



DEPARTMENT OF THE ARMY
INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON HUMPHREYS
UNIT #15228
APO AP 96271-5228

IMHM-PL

MAY 24 2018

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy #111, Physical Readiness Training (PRT)

1. References.

- a. AR 350-1, Army Training and Leader Development, 10 December 2017.
- b. AR 670-1, Wear and Appearance of Army Uniforms and Insignia, 25 May 2017.
- c. FM 7-22, Army Physical Readiness Training, 26 October 2012.
- d. Eighth Army Blue Book, 5 January 2018.

2. This policy is effective immediately and will remain in effect until rescinded or superseded. The proponent of this policy is the Directorate of Plans, Training, Mobilization and Security (DPTMS).

3. Purpose: This policy letter establishes the USAG Humphreys PRT Policy to include authorized and unauthorized run routes. This policy is aligned with the Eighth Army PRT Standard.

4. Applicability: This policy applies to all US Soldiers assigned to USAG Humphreys and Area III to include those attached to units stationed on, or located within the USAG Humphreys and Area III geographical area.

5. Time. PRT shall be executed between the hours of 0600-0800 IAW Eighth Army Blue Book.

6. PRT Uniform.

a. All Soldiers will wear the uniform designated by Commander based on activity of the day. All Soldiers will wear the uniform IAW AR 670-1.

b. Safety Reflective Belt. The Safety Reflective Belt is for improved visibility of Soldier(s) or units based on the Leader Risk Assessment during either day or night operations when visibility is limited while conducting PRT, work details, foot marches, convoy security of vehicle drivers, or any other activity during low visibility. The safety reflective belt is not intended to be a mass worn item.

IMHM-PL

SUBJECT: Command Policy #111, Physical Readiness Training (PRT)

7. Execution.

- a. PRT will not be conducted in any active construction zone on Camp Humphreys.
- b. Due to the high level of construction and limited visibility during hours of darkness, PRT is not authorized on any roads except as outlined below.
- c. Commanders will not conduct Company level or higher runs outside of designated run routes without prior coordination through Directorate of Emergency Services (DES) and DPTMS. Units are encouraged to utilize running sidewalks where available and permitted to use unauthorized roads in order to transition to designated run routes.
- d. Commanders will ensure the use of road guards equipped with reflective belts/ vests and flashlights while utilizing transition routes to designated run routes.
- e. Roads in and around Family housing and barracks areas are unauthorized for running and cadence calling. Units who conduct PRT in these areas can use roads in these areas for transition to designated run routes.

8. Designated Run Routes.

- a. Designated run routes will be closed for PRT during the hours of 0600 – 0800. See Enclosure 1 for map.
- b. Running Sidewalks. All eight foot wide sidewalks designated on Enclosure 1 throughout Camp Humphreys are designed for running. These sidewalks can accommodate up to a Company sized element.
- c. Marne Avenue
 - (1) Marne Avenue will be closed from 12th Street to 1st Street between the hours of 0600 – 0800. This stretch of road is 1.6 miles in length.
 - (2) Units will be tasked with providing Road Guards at all intersections along Marne Avenue during these hours. See Enclosure 2 for tasking.
- d. Manchu Path
 - (1) Manchu Path is an eight foot asphalt road that goes around the fence line of Camp Humphreys.

IMHM-PL

SUBJECT: Command Policy #111, Physical Readiness Training (PRT)

(2) Units are authorized to use Manchu Path from Marne Avenue to 2nd Engineer Drive at any time.

e. 2nd Engineer Drive. Units are authorized to utilize 2nd Engineer Drive as a transition road from Manchu Path to the designated running trail along Pacific Victors Avenue and 1st Team Avenue. Road guards equipped with reflective belts/vests and flashlights must be used while transitioning.

f. Pacific Victors Avenue. Pacific Victors Avenue is only authorized for running in order to transition from 2nd Engineer Drive to a running sidewalk along First Team Avenue or transitioning to the designated running trail adjacent to Desiderio Army Airfield along Pacific Victors Avenue. Road guards equipped with reflective belts/vests and flashlights must be used while transitioning.

g. All requests for additional designated run routes will be processed through DPTMS.

