read and understand its content.

## PURPOSE

USAACE Pam 600-2 provides the USAACE and Fort Rucker with a guide for leading, supervising, and caring for Soldiers. While this pamphlet is not intended as a stand-alone document, it offers leaders and Soldiers a quick reference for most situations. Safety considerations, along with this pamphlet, should always be used during any decisionmaking process.

## APPLICABILITY

It is the job of every Soldier assigned to this installation to look and act professionally, to uphold the Army's core values, and to be ambassadors to the Wiregrass Community while on or off duty. All Soldiers are expected to adhere to and hold others to these published standards.

## ADMINISTRATIVE INFORMATION

Send comments and recommendations on DA Form 2028 (Recommended Changes to Publications and Blank Forms) to the Office of the USAACE and Fort Rucker Command Sergeant Major, ATTN: ATZQ-CSM, Fort Rucker, AL 36362-5105. You can also find this document online through the Fort Rucker Intranet at <https://intranet.rucker.army.mil/>.

## USAACE THE "WHY"

To deliver Army Aviation professionals and indispensable aviation capabilities to support commanders and Soldiers on the ground.

## USAACE MISSION STATEMENT

The USAACE trains, educates, and develops Army Aviation professionals and integrates indispensable aviation capabilities across warfighting functions in support of commanders and Soldiers on the ground.

## **CHAPTER 1**

### **THE SOLDIERS' CREED**

I am an American Soldier.  
I am a Warrior and a member of a team.  
I serve the people of the United States and live the Army values.

**I will always place the mission first.**  
**I will never accept defeat.**  
**I will never quit.**  
**I will never leave a fallen comrade.**

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I will always maintain my arms, my equipment, and myself.

I am an expert and I am a professional. I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.  
I am an American Soldier.

### **THE ARMY CIVILIAN CREED**

I am an Army Civilian - a member of the Army Team.

I am dedicated to our Army, our Soldiers and Civilians.

I will always support the mission.

I provide stability and continuity during war and peace.

I support and defend the Constitution of the United States and consider it an honor to serve our Nation and our Army.

I live the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage.

I am an Army Civilian.

## CHAPTER 2

### FIVE ESSENTIAL CHARACTERISTICS OF THE ARMY PROFESSION

**TRUST** - *Trust between Soldiers; Trust between Soldiers and Leaders; Trust among Soldiers, their Families, and the Army; Trust between the Army and the American People*

**MILITARY EXPERTISE** - *Certified as an Army professional measuring Competence, Character, and Commitment*

**HONORABLE SERVICE** - *Army professionals are duty-bound to uphold their oath, embody the Soldiers' Creed and Army Civilian Creed, and instill the Army values in themselves and others.*

**ESPRIT DE CORPS** - *A winning spirit grounded in traditions and history, built on a foundation of discipline and pride evident at all levels of the Army Profession*

**STEWARDSHIP OF THE PROFESSION** - *Stewardship reflects the Army professional's responsibilities to the Army and Nation focused on accomplishing today's mission even as we build a better Army for tomorrow.*

### SEVEN CORE ARMY VALUES

**LOYALTY** - *Bear true faith and allegiance to the United States Constitution, the Army, your unit, and other Soldiers.*

**DUTY** - *Fulfill your obligations.*

**RESPECT** - *Treat people as they should be treated.*

**SELFLESS SERVICE** - *Put the welfare of the Nation, the Army, and your subordinates before your own.*

**HONOR** - *Live up to all the Army values. Honor a code of dignity, integrity, and pride.*

**INTEGRITY** - *Do what is right, legally and morally.*

**PERSONAL COURAGE** - *Face fear, danger, or adversity (physical and moral).*



## **CHAPTER 3**

### **HISTORY OF ARMY AVIATION**



#### **ARMY AIR CORPS**

The Air Service of the United States Army was established on May 24, 1918 as a temporary wartime branch of the War Department and was redesignated as the Army Air Corps on July 2, 1926.

During this time, the primary mission of aviators was to support troops on the ground, and aviation assets reported directly to ground forces commanders and not the Air Corps. The Air Corps staff was solely responsible for overseeing procurement, maintenance, supply, and training.

The Air Corps also sought to grow the ranks of aviators and aircraft but never saw this come to fruition because of a lack of funding during the Great Depression.

Although the Army Air Forces took the lead from the Army Air Corps in 1941, the Army Air Corps played a combat role in the Army and was not dissolved until 1947 with the creation of the Air Force.



#### **ARMY AIR FORCES**

The Army Air Forces were formed in 1941 from the Army Air Corps in response to the growing structure and role that Army Aviators were playing and the need for a more independent command structure. When created, several other nations had already adopted independent Air Forces, but the United States made the decision to leave aviators as a part of the Army.

The Army Air Forces were born in one of the biggest steps toward an independent Air Force. With the threat of war looming, the aviation branch underwent a massive reorganization, and the Army Air Forces were given control over all Army Aviation under the direct orders of then-Chief of Staff, General George C. Marshall.

At the Army Air Forces' height, they had more than 2.4 million people and 80,000 aircraft in service and flew more than 2.3 million missions during WWII.

When the Air Force was created in 1947, many pilots and missions of the Army Air Forces moved to the new branch of service.

The Army was left with a handful of pilots and planes flying observation missions for field artillery units, but this would be short-lived, as a new and revolutionary concept in aviation would change modern combat forever.



## **ARMY AVIATION**

After the formation of the Air Force, the Army was left with very little in the way of aviation assets. A relative handful of aircraft were relegated to a support mission and used in an observation role in support of field artillery units.

But even at the very end of WWII, the winds of change were blowing, and a new 'rotary-wing' aircraft would come into play. Unknown at the close of WWII was how quickly helicopters would gain prominence for a multitude of missions on a battlefield half a world away on the Korean peninsula.

The Korean and Vietnam Wars ultimately proved the versatility, adaptability, and capability of helicopters, and many key Army leaders helped shape what is now current Army doctrine based on lessons from those wars.

Aviation became a basic branch of the Army on April 12, 1983 and today remains relentlessly focused on and dedicated to honoring a sacred trust with commanders and Soldiers on the ground.

