



DEPARTMENT OF THE ARMY
JOINT READINESS TRAINING CENTER AND FORT POLK
6661 WARRIOR TRAIL, BUILDING 350
FORT POLK, LOUISIANA 71459-5339

AFXZ-CSM

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MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Memorandum CSM-02 - Physical Readiness Training

1. References:

- a. Army Regulation (AR) 670-1, Wear and Appearance of Army Uniforms and Insignia, 10 April 2015.
- b. AR 600-9, The Army Weight Control Program, 28 June 2013.
- c. AR 40-501, Standards of Medical Fitness, 14 December 2007.
- d. Field Manual (FM) 3-25.150, Combatives, 1 April 2009.
- e. AR 350-1, Army Training and Leader Development, 19 August 2014.
- f. Training Circular (TC) 3-22.20, Army Physical Readiness Training, 20 August 2011.

2. Purpose: This memorandum establishes the physical readiness training (PRT) policy for all Joint Readiness Training Center (JRTC) and Fort Polk units. Army physical readiness is defined as the ability to meet the physical demands of any combat or duty position, accomplish the mission, and continue to fight and win. The goal of PRT is to develop Soldiers who are physically capable and ready to perform their duty assignments or combat roles. Secondary goals of PRT are to instill confidence and the will to win; develop teamwork and unit cohesion; and integrate aggressiveness, resourcefulness, and resilience. Commanders and leaders must ensure all Soldiers maintain the highest level of physical fitness and are prepared for the physical demands of combat. The PRT is the only thing we do every day that directly relates to our wartime mission – we owe it to our Soldiers to get it right.

3. General: Physical fitness is the one element of Comprehensive Soldier Fitness (CSF) that leaders can immediately influence. We know that when we put our junior leaders in charge, properly resource them and hold them accountable, they and their Soldiers perform superbly and produce positive results.

4. Overall physical readiness training guidance:

AFZX-CSM

SUBJECT: Command Policy Memorandum CSM-02 - Physical Readiness Training

a. Units will conduct PRT five (5) days a week, between 0630 and 0745 or until the training objectives are achieved. As approved by the first COL/O-6 in the chain of command, units whose mission necessitates early completion of PRT may begin their training hour at 0600. Use all the resources at your disposal – both indoor and outdoor – to develop an effective program giving consideration to variety and recovery.

b. All Soldiers are required to wear the Improved Physical Fitness Uniform (IPFU) IAW AR 670-1 while conducting PRT on the Installation, to include inside gyms during the prescribed PRT hour. Soldiers on leave or pass conducting individual PRT on the installation during normal PRT hours will also wear the IPFU. Appropriate civilian attire in good taste is authorized at all other times.

c. The PRT uniform consist of portions of the summer or winter IPFU: long or short sleeve T-shirt, shorts, jacket, pants, green fleece cap, black/green gloves, and reflective belt. Commanders will determine the correct uniform for all members of their organization based on weather conditions and the training event for the day. Battalion and brigade T-shirts may be worn for company level PRT events as approved by battalion/brigade commander/command sergeant major.

d. Soldiers may wear the IPFU in the AAFES shoppettes only during the hours of 0500-0830, Monday through Friday. Soldiers will not wear the IPFU in the Commissary or the Main Post Exchange/Mall at anytime!

e. All company commanders, first sergeants, staff officers, and staff NCOs will participate in PRT with their assigned or attached unit. Senior leaders must be visible and active participants in PRT programs. Your example will emphasize the importance of PRT to your Soldiers.

f. Unit commanders have the authority to modify or cancel PRT during inclement weather IAW the MSC and battalion commander's guidance.

g. All pregnant and postpartum active duty Soldiers, regardless of rank or position, will fully participate in the Pregnancy Postpartum Physical Training Program (PPPT) after receiving health care provider (HCP) clearance to participate, IAW AR 40-501 and command policy memorandum CSM-04 - Pregnancy Postpartum Physical Training Program. In accordance with AR 40-501, Soldiers are exempt from taking a record APFT, in addition to meeting AR 600-9 requirements, for the duration of their pregnancy and for 180 days after termination of pregnancy. While participating in the postpartum portion of PPPT, Soldiers will receive periodic diagnostic APFTs and weigh-ins, which will be administered by the JRTC and Fort Polk PPPT NCOIC and/or Trimester Instructor Trainers within the program. These diagnostic APFTs are used to measure

AFZX-CSM

SUBJECT: Command Policy Memorandum CSM-02 - Physical Readiness Training

the postpartum Soldiers' progress, prepare them to meet the height/weight standards IAW AR 600-9, and to pass a record APFT. Unit Commanders are authorized to administer a record APFT to postpartum Soldiers no earlier than 180 days after termination of pregnancy.

h. Soldiers will not wear iPod or MP3 players in PRT uniform during the prescribed PRT hour, unless inside a gym. After the prescribed PRT hour, Soldiers may wear these devices when using the Warrior Hills Golf Course running trail, Honor Field, the North Fort running trail (runs from BJACH to North Fort), or the quarter mile track off of Texas Avenue. Soldiers are not authorized to use iPods or MP3 players at anytime along roadways, when crossing roadways, or while bicycling.