9. Designated APFT Routes.

a. Marking of APFT tracks is unauthorized on all roads and sidewalks. If a unit foresees a need for an additional marked APFT track, request must be submitted and approved through DPTMS.

b. Marne Avenue.

(1) A straight one mile marked APFT track will be marked on Marne Avenue.

(2) This will have a start and turn-around at both ends of the marked track. The one mile track start/turn-around points will be evenly set on the 1.6 mile length of road.

c. Pacific Victor Ave Running Sidewalk.

(1) There is a straight one mile marked APFT track along Pacific Victor Avenue Running Sidewalk adjacent to the airfield.

(2) This track has a start and turn-around at both ends of the marked track. One start point is near intersection of American Street and Pacific Victors Avenue and the other start point is located near first stoplight past USAG Humphreys DPTMS Bldg 1280.

IMHM-PL

SUBJECT: Command Policy #111, Physical Readiness Training (PRT)

10. Pregnancy and Post-Partum PT (P3).

a. Pregnant Soldiers shall attend Pregnancy and Post-Partum unit PRT session. Pregnant Soldiers will wear the IPFU/APFU until such time it becomes too small or uncomfortable. Pregnant Soldiers may wear the t-shirt outside the trunks. Commanders shall not, at any time, require pregnant Soldiers to purchase a larger IPFU/APFU in order to accommodate the pregnancy. When the uniform becomes too small or uncomfortable, pregnant Soldiers may wear equivalent civilian workout attire so long as it is conservative and professional in appearance.

b. Administration of the P3 program is designated through Garrison Tasking Order.