## CHAPTER 4

### MILITARY CUSTOMS AND COURTESIES

1. **CUSTOMS AND COURTESIES.** One of the five essential characteristics of the Army Profession is *Esprit de Corps*, which is demonstrated in the “Winning Spirit” of our Soldiers in the Profession of Arms and in the Army Civilian Corps. This characteristic is developed and strengthened through the disciplined practice of our duty and reflected in our time-honored customs, courtesies, and traditions. By adhering to and practicing fundamental attributes of our Army culture, we foster an enduring commitment to the Army mission today and grip hands with those who preceded us, recalling their storied legacy of honorable service to the Nation. Also, as stewards of the Army Profession, we will ensure that our traditions are practiced by future generations. The following are some of the more common customs and courtesies we engage in daily:

- a. **Retired Military Personnel.** Retired military personnel will be given the respect normally afforded their active duty rank.
- b. **Officers.** When addressing an officer (commissioned or warrant), an enlisted Soldier will stand at the position of attention until given the command “At Ease,” “Stand at Ease,” or “Rest.” Soldiers will ensure that they address officers with “Sir” or “Ma’am” respectively at all times. Soldiers will address warrant officer candidates as “Candidate.”
- c. **Noncommissioned Officers (NCOs).** When addressing or being addressed by an NCO, enlisted personnel will stand at the position of parade rest until given the command “At Ease.” When addressing an NCO, you will address them as “Sergeant,” “First Sergeant,” or “Sergeant Major,” respectively.
- d. **Entering a Room.** When an officer enters a room, the first service member to recognize the officer calls the personnel in the room to “Attention” but does not salute; for a senior NCO, use “At Ease.” If you are the only person in the room, silently come to the position of attention for an officer and parade rest for an NCO.
- e. **Place of Honor.** When accompanying a senior, walk to his/her immediate left; the right side is considered the position of honor. Accordingly, when a junior Soldier rides or sits with a senior, the junior takes the position to the left of the senior. The junior should walk in step with the senior, step back and allow the senior to be the first to enter a door, and render similar acts of courtesy and consideration throughout.
- f. **Entering or Exiting a Vehicle.** When entering or exiting a vehicle, the junior is first to enter and the senior is the first to exit.

2. **SALUTING.** The history of the salute can be traced back to the Roman times. When warriors passed by one another, they raised their fighting hand up to their face to show respect and honorable intentions to their fellow warrior. The exchange of the salute is a visible greeting between warriors and a show of respect.

a. Each salute will be rendered with the proper military greeting of the day. The Soldier initiating the salute will accompany it with the greeting “ABOVE THE BEST.” The return salute will be accompanied with the appropriate UNIT MOTTO or “FLY ARMY.”

b. Salutes will be exchanged between officers (commissioned and warrant, warrant and warrant) and between officers and enlisted personnel. It is customary to salute officers of friendly foreign nations when recognized as such. Warrant officer candidates (students) will not be saluted.

c. When an officer approaches Soldiers in a formation, the person in charge calls “Attention” and renders a salute for the entire group. When not in formation, the first person to see the officer commands “Attention” and everyone renders a salute. However, Soldiers working as part of a detail or participating in another group activity, such as physical fitness training, do not salute. The person in charge, if not actively engaged, salutes for the entire detail or group.

d. When an officer is approaching, Soldiers render a hand salute when the officer is approximately 6 paces away or when the Soldier recognizes that the approaching is indeed an officer. When not in uniform, saluting is optional; still, it is a form of courtesy by professionals and is strongly encouraged.

e. Soldiers must be alert for military vehicles identified with plates depicting general officer or other senior ranking personnel in front of the vehicle. Proper military courtesy requires that Soldiers render a salute to these officials as they pass.

f. Do not talk on a cell phone while rendering a salute. Remove the cell phone from your ear and hold the phone at your side as in standing (position of attention), then render the salute and greeting. Service members will not use cell phones while walking.

3. **REVEILLE AND RETREAT.** Reveille and retreat ceremonies are time-honored military traditions. They symbolize the respect Soldiers and citizens give to our National flag and to the Nation. Retreat is two distinctive parts, “Retreat” and “To the Colors.” At every installation garrisoned by Soldiers other than caretaking detachments, the flag will be hoisted at the sound of the first note of “Reveille” in the morning. At the last note of “Retreat,” a gun will be fired (if available) on military installations, followed by the playing of “To the Colors” at the end of the duty day, concurrent with the lowering of the flag. The flag will be lowered to ensure completion at the last note of the music.

a. **Soldiers Not in Formation.** On the first note of “Reveille,” Soldiers in uniform will come to attention, face the direction of the flag or music if not visible, and render a salute. On the first note of “Retreat,” Soldiers will come to attention and face the flag or music if not

visible. On the first note of “To the Colors,” salute the flag. Exceptions are made if duty requires Soldiers to face elsewhere or saluting hampers the assignment.

b. **Soldiers in Formation.** The senior Soldier in charge (enlisted/officer) will prepare the group prior to the playing of “Reveille.” Once sounded, the same Soldier will call the group to “Present, Arms,” then, upon completion, “Order, Arms.” The senior Soldier in charge will call the group to attention and then parade rest on the first note of “Retreat.” That same Soldier will call the group to attention, then “Present, Arms” on the first note of “To the Colors.” At the conclusion, “Order, Arms” is called.

c. **Civilians/Soldiers in Civilian Clothing.** When in civilian clothing, Soldiers will stand at the position of attention facing the flag or music until complete. Civilians should remove their hat and place their right hand over their heart. Military veterans have two options: salute like other civilians or render a military-style salute.

d. **While in Vehicles.** Vehicles in motion will stop. All military Soldiers and civilian drivers will dismount all nonmotorized and motorized vehicles (e.g., bicycles, tricycles, motorcycles, cars, trucks, vans, etc.) and render the appropriate courtesy. When riding in military buses and trucks, only the senior Soldier in charge (enlisted/officer) will dismount the vehicle and render the appropriate courtesy.

## CHAPTER 5

### SOLDIER CONDUCT

Discipline and pride are the hallmark of units with high esprit de corps. Discipline is behavior tempered by high standards of conduct and performance. Discipline reflects the self-control necessary in the face of temptation, obstacles, and adversity, and the fear to do the harder right instead of the easier wrong. Pride stems from an internalized recognition that obstacles, adversity, and fear can be mastered through discipline and teamwork. Discipline and pride go together with judgment, expertise, and experience to create military and civilian professionals. Soldiers in and out of uniform are a direct reflection of their unit and the United States Army, and there is an expectation that Soldiers conduct themselves appropriately at all times.

