DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON FORT HUNTER LIGGETT
BUILDING 238 CALIFORNIA AVENUE
FORT HUNTER LIGGETT, CA 93928-7000

REPLY TO ATTENTION OF

IMHL-SO

18 DEC 2012

MEMORANDUM FOR US Army Garrison Fort Hunter Liggett (USAG FHL) Personnel, Tenant Organizations, and Training Units

SUBJECT: FHL Policy #11, Formation and Individual Physical Fitness Training

1. REFERENCE. Army Regulation 385-10, The Army Safety Program.

2. APPLICABILITY. This guidance is applicable to all personnel assigned to, under the operational control, or training at FHL.

3. POLICY. As Commander of FHL, I am committed to the safety and well being of Soldiers, Family Members, employees, and visitors on the installation. All units and individuals will comply with this policy. Unit commanders may adopt more restrictive measures than these, but no one is authorized to reduce or disregard this policy.

a. Reflective clothing. All persons engaged in physical training activities during hours of darkness or periods of reduced visibility will wear reflective clothing. Reflective clothing is defined as a reflective vest, jacket, or wider belt visibly worn. Reflective clothing must possess reflective qualities that allow an individual to be seen in the light of approaching vehicles. Patches of reflective material on shoes and/or headbands are not sufficient. Individuals (not units) may borrow a reflective belt from the Fitness Center, Lodging Office, or Range Scheduling Office.

b. Vehicle traffic. Individuals must remain alert to vehicular traffic and observe basic rules to ensure a safe environment for all. The speed limit for vehicles passing formations or individual personnel performing physical fitness training is 10 MPH.

c. Formations. During organized unit formation physical training, participants will run, jog, or walk in the same direction as vehicular traffic. The width of formations will not exceed three abreast with the person in charge being on the left side of the formation. All road guards and front and rear ranks will wear reflective vests. During hours of darkness or periods of reduced visibility, formations will employ front and rear lights (head lights and tail lights).

d. Single runners and walkers. Individuals performing physical fitness training will run or walk facing approaching traffic close to the shoulder whenever possible. If there is insufficient shoulder width to allow facing approaching traffic, the runner may run with the traffic and should stay on the shoulders as far as possible. No more than two people running abreast on sidewalks or authorized roadways. Walkers should use sidewalks where available.

e. Headphones. Use of headphones or earphones while walking, jogging, running, skating, or bicycling on roadways is prohibited.

f. Cadence. Jody cadence employing profane, foul, or sexist language is prohibited.

g. Approved Routes:

(1) Mission Road. Individual running on Mission Road is prohibited from the Main Gate entrance to the intersection of Mission Road with Bradley Drive. Running on Mission Road north of the intersection with Bradley Drive is authorized. Formation running is prohibited unless prior approval is obtained through Range Control.

(2) Family Housing. Family Housing areas are off limits to formation running.

(3) Routes. Infantry Road and Silo Road (PT Track) are authorized.

(4) Waiver/Deviations. Units will submit a request for deviation to Range Scheduling Office with the following information: Unit identification, date, times, and reason for the alternate route.

(5) Large Unit Formation Runs. Unit formation runs of over 60 Soldiers must request use of all routes with Range Scheduling Office to ensure Composite Risk Management principles are adequately applied.

4. PROPONENT. The Safety Office is the proponent for this policy. POC is the Safety Manager, (831) 386-2105.

Donna R. Williams
DONNA R. WILLIAMS
COL, EN
Commanding