11. For further information, contact USAG Humphreys DPTMS Current Operations desk at 754-2124.



SCOTT W. MUELLER
COL, AR
Commanding

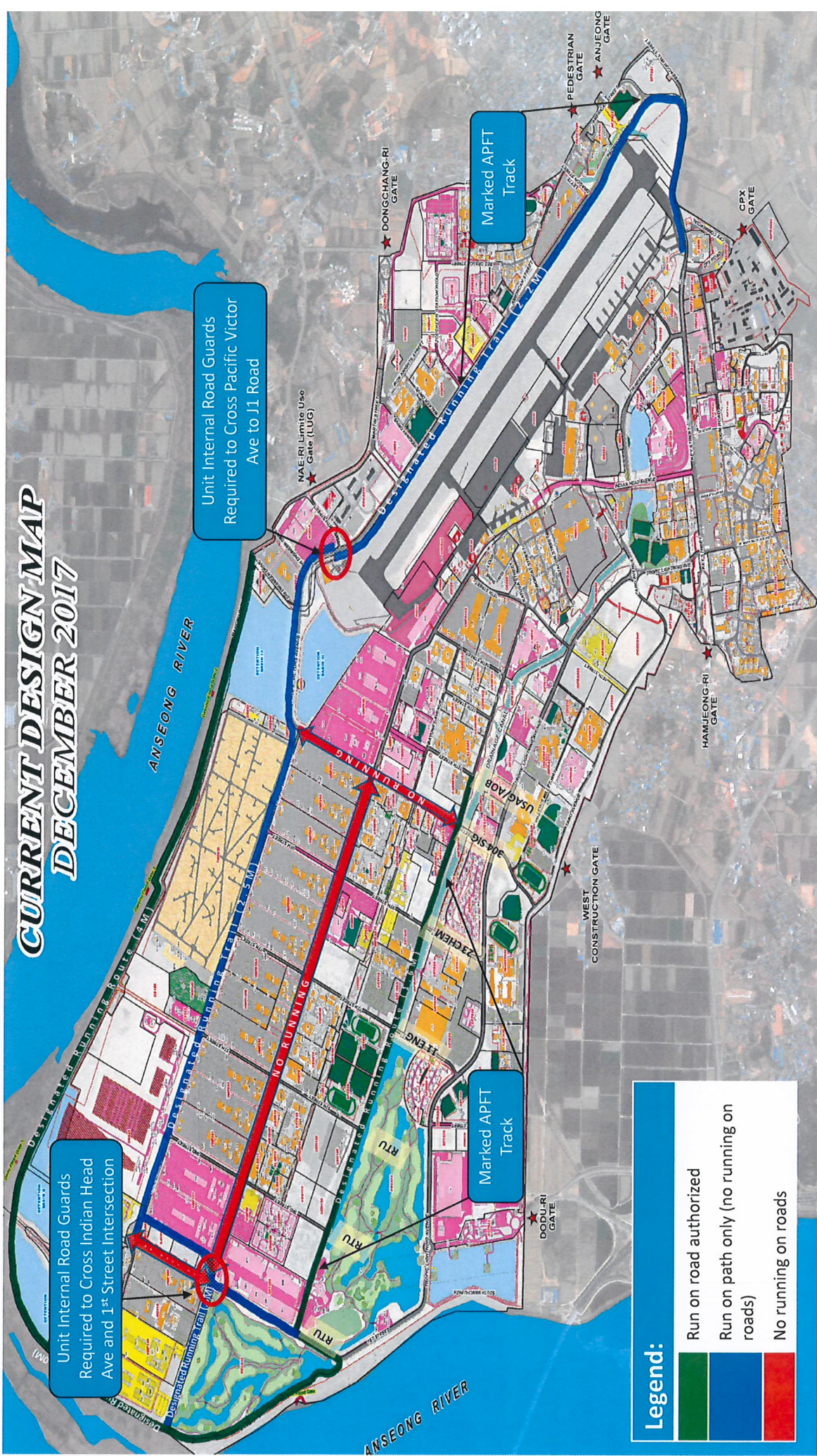
2 Encls

1. PT Run Route Map, Feb 18
2. Road Guards Tasking

DISTRIBUTION:

USAG Humphreys Website

CURRENT DESIGN MAP DECEMBER 2017



Unit Internal Road Guards
Required to Cross Indian Head
Ave and 1st Street Intersection

Unit Internal Road Guards
Required to Cross Pacific Victor
Ave to J1 Road

Marked APFT
Track

Marked APFT
Track

Legend:

- Run on road authorized
- Run on path only (no running on roads)
- No running on roads

ROAD GUARD INSTRUCTIONS



INSTRUCTIONS

- Emplace Barriers at 0600.
- NO POV, Bus, Taxi, or TMP traffic is authorized to travel East or West along Marne Ave. from 0600-0800.
- The use of cell phones or other electronic devices is Not Authorized while performing Road Guard Duties.
- Remove Barriers at 0800. Road Guards are released back to their units.

SPECIAL INSTRUCTIONS

- Authorized Vehicle Crossing Points – Vehicles are authorized to cross Marne Ave. at the 7th St., 9th St., and 11th St. Intersections. Road Guards will ensure the intersection is clear of personnel conducting PRT and allow vehicles to cross.
- Authorized Use of Cell Phone – Cell phones may be used in case of an emergency to contact any necessary Emergency Service Providers.

UNIFORM

- OCP/ACU
- REFLECTIVE BELT OR VEST
- FLASH LIGHT WITH RED LENS
- APPROPRIATE ADVERSE WEATHER GEAR
- **NOTE** – Do not place yourself in harms way. If a vehicle refuses to comply with the Road Guards directions, attempt to get the vehicle tag number and report the incident to the HCOD. Date, Time, Location, description of incident.