#### 1. APPROPRIATE ATTIRE.

a. **Uniforms.** The Army Service Uniform (ASU) may be worn at any time on or off post; this includes establishments that primarily sell alcohol. The Army Combat Uniform (ACU), Fire Retardant Army Combat Uniform (FRACU), and Army Aircrew Combat Uniform (A2CU) are NOT authorized for wear off post when not on duty except when stopping for gas, quick purchases at convenience stores, having lunch while on duty, or picking up and dropping off children at daycare facilities. Furthermore, the ACU, FRACU, and A2CU will NOT be worn in off post establishments that primarily sell alcohol; however, they may be worn in on post clubs.

b. **Civilian Attire.** Soldiers will wear appropriate civilian attire while on duty and when on post during off duty times. Soldiers are expected to present a professional military appearance at all times, adhering to the grooming standards outlined in Army Regulation (AR) 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005. When on post, male Soldiers will be clean-shaven and are not permitted to wear earrings or studs while on and off duty. When traveling on official duty in civilian attire, Soldiers will present a professional military appearance, adhering to the grooming standards outlined in AR 670-1. Running or exercising topless on post is prohibited.

c. **Improved Physical Fitness Uniform (IPFU).** The Army IPFU is to be worn when conducting physical readiness training between 0530 and 0700 on duty days. It is NOT authorized for wear in on and off post establishments except when stopping for gas, quick purchases at convenience stores, or picking up and dropping off children at daycare facilities. The IPFU is an Army uniform and all grooming standards apply.

2. **PERSONAL CONDUCT.** As members of the Army Profession, Soldiers are expected to, at all times, conduct themselves appropriately and within local and state laws, unit policies, Army regulations, and the Uniform Code of Military Justice. The American people have placed a tremendous amount of trust in our Soldiers; we must live up to that trust. The following behaviors are not in keeping with the Army values and are contradictory to that of an Army professional:

a. Profanity, playing excessively loud music, and shoplifting.

b. Underage drinking, public intoxication, and driving under the influence of alcohol and drugs.

c. Speeding, driving without the use of a seatbelt, using a cell phone while operating a vehicle, and texting while operating a vehicle.

d. Operating a motorcycle without proper personal protective equipment and training in accordance with (IAW) Department of Defense Instruction 6055.04, DoD Traffic Safety Program, 20 April 2009, with 2 changes.

e. Use of illegal drugs and alcohol and prescription drug abuse.

f. Sexual assault, sexual harassment, domestic violence, and child neglect and abuse.

3. **UNCHECKED BEHAVIOR.** When seemingly small undisciplined behaviors occur and are unchecked, a paradigm shift begins to manifest slowly over time that erodes the very foundation of our profession. Soldiers are not only expected to meet standards and behave accordingly, they are also members of a team and have an obligation to correct their teammates when needed. Making corrections and checking poor behavior can be done respectfully and professionally. We are all stewards of the Army Profession.

## CHAPTER 6

### WEAR AND APPEARANCE OF THE ARMY UNIFORM

***Tradition*** is a customary pattern of thought, expressed in the things we do and say and in the uniform we wear. It is information, beliefs, and customs handed down by word of mouth or by example from one generation to another. Our traditions are really the “Army Way,” and it gives an Army professional a feeling of pride to understand just why we do things the way we do (Field Manual [FM] 7-21.13, The Soldier’s Guide, 20 September 2011, with 1 change). The next three chapters cover the wear and appearance of the Army uniforms for our Soldiers, Department of the Army civilians (DACs), and contractors. The information included is meant to complement and fill in any gaps in existing regulatory guidance regarding the wear and appearance of the Army uniforms. Soldiers and leaders must be familiar with and understand AR 670-1 and applicable all Army activities (ALARACT) messages (<http://www.armyg1.army.mil/hr/uniform/>).

1. **ON DUTY.** The United States Army is a uniformed service where discipline is judged, in part, by the manner in which the individual wears the uniform. The pride displayed by members of our profession in uniform also serves as an indicator of an Army professional. A neat and well-groomed appearance by all Soldiers is fundamental and contributes to the building of pride and esprit de corps that is expected of our profession. The **duty uniform** is prescribed by the commander and is normally the ACU, A2CU, or FRACU. Soldiers and leaders will ensure that the uniform they are wearing is clean, serviceable, free of hanging strings and wrinkles, and worn properly with the appropriate footwear and headgear.

a. **Wear of the ACU, A2CU, and FRACU.**

(1) The **ACU/A2CU/FRACU** is designed to fit loosely and protect Soldiers from direct sunlight, and tailoring alterations are not authorized. The coat is worn outside the trousers, and the trousers will be worn with the beige rigger belt. Soldiers will wear the trousers bloused, using the draw cords or blousing rubbers, if the trousers are not tucked into the boots. Personnel will not wrap trouser legs around the leg tightly enough to present a pegged appearance. When bloused, the trousers will NOT extend below the third eyelet from the top of the boot. In extreme hot weather conditions, the commander may authorize removal of the coat for that immediate area only. Sleeves will be worn down at all times and are prohibited to be rolled inside the coat or cuffed. The leader on the scene is authorized to modify the wear of the uniform to mitigate risk or to conform to the appropriate heat category level as necessary to prevent injury.

(a) **Patches.** Patches and badges will be worn on the ACU/A2CU/FRACU coat IAW AR 670-1 and applicable ALARACT messages. Brassard patches approved by HQDA G-1 are authorized to be worn on the left sleeve pocket flap of the ACU/A2CU while conducting Army/USAACE missions. Examples include, but are not limited to, the Army Combat Readiness/Safety Center, Directorate of Evaluation and Standardization, and Military Police. The full-color United States flag cloth replica is worn on the right shoulder pocket flap of the



ACU/A2CU/FRACU coat; the subdued or infrared flag is not authorized for wear in garrison. NO other patches are authorized for wear on the ACU/A2CU/FRACU (i.e., locally produced unit logos).

(b) **Boots (ACU).** When worn, boots will be diagonally laced with tan lace (no 550/parachute cord); excess lace can be neatly wrapped and tucked into the top of the boot. Boots that contain zippers/velcro are not authorized.

(c) **Belt.** The Rigger Belt Desert Sand is the only authorized belt for wear with the ACU/A2CU/FRACU.

(d) **T-shirts.** The wear of a T-shirt as an outer garment is prohibited. The desert tan 100 percent cotton T-shirt and the 100 percent cotton green T-shirt are authorized for wear by those in jobs that have an associated flame risk or hazard as outlined in Common Table of Allowances 50-900, Clothing and Individual Equipment, table 4, 20 November 2008, until a wear-out date for the foliage green T-shirt is established. The desert tan cotton T-shirt/foilage green is required to support those individuals in armor and aviation fields who cannot wear the tan moisture-wicking T-shirt, to include fuel handlers and others who handle hazardous materials. The standard brown T-shirt authorized for wear with the battle dress uniform is no longer authorized for wear with ACUs for Army personnel.

