



417th Base Support Battalion *Commander's Policy*

Policy Number: 3-5

Proponent: AETV-WG-WO

Date: 1 October 2004

SUBJECT: Off-post Physical Training

1. REFERENCES:

- a. USAREUR Message #040792, 201015Z Jul 04, Coordinating Off-post Physical Training.
- b. 98th ASG E-mail, IMA-E O-04-41 PT ROUTES & QUIET HOURS, dated 3 August 2004.
- c. 417th BSB Policy letter 10-07 Quiet Hours.

2. PURPOSE: To ensure that unit commanders and leaders are aware of the local rules governing quiet hours (see reference c.) and establish their off-post PT programs to be in compliance with these rules. To make sure off-post PT is conducted in a safe manner and in a way that does not hinder local national traffic. To demonstrate US resolve to be good citizens in our local communities.

3. SCOPE: Applies to all units/Soldiers conducting PT in the 417th BSB community.

4. POLICY:

- a. Units are required to coordinate with the 417th BSB S-3 prior to conducting any off-post physical training.
- b. Prohibitions and restrictions for conducting PT off-post:
 - (1) During weekly PT, running formations are limited to squad size (no more than 12 soldiers). They will be in a **single column formation** (not blocking sidewalk traffic).
 - (2) Soldiers must wear reflective belts/vests during periods of limited visibility.
 - (3) The soldiers must run on the sidewalk or trails.
 - (4) There will be **no cadence calling** whatsoever once off-post.
 - (5) Road guards are **not authorized to block traffic**; formations and individual runners must wait at lights for a green pedestrian crossing signal before entering the road crosswalk.

AETV-WG-W

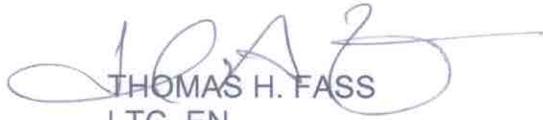
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(6) Each soldier is required to carry their own ID card on their person. Individual ID cards are required to regain entry onto the installation.

(7) Soldiers can wear the PT uniform while running in PT formations, however, on weekends and non-PT hours it is highly encouraged that Soldiers wear civilian PT clothes.

(8) Authorized running areas for unit PT are available at Area Support Team (AST) or Installation Coordinator (IC) and also at the 417th BSB S-, Harvey Barracks, Bldg 109.

5. PROPONENT: 417th BSB S-3, DSN 355-1530.


THOMAS H. FASS
LTC, EN
Commanding