



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY GARRISON BAVARIA  
UNIT 28130  
APO AE 09114-8130

JAN 03 2017

IMBA-CM

MEMORANDUM FOR All Military Personnel assigned to USAG Bavaria

SUBJECT: USAG Bavaria Policy Letter #21, USAG Bavaria Physical Fitness Standards


1. References:

- a. AR 670-1, Wear and Appearance of Army Uniforms and Insignia.
- b. TC 3-22.20, Army Physical Readiness Training.
- c. AE Reg 190-1, Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany.

2. USAG Bavaria relies on self-discipline, leadership and the units' chain of command to enforce this policy. The enclosure to this policy letter clarifies areas specific to USAG Bavaria. Unit commanders are authorized to pass a more stringent policy for their unit members.

3. POC for this policy is the USAG Bavaria Command Sergeant Major at DSN 526-0003.

Encl

  
LANCE C. VARNEY  
COL, IN  
Commanding

## USAG Bavaria Physical Fitness Standards

1. Physical fitness hours. The standard physical fitness hours are 0630-0730 hours during the duty days. Units may alter Physical Training (PT) hours but road closures will be maintained only in specified areas from 0630-0730 hours.

2. Uniform:

a. The Army Physical Fitness Uniform (APFU) or Improved Physical Fitness Uniform (IPFU) is the only uniform authorized during PT hours unless the Soldier is on leave or pass. Although Soldiers can wear civilian clothes when on leave or pass, it is recommended that they wear the APFU during PT hours. Units with individualized unit shirts are authorized to wear their unit approved shirts. Units can authorize alternate PT uniforms for specific unit events with the approval of battalion/squadron chain of command. The reflective belt will be worn when wearing the APFU outdoors. Although there is not a garrison requirement for a specific type/color of reflective belt, units may standardize the type and color of reflective belt worn for Soldiers and leaders.

b. While in OCP/ACUs or APFU/IPFU, Soldiers may wear headphones only while performing individual PT in indoor gyms or facilities (not on outdoor tracks). They may not wear headphones beyond the permitted area to include around the neck or attached to the uniform. Ear pads may not exceed 1.5 inches. Soldiers may wear electronic devices (cell phones, music players) IAW AR 670-1. Soldiers may wear a solid black armband to hold the electronic device in the gym. Armbands may not be worn outside the permitted area.

5. Physical activities conducted off post is authorized but units must refer to the current force protection policies regarding uniform from the 7<sup>th</sup> ATC Commander. POC for current force protection information is the 7<sup>th</sup> ATC force protection manager at DSN 475-6680.

6. Cadence: Cadence will be respectful and courteous to all individuals. All units will refrain from using profanities when calling cadence. All units will take into consideration their locations when calling cadence during PT hours. Cadence is not permitted in or around the housing areas prior to 0800 hours.

7. Safety:

a. Designated roads will be closed (community dependant) during PT hours to enable units to conduct unit runs in a controlled environment. The POC for road closures and barrier guards is the installation coordinator Rose/Tower Barracks DSN 475-1500, Hohenfels 466-1500 and Garmisch 440-3509.

b. The wearing of headphones is unauthorized while running on roads or sidewalks on any military installation in the APFU or civilian clothes. It is authorized on a closed

track. For information on approved headphone running routes, contact the installation Safety office at DSN 475-7734.

c. Individual Soldier/unit PT is authorized on the entire troop marching route without coordination; however, individuals and units are strongly advised to call the firing desk and notify them of their intentions and timeline so the firing desk can track them. If this service is used, units are responsible to call when mission complete. PT is not authorized on any tank trail/road, training facility, maneuver area or range. The road between gate 4 and gate 2 is classified as a tank trail and PT is not authorized on this road. PT formations must share the marching route trail when they come upon a military foot march. Bicyclists, joggers, and other recreational activities are authorized on the troop marching route only on the portion paralleling Chancellorsville Road and One Community Road.

d. Foot marches are authorized only on the troop marching route and have priority over all other activities. Any other area requires coordination through maneuver branch 14 days in advance. This includes marching alongside the main tank trails. Troops not on the troop marching route must march alongside the tank trails, remaining on the far shoulder or in the grassy areas to the sides of the tank trails. Troop units marching alongside the tank trails require front and rear road guards with reflective vests and located at least 100m to the front and rear of the first and last marching troop. Medical support (medic or combat life saver) and medical vehicle are recommended. FM radio communications must be maintained between the unit's base station/TOC and GTA Range Operations. Foot marches may occur alongside both sides of the tank trail. Military foot marches have priority over units conducting PT on the troop marching route. PT formations and recreational users must clear the troop marching route when they come upon a military foot march. Foot marches must yield to vehicle traffic when crossing the tank trail as foot marches are not the traffic priority. Foot marches alongside tank trails are not authorized when tank trail conditions are red or black.

e. The POC for coordination is the 7<sup>th</sup> ATC Maneuver NCOIC at DSN 475-6918. Alternative POC is the Safety NCOIC at DSN 475-6905.

#### 8. Rules of running, walking and foot marching:

a. All formations will run on the right side of the road with the flow of traffic and will not cross the center line. Units conducting last-man-up runs or other nonstandard runs will keep their entire formation on the right side of the road.

b. Single runners will also run on the right side of the road on closed running routes to include Soldiers taking the Army Physical Fitness Test (APFT). Individual runners will run against the flow of traffic on open roads to ensure they are aware of oncoming traffic. It is recommended that all runners run on the sidewalks when sidewalks are available on open traffic roads.

c. Walking Soldiers will walk on the sidewalk and in a single file to keep the roads/paths clear. If no sidewalk is available, walkers will remain on the right side of the road on closed routes and walk on the left side of the road on open roads to ensure they are aware of oncoming traffic.

d. Units will not block the roads or sidewalks for warming up, strength training or stretching. Units will move their formations off the roads or sidewalks to ensure other Soldiers or units are able to move freely throughout the road and sidewalks.

9. Failure to comply with the provisions of this policy letter may result in adverse administrative or punitive action to include the Uniform Code of Military Justice for service members, and civilian misconduct proceedings for other affiliated personnel.