(e) **Infrared Identification Tab.** The infrared identification tab will be covered at all times while in garrison.

(f) **Gloves.** The standard glove is the black leather shell (with inserts) and the cold weather black glove. Any military-issued gloves or commercial gloves (black, olive drab green, desert tan) without logos are authorized for wear during field training, flight duty, and tactical operations. Gloves must be serviceable and of a quality that prevents cold weather and field injuries. Fingerless gloves are not authorized for wear.

(g) **Insignia of Grade.** Subdued insignia of grade will always be worn in garrison and in the field on all utility uniform shirts, cold weather coats, and all types of headgear, except helmets with night vision goggle mounts.

(h) **Hot/Cold/Allergy Identification Tab.** The hot/cold weather and severe allergy identification tab will be worn to identify Soldiers who are at risk of hot and cold weather injury or severe allergies. Soldiers will wear one of three colors, based on the following criteria: red will be worn by any Soldier with a prior heat injury; blue will be worn by any Soldier with a prior cold weather injury, and green will be worn by any Soldier with severe allergic reactions, such as to bee stings, food, or medication. Tab placement will be displayed at the bottom of the wearer's right breast pocket flap. The identification tab will extend 1 inch from the bottom of the pocket flap and is part of the ACU while stationed at Fort Rucker.

(i) **Fleece.** The wear of a fleece jacket as an outer garment is also prohibited by anyone wearing a physical training (PT) uniform or flying in a combat aircraft, including fuel handlers and others who handle hazardous materials. When worn, the fleece jacket will be zipped up.

(2) **A2CU.** Sleeves will not be pushed or rolled partway. The sleeves of this uniform will be worn down at all times. Distinctive unit patches (company, battalion, brigade, etc.) above the nametape are NOT authorized to be sewn or hook-looped fastened on the uniform.

(a) **T-shirts.** The 100 percent cotton foliage green and tan T-shirts are the only authorized T-shirts for wear with the A2CU.

(b) **Thermal Underwear.** Long-sleeved white thermal shirts are authorized to be worn under a cotton or NOMEX shirt, on and off the flight line.

(c) **Boots.** The following boots are the only authorized footwear for the A2CU: Army Combat Boot, Hot Weather-Flame Resistant (Bellville 340DES); Army Combat Boot, Tan (ACB-Tan), and Tan Intermediate Cold Weather Boot with Removable Liner (ICWB w/RL). When performing crew duties, the trousers are to be unbloused. Personnel wearing the A2CU outside of the flight line will blouse the trousers. When bloused, the trousers should not extend below the third eyelet from the top of the boot.

(d) **Flight Jackets.** Flight jackets are worn only with the organizational flight uniform. Nametags on the flight jacket will be a 2-inch by 4-inch leather nameplate, attached to a 2-inch by 4-inch hook and loop attachment affixed to the flight suit and jacket. This nameplate consists of 1/4-inch block style lettering in silver, with the appropriate crewmember's badge on the first line, full name (first name, middle initial, and last name) on the second line, and abbreviated rank and the words "US Army" on the third line.

(e) **Fleece.** The fleece jacket can be worn by Soldiers and flightcrews wearing A2CUs, but it is prohibited for wear by anyone flying in a combat aircraft, including flightcrew members. The Flame Resistant Environmental Ensemble System is only to be worn with the A2CU and can be worn during flight.

b. **Headgear.**

(1) **General.** IAW ALARACT 362-2011, effective 14 June 2011, the patrol cap is the primary headgear for all Soldiers as the duty uniform headgear. All permanent party Soldiers and Soldiers in initial entry training will wear the patrol cap with the appropriate rank and nametape. Sewing on the rank and nametape is an option; however, this will be at the Soldier's own expense. Soldiers in a TDY status attending professional military education or functional training may wear their unit headgear (green, red, or tan beret) as directed by the commander/commandant of that school.

(2) **Wear of Patrol Cap.** The patrol cap must be kept clean and serviceable and will be worn so that the cap band creates a straight line around the head, parallel to the ground. The patrol cap will fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. The cap is worn so that no hair is visible on the forehead beneath the cap. The visor will be 1 inch above the brow. The cap will NOT be rolled, shaped, or formed.

(3) **Wear of Black Beret.** The black beret is worn in special ceremonies, determined by the commander, and with the ASU and Class A uniform. It is worn so that the headband (edge binding) is straight across the forehead, 1 inch above the brow. The flash is positioned over the left eye, and the excess material is draped over to the right ear, extending to at least the top of the ear but no lower than the middle of the ear. Personnel will cut off the ends of the adjusting ribbon and secure the ribbon knot and tag inside the edge binding at the back of the beret. When worn properly, the beret is formed to the shape of the head; therefore, Soldiers may not wear hairstyles that cause distortion of the beret.

(4) **Headgear Storage.** Soldiers are authorized to store the headgear when it is not worn. Soldiers will store headgear in the ACU cargo pockets. When stored, the headgear must be folded neatly and not present a bulky appearance. When stored, no portion of the beret or patrol cap will be visible outside the pocket.

(5) **Colored Baseball Cap.** The Warrant Officer Career College (WOCC) is authorized to permit warrant officer candidates to wear the colored baseball cap with the IPFU after normal duty hours or at special events. The baseball cap will not be worn with civilian clothes at any time.

(6) **The Green Micro Fleece Cap.** The green fleece cap may be worn with the duty uniform in environments where the wear of the patrol cap or beret is impractical, as determined by the commander, such as wearing the green fleece cap at the flight line during extreme cold weather conditions. When worn, the green fleece cap will be pulled down snugly on the head and the edges of the cap will not be rolled.

(7) **Cavalry Collar Insignia and Hats.** Fort Rucker has no cavalry units assigned; therefore, the cavalry insignia is not authorized for wear on Class A or dress uniforms. Soldiers who are or were affiliated with a cavalry unit and were authorized to wear a cavalry hat (Stetson) may mix the wearing of the cavalry hat with an approved Army uniform only during formals or social events when authorized by the brigade-level commander. The Stetson is not authorized for wear on flight lines, for interviews, for daily wear, or as alternate headgear in place of the beret or patrol cap.

