



DEPARTMENT OF THE ARMY
Headquarters and Headquarters Company,
1st Signal Brigade (NETCOM/9th SC(A))
UNIT #15271
APO AP 96205-5271

REPLY TO
ATTENTION OF:

NETC-SKC

MEMORANDUM FOR 1st Signal Brigade Assigned Soldiers

SUBJECT: 1st Signal Brigade Command Policy Letter 16 – Physical Readiness Training

1. References:

- a. Army Regulation (AR) 350-1, Army Training and Leader Development, 18 December 2009.
- b. Army Regulation 385-10, The Army Safety Program, 27 August 2007 (incorporating Rapid Action Revision 14 June 2010).
- c. Army Regulation 600-9, The Army Weight Control Program, 27 November 2006.
- d. Training Circular (TC) 3-22.20 Army Physical Readiness Training, 20 August 2010.
- e. 8th Army Command Policy Letter #39, Standardized Duty Day.

2. Purpose. To provide guidance and establish policy for Physical Fitness and Training for Soldiers assigned to 1st Signal Brigade.

3. Background. This physical readiness training policy applies to all units assigned to 1st Signal Brigade. Physical Readiness Training (PRT) provides a foundation for combat readiness and must be an integral part of every Soldier's daily life. Unit readiness begins with the physical fitness of Soldiers, the non-commissioned officers (NCOs) and officers who lead them. Leaders at all levels must participate along with their Soldiers in the conduct of this training. Leader presence and supervision ensures that the Army standards are met, that the training is conducted safely and that the leader can evaluate the fitness level of their unit.

4. Discussion

a. Commanders or senior military supervisors will establish physical readiness training programs consistent with TC 3-22.20, Army Physical Readiness Training (APRT) and unit missions. Exercise periods will be conducted with sufficient intensity, frequency, and duration to maintain adequate cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition.

b. Soldiers must meet the physical fitness standards (as measured during the Army physical fitness test (APFT) set forth in TC 3-22.20. Soldiers who are unable to meet these standards or the mission-related physical fitness standards required of their duty assignment may be subject to administrative action.

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c. Physical Fitness is a critical component of the dimensions of Comprehensive Soldier Fitness. Physical Fitness remains a central pillar of Soldier readiness in 1st Signal Brigade. All Soldiers have a duty to remain physically fit and capable of performing their mission under adverse conditions. Most units are diverse in physical readiness levels due to injuries, illnesses, deployments, and new Soldiers. This diversity may affect the number of APFT and unit physical readiness standard failures. Over time, a solid PRT program allows Soldiers to achieve the individual and unit standards. Performing high-quality training once per day is a better approach than conducting additional high-volume training that could lead to overuse injuries. Additional reinforcement training, if determined appropriate by the commander, will focus solely on correcting identified weaknesses and sustaining strengths. Additional reinforcement training will not be used to punish a Soldier or for any other purpose not directly related on correcting identified weaknesses and/or sustaining strengths.

d. Units will establish a special population PRT program. Physical training for pregnant Soldiers and Soldiers on profiles (Special Populations PT) are integral to maintaining a fit-to-fight force. Soldiers with temporary or permanent physical limitations are expected to remain fit using techniques that prevent further injury to themselves while building their aerobic and anaerobic capacity. Commanders have a responsibility to ensure resources of time, adequate facilities, and appropriate instruction and oversight are available to adequately accommodate the fitness needs of physically limited Soldiers. Special conditioning programs will be conducted in accordance with Part Two of Chapter 6 of TC 3-22.20. Soldiers on temporary or permanent physical profile will be evaluated and may be assigned to the battalion reconditioning program. Unit senior NCOs will coordinate with the reconditioning program leader (RPL) for all matters concerning Soldiers in the reconditioning program.

(1) Soldiers with permanent profiles that do not allow them to meet all reconditioning exit criteria may return to unit PRT once they demonstrate proficiency at all non-profiled activities. For example, a Soldier whose permanent profile only prohibits running would not be in the reconditioning program. Rather, he would do PRT with the unit and perform all activities except running. The Soldier in this example would walk or use endurance training machines when PRT activities call for sustained or speed running.