EMERGENCY CONTACTS

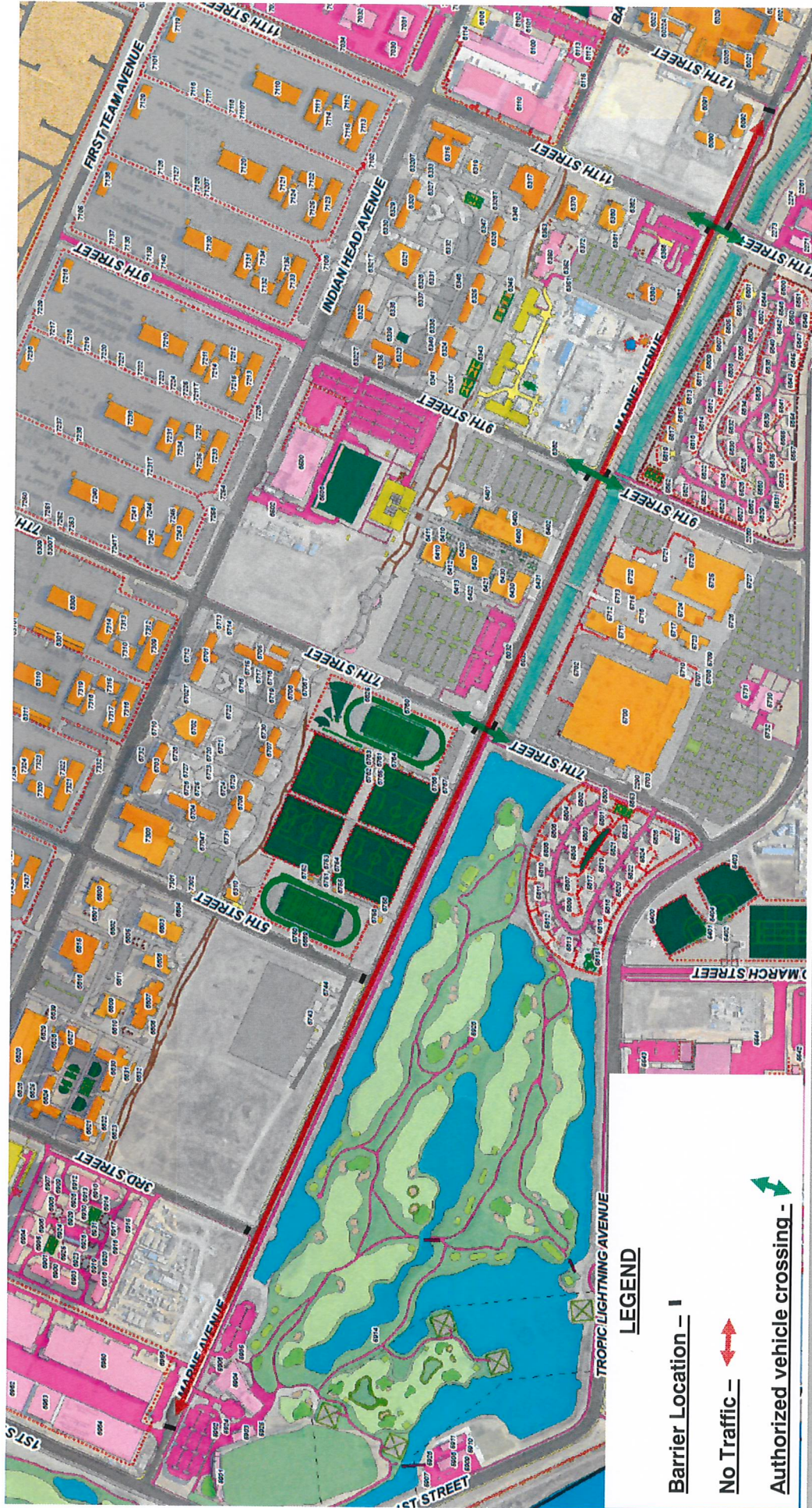
- 911: 031-690-7911
- **Humphreys Community Operations Desk (HCOD):**
050-3354-6111

UNCLASSIFIED

1 MAR 18

Encl 2

Barrier Location & Traffic Pattern



UNCLASSIFIED

1 MAR 18