(8) **Indoors.** Soldiers will not wear headgear indoors unless under arms in an official capacity or when directed by the commander, such as for indoor ceremonial activities.

(9) **Outdoors.** Soldiers will wear headgear when outdoors and in uniform at all times (except when headgear interferes with the safety of operations as determined by the commander). When on the flight line, Soldiers will not wear headgear that could result in foreign object damage, unless directed by the commander for safety reasons or extreme cold weather conditions.

(10) **Tactical Vehicle Headgear.** All service members driving or riding in tactical vehicles will wear their Advanced Combat Helmet (ACH) with the chinstrap fastened at all times.

c. **General.**

(1) **Electronic Devices.** When required in the performance of duties, Soldiers may wear an electronic device on the belt. Only one electronic device may be worn; it may be either a pager or a cell phone. The body of the device may not exceed 4x2x1 inches, and the device and carrying case must be black.

(2) **Bluetooth.** While in uniform, Bluetooth devices and other hands-free earpieces are only authorized for use when operating a commercial or military vehicle, to include a motorcycle or bicycle. The device will NOT be affixed to any part of the Soldier when outside of the vehicle.

(3) **Restrictions on Eyeglasses and Sunglasses.** Eyeglasses or sunglasses that are trendy or have lenses or frames with initials, designs, or other adornments are not authorized for wear. Soldiers may not wear lenses with extreme or trendy colors which include, but are not limited to, red, yellow, blue, purple, bright green, or orange. Lens colors must be traditional gray, brown, or dark green shades. Personnel will not wear lenses or frames that are so large or so small that they detract from the appearance of the uniform. Personnel will not attach chains, bands, or ribbons to eyeglasses. Eyeglass restraints are authorized only when required for safety purposes. Personnel will not hang eyeglasses or eyeglass cases on the uniform and may not let glasses hang from eyeglass restraints down the front of the uniform. Soldiers are authorized wear of ballistic spectacle eye protection issued by the Army.

(4) **Restrictions on Contact Lenses.** Tinted or colored contact lenses are not authorized for wear with the uniform. The only exception is for opaque lenses that are prescribed medically for eye injuries. Additionally, clear lenses that have designs on them that change the contour of the iris are not authorized for wear with the uniform.

(5) **Camelbacks.** Camelbacks (black, ACU universal pattern, or foliage green) are authorized for use in uniform as determined by the commander. The blue drinking tube must have a black or camouflage sleeve over it. The chain of command will determine “how worn” IAW the task or mission.

(6) **Backpacks or Shoulder Bags.** Commercial backpacks, gym bags, or like articles may be carried by hand, on one shoulder using a shoulder strap, or over both shoulders using both shoulder straps while in uniform. If the service member opts to carry a bag over one shoulder, the bag must be carried on the same side of the body as the shoulder strap; therefore, it may not be carried slung across the body with the strap over the opposite shoulder. Backpacks and shoulder bags worn over the shoulder must be black, ACU universal pattern, or foliage green and must be free of any logos and IAW AR 670-1, paragraph 1-10e(2).

d. **Grooming Standards.**

(1) Soldiers will adhere to the grooming standards outlined in AR 670-1 at all times when wearing any version of an Army uniform (e.g., ACU, IPFU, ASU), and when wearing civilian clothes while on duty or when using on post facilities (e.g., Morale, Welfare, and Recreation [MWR]; Post Exchange, etc.).

(2) Leaders will judge the appropriateness of a particular hairstyle by the appearance of headgear when worn. Soldiers will wear headgear as described in AR 670-1, paragraph 3-5a(2).

(3) Extreme, eccentric, or trendy haircuts or hairstyles are not authorized. If Soldiers use dyes, tints, or bleaches, they must choose those that result in natural hair colors. Colors that detract from a professional military appearance are prohibited. Therefore, Soldiers should avoid using colors that result in an extreme appearance. Applied hair colors that are prohibited include, but are not limited to, purple, blue, pink, green, orange, bright red, and fluorescent or neon colors. It is the responsibility of Soldiers and leaders to use good judgment in determining if applied colors are acceptable, based upon the overall effect on Soldiers' appearance.

(a) **Males.** The hair on top of the head must be neatly groomed. The length and bulk of the hair may not be excessive or present a ragged, unkempt, or extreme appearance. The hair must present a tapered appearance. When the hair is combed, it will not fall over the ears or eyebrows or touch the collar except for the closely cut hair at the back of the neck. The block-cut fullness in the back is permitted to a moderate degree, as long as the tapered look is maintained. Sideburns may not be flared; the base of the sideburn will be a clean-shaven, horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening. Males will keep their face clean-shaven when in uniform or in civilian clothes on duty. Mustaches are permitted; if worn, males will keep mustaches neatly trimmed, tapered, and tidy. Mustaches will not present a chopped off or bushy appearance, and no portion of the mustache will cover the upper lip line or extend sideways beyond a vertical line drawn upward from the corners of the mouth.

(b) **Females.** Females will ensure that their hair is neatly groomed, the length and bulk of the hair are not excessive, and the hair does not present a ragged, unkempt, or extreme appearance. Likewise, trendy styles that result in shaved portions of the scalp (other than the neckline) or designs cut into the hair are prohibited. Hairstyles that do not allow Soldiers to wear the headgear properly are prohibited. Females may wear braids and cornrows as long as the braided style is conservative, the braids and cornrows lie snugly on the head, and any hair-holding devices comply with the standard. Dreadlocks (unkempt, twisted, matted individual parts of hair) are prohibited in uniform or in civilian clothes on duty. Hair will not fall over the eyebrows or extend below the bottom edge of the collar at any time during normal activity or when standing in formation. Long hair that falls naturally below the bottom edge of the collar, to include braids, will be neatly and inconspicuously fastened or pinned so no free-hanging hair is visible. This includes styles worn with the physical fitness uniform/IPFU; however, should a Soldier's hair fall loose while conducting physical fitness training, she can wait until complete before returning her hair to the proper state.

(4) **Makeup and Nail Polish.** Makeup and nail polish may be worn by females in uniform only if conservative and natural in color. Extreme shades of makeup and nail polish such as, but not limited to, purple, gold, blue, black, white, bright red, khaki, camouflage colors, and fluorescent colors will not be worn. The color must not detract from the uniform's appearance and must compliment the uniform and the Soldier's complexion. Fingernails will not exceed 1/4 inch past the fingertips of female Soldiers.