(2) When a permanent profile is so restrictive that the Soldier is unable to perform several PRT activities, the commander may direct the Soldier to the reconditioning program. This scenario is more likely to occur with Soldiers who are awaiting medical boarding procedures. For less clearly defined cases, the commander can solicit input from qualified medical personnel.

(3) The application of reconditioning PRT will progressively return Soldiers with medical profiles to the unit. It also allows them to train with the unit whenever possible, within the limits of their profiles.

e. Soldiers who are not in compliance with applicable weight limitations as specified in Tables 3-1 and 3-2 of AR 600-9, need not perform PRT with a special group. Instead, they should participate in unit PRT and continue to train with their units; however, they may be required to perform supplemental PRT, plus education on diet and exercise (Chapter 6, TC 3-22.20 and AR 600-9). The focus of supplemental PRT sessions for overweight Soldiers is on

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low-impact activities and resistance training to achieve caloric expenditure, build lean muscle mass, and promote optimal fat loss. Leaders synchronize additional resistance training activities with strength and mobility sessions conducted during unit PRT. These additional training sessions should focus on total body strength development.

f. Pregnancy and Postpartum Physical Training (PPPT) Programs will be re-energized in order to insure women are afforded a quality program to meet their needs in the various stages of pregnancy and recovery. The purpose of the Pregnancy/Postpartum Physical Training Program is to provide the senior commander with a standardized physical training (PT) and education program for pregnant and postpartum Soldiers and to train local PPPT Program personnel in pregnancy and postpartum fitness. Programs will be conducted at least three times a week during organized PT times. Enrollment is mandatory once Soldiers are cleared through the normal pregnancy profiling system. Physical training in pregnancy is accompanied by a myriad of benefits to the individual and unit that ultimately return to duty quicker, meet APFT and Height/Weight standards faster, reduce sick call visits, increase mission readiness, and improve attitude and overall retention. A quality, well attended pregnancy/post partum PT program maintains aerobic fitness, retains less pregnancy weight, prevents unwanted body fat gain, promotes a more rapid recovery from the birth process, reduces physical complaints during pregnancy and in recovery, effects a faster return to required physical fitness levels, imparts huge psychological benefits to include better adaptation to the challenges of motherhood, and positively affects labor and delivery through fewer medical interventions such as operative deliveries, shorter active labor, reduced premature delivery, and reduced hospital stays.

g. Battalions shall establish daily PRT hours in coordination with each installation. At the Yongsan Installations, the standard PRT hours are 0600 to 0700. Physical Readiness Training will be conducted 5 days a week, and PRT conducted outside of the standard hours must have prior approval from the Brigade Commander.

h. Units are not authorized to conduct sport activities that are not outline in Training Circular (TC) 3-22.20 Army Physical Readiness Training

i. During designated PRT hours Soldiers will wear the Army Improved Physical Fitness Uniform/Army Combat Uniform (IPFU/ACU) with light weight reflective vest with two horizontal reflective strips displaying Name, Rank, and unit (battalion level and above) in 1 inch block letters on the front and back, regardless of time of day. The uniform from 1 October to 1 April is the Army Winter IPFU or ACU with appropriate cold weather gear at the discretion of the unit commander. The uniform from 2 April to 30 September is the Summer IPFU or ACU. The commander or leader in charge will prescribe the specific uniform for each PRT session based on mission, Soldier acclimatization, and weather conditions.

j. Individuals conducting personal PT (running, jogging, biking, rollerblading, etc.) during **non-PRT hours**, may wear appropriate civilian attire, with reflective belt or vest (mandatory during hours of darkness or reduced visibility). Reflective belts will be worn around the waist or shoulder. Soldiers on leave/pass status on our installations may also wear appropriate civilian attire.

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k. Leaders at all levels must ensure the safe conduct of PRT and running in formation off post is only authorized after coordination with through brigade with local authorities and traffic flow must not be impeded.

5. Proponent. The proponent for this policy is 1st Signal Brigade S-3. The point of contact is SGM Rushin, Earl at earl.rushin@korea.army.mil.



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