



REPLY TO
ATTENTION OF

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

IMHL-IS

29 JUL 2015

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: USAG FHL Policy #7-2, Physical Fitness Training

1. REFERENCE. Army Regulation 385-10, The Army Safety Program.
2. PURPOSE. To provide guidance on physical fitness safety.
3. APPLICABILITY. This policy applies to all Service Members, Civilian employees, Family members, residents and visitors conducting physical training on Fort Hunter Liggett.
4. POLICY. As Commander of U.S. Army Garrison, Fort Hunter Liggett, I am committed to the safety and well being of Soldiers, Family members, employees, and visitors on the installation.
 - 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 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. Reflective belts are available on an individual basis 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). Formation runs will be scheduled and approved through Range Control.
 - 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

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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 roadway and sidewalks is prohibited.

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

g. Approved Routes:

(1) Hunter Liggett Road. Individual running on Hunter Liggett Road is prohibited from the Main Gate entrance to the intersection of Hunter Liggett Road with Bradley Drive. Running on Hunter Liggett Road north of the intersection with Bradley Drive is authorized.

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

(3) Routes. 7th Division Road and Hunter Liggett Road (APFT Track) are authorized.

(4) Roads outside the cantonment area. Coordinate with Range Control during normal business hours and the Directorate of Emergency Services during non-business hours for running outside the cantonment area. Running on Mission Road is prohibited.

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

(6) 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.

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5. PROPONENT. The Safety Office is the proponent for this policy. POC is the Safety Manager, (831) 386-2790.


JAN C. NORRIS
COL, SC
Commanding

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