2. **RANGE/FIELD.** Commanders determine what the standard uniform will be for their units executing range operations or field training exercises. At a minimum, Soldiers will wear the ACU/A2CU/FRACU with patrol cap and boots. Additionally, all Soldiers will wear Authorized Protective Eyewear List approved eye protection and appropriate hearing protection while on the range.

a. **ACH.** When worn, the ACH will have the ACU digital pattern helmet cover with the camouflage band. The Soldier's name will be neatly printed or embroidered on the band in black ALL CAPS and positioned either on the center of the band or offset to the wearer's right so the name is visible. The luminous tape (cat eyes) will be facing the rear of the ACH.

b. **Inclement Weather.** Commanders may authorize the wear of wet weather or cold weather gear as applicable, providing such items are issued through the normal supply system or obtained through the clothing sales store. In all cases, gear will be worn IAW AR 670-1.

3. **OFF DUTY.** The ASU may be worn at any time off post; this includes establishments that primarily sell alcohol. The ACU/A2CU/FRACU are NOT authorized for wear off post when not on duty except when stopping for gas, quick purchases at convenience stores, or picking up and dropping off children at daycare facilities. Furthermore, the ACU/A2CU/FRACU will NOT be worn in off post establishments that primarily sell alcohol; however, they are authorized in on post clubs after duty hours.

## **CHAPTER 7**

### **DAC UNIFORM AND/OR PROTECTIVE CLOTHING AND EQUIPMENT STANDARDS**

An *Army professional*, uniformed or civilian, is an expert certified within the Profession and bonded with comrades in a shared identity and culture of sacrifice and service to the Nation, one who stewards the future of the Profession while adhering to the highest standards of the Army's ethic. DACs are an integral part of the Army Profession and the USAACE team. Since many of our DACs must wear protective clothing like the A2CU to safely perform their duties, the negotiated settlement agreement below between the USAACE and American Federation of Government Employees Local 1815 provides guidance on the proper way to wear the uniform and equipment to ensure safety and preserve that shared identity and culture of Army professionals.

## NEGOTIATED SETTLEMENT AGREEMENT

Between  
American Federation of Government Employees  
Local 1815

And

USACE Headquarters Command Group  
Fort Rucker, Alabama 36362

1. This Negotiated Settlement Agreement (NSA) is made and entered into by and between The American Federation of Government Employees Local 1815 (AFGE) and the United States Army Aviation Center of Excellence (USAACE) Fort Rucker, AL (The Agency). The parties agree on the process by which Department of the Army Civilian (DAC) employees within the USAACE are required to wear and use protective clothing and equipment as required by Department of the Army Regulations, Policies, and Directives in accomplishment of their assigned duties.
2. For the purpose of this document, DACs are required to wear and use protective clothing and equipment when performing flight duties in accordance with AR 95-1, paragraph 8-9.
3. The following listed protective clothing and equipment is the minimum items to be issued by Fort Rucker are based on CIF availability and the legal ability to provide AFGE DACs' equipment.

MINIMUM EMPLOYEE PROVIDED CLOTHING AND EQUIPMENT		
ITEM	QUANTITY	DIRECT EXCHANGE
Flight Suits (One-piece, two-piece ABDU or A2CU)	3 each	DX
Boots, Leather (aviation approved)	1 pair	DX
T-Shirts	3 each	
Flag, US	3 each	DX
Hat, Black	1 each	DX
Patch, Flight Instructor	1 each	DX
Jacket, Flyers (ABDU or silver)	1 each	DX
Helmet, Flyers (HGU-56)	1 each	DX
Bag, Helmet	1 each	DX
Gloves, Flyers	2 each	DX
Nameplates (leather 2"x4")	3 each	DX
Nametapes (if issued A2CU or ABDU)	3 each	DX
US ARMY tapes (if issued A2CU or ABDU)	3 each	DX
DAC Rank Emblem (if issued A2CU)	2 each	DX
ID Tags (silver and red) embossed at ID Section Building 5700	1 set	



4. The following services will be provided by the Alterations Shop for all DAC aircrew members:
- a. Nameplates (2"x4" leather). (based on flight suit type issued)
  - b. Nametapes (A2CU and or ABDU, or tan two-piece). (based on flight suit type issued)
  - c. US Army Tapes (A2CU and or ABDU, or tan two-piece). (based on flight suit type issued)
  - d. Sew hook and loop on US Flags or Flight Suit.
  - e. Construct "DAC" Rank Emblem for A2CU.
  - f. Sew Flight Instructor Patch on Hat.
5. DAC employees who wear standard aviation uniforms or protective clothing and equipment, will comply with the appearance standards described herein. This is meant to provide basic guidance and not intended to supersede existing regulations such as AR 95-1 or AR 670-1.
- a. The use and wear of protective clothing and equipment are only required while performing crew duties IAW AR 95-1, paragraph 8-9 in the aircraft. To further this requirement, all DAC aircrew members will wear the flight suit when providing flight instruction/evaluations or in the Instructor Operator Station (IOS) in the SFTS.
  - b. The flight clothing is not intended for wear as an all-purpose protective clothing and equipment when other protective clothing and equipment are appropriate. Since the wearing of a flight suit is not a requirement of the DAC position unless engaging in flight activities, DAC aircrew members may wear appropriate civilian attire when not scheduled to fly aircraft or flight simulator.
6. This applies to all DACs assigned and/or attached to Fort Rucker who are represented by AFGE Local 1815 and authorized to wear aviation uniforms in the performance of their duties and is applicable at all times such uniforms are worn.
- a. DAC personnel performing duties as aviators and aircrew members shall comply with the following:
    - (1) While wearing the flight helmet, the hair will not be of such bulk as to cause an improper fit.
    - (2) Protective clothing and equipment will be worn as specified in AR 95-1, Flight Regulations, 12 November 2008, paragraph 8-9 and this agreement.
  - b. Personnel who have been issued One-Piece Organizational Flight Coverall Tan, Green or the Aircrew Battle Dress Uniform (ABDU) Woodland or Tan, or A2CU that have been issued or have in their possession for wear will follow wear and appearance in accordance with AR 670-1, chapter 6 and 12.
    - (1) The flight suit will be worn with a clean appearance at all times with all pocket zippers/hook and loop, closed and the main zipper on the flight suit/jacket closed to within 3 inches from the top. Certain times of the year, the flight suit blouse on two-piece flight suits may be taken off while on the flight line and certain offices. The flight suit will not be permitted to deteriorate to the extent that fray material is evident. Flight suits will not be pressed or starched. Flight suit alterations to make them formfitting are prohibited.
    - (2) The ABDU and A2CU blouse is worn outside the trousers for all duties, to include flight.