5. Conduct of Unit PRT:

a. Running: Units will run in company, platoon, squad/section, or ability group formations. Unit formations running on the one-ways (Georgia and Alabama Avenues) will be no wider than three columns abreast and will remain to the right of the center line to include the cadence caller. Units conducting PRT on roads open to vehicular traffic (e.g., Texas Avenue, California Avenue, etc.), must mitigate risks appropriately. LA 10, LA 467, Louisiana Avenue, Chaffee Road, and Georgia Avenue from Bell Richard to Louisiana Avenue are off-limits for individual running and unit formations; Entrance Road and K Avenue on North Fort are also off-limits to individual running and unit formations. Approved running routes will stay closed to vehicular traffic from 0630-0745. The Post Command Sergeant Major may approve running on off-limits roads for special events (i.e., Post-level runs, DFMWR-sponsored runs, etc.).

b. Mission-Focused PRT: Commanders must ensure emphasis remains on PRT and activities which support the unit's Mission Essential Task List (METL). Soldiers trained through PRT demonstrate the mobility to apply strength and endurance to perform basic military skills such as marching, speed running, jumping, vaulting, climbing, crawling, combatives, and water survival. These skills are essential to personal safety and effective Soldier performance – not only in training, but also, and more importantly, during combat operations.

c. Foot Marches:

(1) Units will march on the shoulders of the road and stay off the hard surfaces. Individual/small team foot marchers will march facing the flow of traffic.

(2) All foot march formations outside the one-ways will have road guards. Road guards will lead formations by 50 meters and trail formations by 100 meters. During

AFZX-CSM

SUBJECT: Command Policy Memorandum CSM-02 - Physical Readiness Training

hours of limited visibility, all road guards will carry white flashlights, colored chemlights, or other active means of long-distance identification.

(3) The foot march uniform will normally include all or portions of the Army Combat Uniform, boots, tactical vest, weapon, rucksack, and Army Combat Helmet. Unit METL will dictate any additional equipment. Conditioning foot marches can be conducted in the IPFU with boots and rucksack at the commander's discretion. All uniforms will include reflective belts attached to the outside of the rucksack in a uniform manner. While in formation, all Soldiers will be in the same uniform.

d. **Combatives:** Combatives training sessions should be regular and included on the unit training schedules at the company and platoon level. Due to the potentially dangerous nature of combatives training, unit commanders will ensure that all combatives training is conducted by certified instructors of the appropriate level IAW AR 350-1 and adhere to the risk management process and instructional framework of FM 3-25.150. If combatives training is conducted as a PRT session, it should be conducted only one time per week. Preferably, combatives should only replace a sustained running or foot march session during an endurance emphasis week and one of the three strength training sessions during a strength emphasis week.

e. **Organized Sports:** Competitive activities and sports events that require an appropriate level of physical exertion have the potential to add variety to well-planned PRT programs and increase morale. Battalion commanders are the approval authority for these events. Risk assessments for each event will be conducted and approved by the first LTC in the chain of command.

f. **Special Conditioning PRT:** Special conditioning programs are for Soldiers who have difficulty meeting unit goals or Army standards to include Soldiers who have failed the APFT or unit PRT goals, Soldiers who are in the Army Weight Control Program (AWCP), and Soldiers recovering from injury, illness or other medical conditions (Physical Profile, DA Form 3349). These programs are not punitive; their purpose is to improve the physical readiness of Soldiers. Special conditioning PT programs will be conducted during normal duty hours in accordance with TC 3-22.20 and AR 350-1.

g. **Profiles:** Soldiers recovering from injury, illness, or other medical conditions must train within the limits of their medical profiles and be afforded a minimum train-up period of twice the length of the profile, not to exceed 90 days, IAW AR-501. Unit commanders/first sergeants will identify leaders to conduct profile PRT; Soldiers with physical profiles will not conduct PRT without oversight.

AFZX-CSM

SUBJECT: Command Policy Memorandum CSM-02 - Physical Readiness Training

6. The exception authority for this policy is the Post Command Sergeant Major. This policy will remain in effect until superseded or rescinded.

A handwritten signature in black ink, appearing to read 'G. Brito', with a stylized 'A' at the end.

GARY M. BRITO
Brigadier General, USA
Commanding

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