(3) Wearing of the flight suit off post is authorized while traveling to and from work, Fort Rucker, and/or surrounding federal properties. Individuals may visit or make essential stops at local business establishments. The following off post establishments are off limits while wearing government issued uniforms: game rooms, bars, and/or entertainment/social facilities.

(4) Long-sleeve thermal shirts may be worn on and off the flight line, provided they are made of Cotton, wool, Nomex or materials approved for aviation use.

(5) Only leather boots approved aviation use are authorized for wear with flight uniforms in accordance with CTA 50-900. Commercial and/or "high-tech" boots are prohibited, as the rubber base may melt into the skin. Laces will be secured so as not to hang loose. Boots will present a professional appearance and be serviceable.

(6) The black cap is the only authorized cap for wear. The cap will be free of objects that may become Foreign Object Debris. This cap will be worn at all times when outdoors in flight uniform, to include off post. While on the flight line, subordinate battalion policies will apply.

(7) DAC personnel performing duties as aircrew members will wear a black 2-inch by 4-inch leather nameplate to the one-piece coverall or ABDU and or nametape as applicable in accordance with "AR 670-1" affixed to ABDU/A2CU or two-piece tan. This nameplate consists of 1/4-inch block style lettering with the appropriate Master Army Aviator Badge or Master Aviation Badge on the first line (badge will be embossed in silver or gold), full name (first, middle initial, and last name) on the second line, and "DAC" and "US ARMY" on the third line. Third line for contractors will be contractor's company name or acronym. Civilian personnel wearing the ABDU, and wearing nametapes, will wear the last name tape above the right breast pocket and an affiliation tape above the left breast pocket. The affiliation tape will be inscribed with "US ARMY". Insignia for the DAC on the A2CU will be with the letters "DAC" centered on the hook and loop pad already provided on the coat between the pockets.

(8) An embroidered, full-color United States American flag shall be worn on the right sleeve. Wear of distinctive unit patches is prohibited in accordance with AR 670-1.

(9) These uniform standards may be modified for civilian aviators and aircrew members as required to incorporate changes relative to safety.

(10) Government provided identification (ID) tags will be worn during all flight duties.

c. Only issued Flight jackets are worn with the organizational flight uniform. Name tags on the flight jacket will be same as above reference 6.b.(7).

d. Unserviceable equipment can be exchanged at Post CIF. Items must have been government furnished and will require an unserviceable tag DD Form 1577 filled out and signed by appropriate unit ALSE shop.

e. Units will ensure that government provided equipment is accounted for and turned in to CIF should the individual retire or leave Fort Rucker.

f. Although DACs must be aware of the requirements in USAACE Pam 600-2, Chapter 7, they will not be mandated to carry on their person or have in their possession this Regulation.

## **CHAPTER 8**

### **CONTRACTOR UNIFORM AND/OR PROTECTIVE CLOTHING AND EQUIPMENT STANDARDS**

1. Civilian contractors are a critical part of the USAACE team and often perform duties that require the wearing of protective clothing like the A2CU to safely perform their duties. Contractors will wear the A2CU IAW chapter 7 above, with a few modifications.
2. Contractors will wear “CTR” embroidered on the A2CU in place of rank or “DAC.” Contractors will wear their company name on the A2CU embroidered on the nametape in place of “US Army.” Contractors will not wear the United States flag on the A2CU, as the flag worn on a uniform is traditionally associated with members of the uniformed services.

## CHAPTER 9

### PHYSICAL FITNESS

1. **PHYSICAL READINESS.** Physical readiness is a vital part of being mission ready. All Soldiers will maintain a state of physical readiness and meet the standards set forth in AR 350-1, Army Training and Leader Development, 18 December 2009, and FM 7-22, Army Physical Readiness Training, 26 October 2012, with 1 change. Physical readiness training is to be conducted 5 times a week. All Soldiers must be in their physical fitness uniform when conducting PT during the hours of 0530-0700, to include PT conducted in the gym.

2. **RUNNING ROUTE.** Ruf Avenue from Dustoff to Andrews (see figure 9-1) has been designated the primary (protected) running route, 0530-0700, Monday through Friday. No vehicular traffic is authorized on Ruf Avenue during this time. Soldiers with a no-running profile will walk in a single file line on the street, curb side, and not on the sidewalk. All Soldiers will wear a reflective belt when wearing the IPFU. Bicycling is authorized on the primary running route. Soldiers who ride bicycles during hours of limited visibility/darkness will have a reflective belt/gear, a lamp that emits white light to the front, and a red reflector to the rear; all applicable safety gear must be worn.

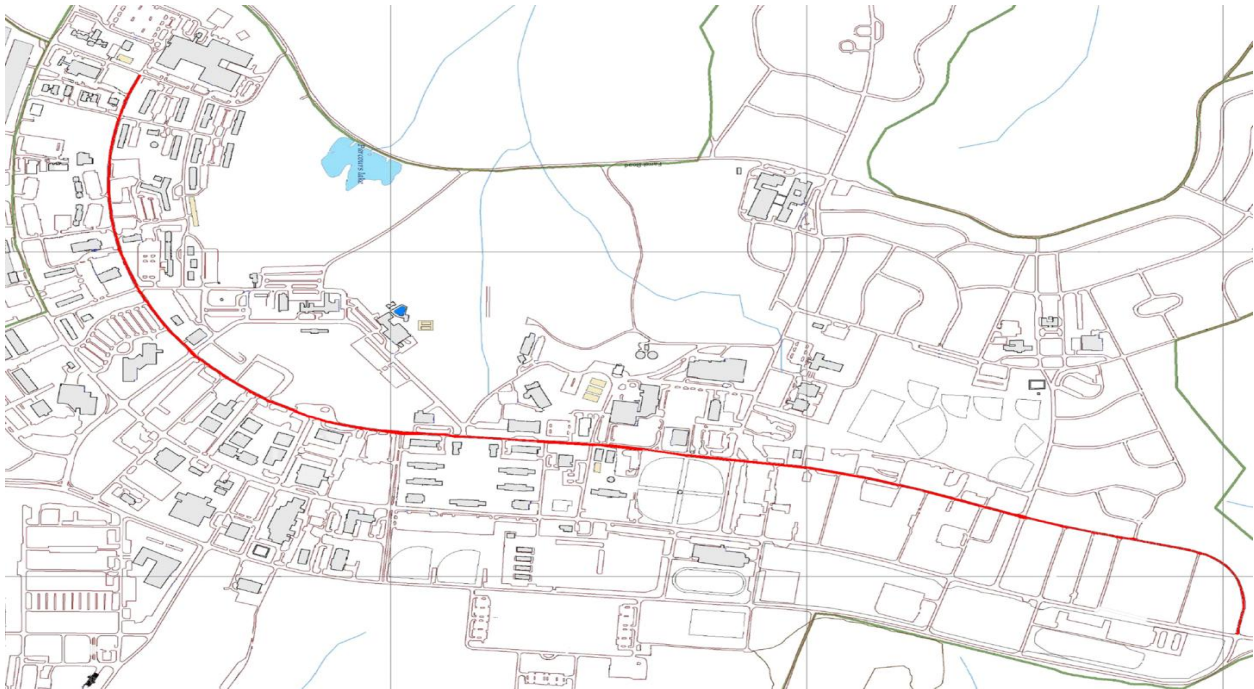


Figure 9-1  
Primary Physical Fitness Running Route

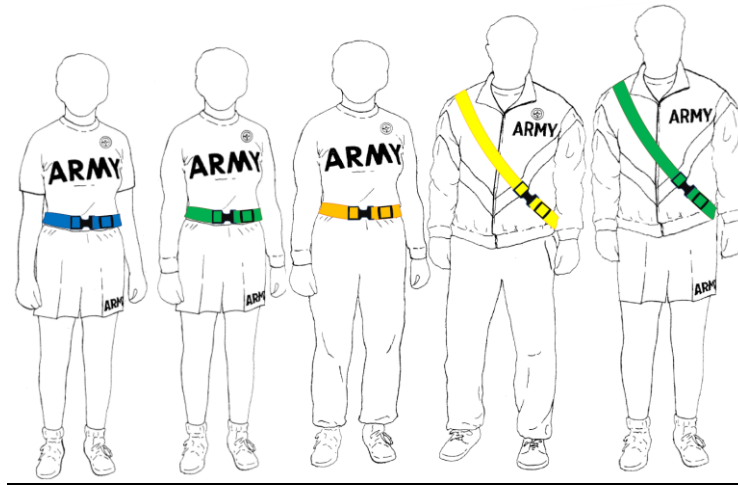


Figure 9-2  
Physical Fitness Uniform (IPFU)  
Summer/Winter

3. **PHYSICAL FITNESS UNIFORM.** The IPFU is an Army uniform and all grooming standards apply. This uniform is the only authorized fitness uniform to be worn during PT hours (0530-0700) while on duty.

- a. PT belts will be in four different colors: blue for all officers (commissioned and warrant), green for all NCOs (corporal through command sergeant major), orange for all WOCC (in school), and yellow for all junior enlisted (private through specialist).
- b. The reflective belt will be worn with the summer and winter IPFU at **ALL** times unless determined by the unit commander or first sergeant for safety reasons. The reflective belt will be worn around the waist. When wearing the IPFU jacket, the reflective belt will be worn across your body right shoulder high (see figure 9-2).
- c. Vibram footwear (Five Finger) or similar styles are not authorized for wear with the IPFU.
- d. Unit colored T-shirts are not authorized for wear during individual PT sessions. Unit T-shirts will only be authorized for organized PT sessions of company-sized elements or higher. Exceptions are tactical officers and NCO Academy small group leaders.
- e. The IPFU is an Army-issued uniform and will be worn IAW Army regulations at all times. Mixing old and new PT uniforms is not authorized.

4. **DINING FACILITY (DFAC).** Soldiers will only be allowed to dine in the DFAC in the IPFU on the weekend/holidays under the direct supervision of their chain of command and cadre as long as the IPFU is clean and serviceable and Soldiers are not coming in the DFAC immediately upon completion of PT; this reflects poor personal hygiene and could cause a potential health risk.

## **CHAPTER 10**

### **ARMY AND AVIATION BRANCH SONGS**

#### **THE ARMY SONG “THE ARMY GOES ROLLING ALONG”**

March along, sing our song, with the Army of the free  
Count the brave, count the true, who have fought to victory  
We're the Army and proud of our name!  
We're the Army and proudly proclaim

First to fight for the right  
And to build the Nation's might  
And the Army goes rolling along.  
Proud of all we have done  
Fighting till the battle's won  
And the Army goes rolling along.  
And it's hi hi hey, the Army's on its way  
Count off the cadence loud and strong.  
For where'er we go, you will always know  
That the Army goes rolling along.

#### **THE AVIATION BRANCH SONG “ABOVE THE BEST”**

High above the best, high above the best  
We are Army Aviation USA,  
Proud and strong, we meet the test.

Skies filled with thunder  
Wearing silver wings upon our chest  
We meet the needs of Ground Command  
As we aid the Nation's quest  
Army Aviation, flying high above the best!

## USEFUL LINKS

ARMY PROFESSION:

<http://cape.army.mil>

COMPREHENSIVE SOLDIER AND FAMILY FITNESS:

<http://csf2.army.mil/>

READY AND RESILIENT:

<http://www.army.mil/readyandresilient/>

ARMY CAREER TRACKER:

<https://actnow.army.mil/>

ARMY TRAINING NETWORK:

<https://atn.army.mil/>

ARMY:

<http://www.army.mil/>

<https://www.facebook.com/USArmy>

ARMY AVIATION:

[www.facebook.com/u.s.armyaviation](http://www.facebook.com/u.s.armyaviation)

USAACE AND FORT RUCKER:

<http://www.rucker.army.mil/usaace/index.html>

<https://www.facebook.com/ftrucker>

US ARMY AVIATION MUSEUM:

<https://www.facebook.com/pages/US-Army-Aviation-Museum-Army-Aviation-Museum-Foundation-Inc/>

FORT RUCKER FAMILY AND MWR:

<http://www.ftruckermwr.com/>

<https://www.facebook.com/ftruckermwr>

**ARMYSTRONG**



**U.S. ARMY**

**ACE**

**Suicide Intervention**







<http://chppm-www.apgea.army.mil/>

**USACHPPM**

## **A**sk your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?

## **C**are for your buddy

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

## **E**scort your buddy

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider

TA - 095 - 0605





**ABOVE THE BEST!**



**Relentlessly focused on and dedicated to honoring a sacred trust with commanders and Soldiers on the ground.**