



PRFTA Pam 600-1

BASIC STANDARDS Of PARKS RESERVE FORCES TRAINING AREA




15 OCT 2012

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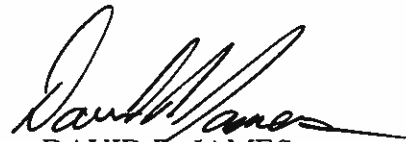
MEMORANDUM FOR ALL US Army Parks Reserve Forces Training Area

SUBJECT: Parks RFTA Standards PRFTA Pam 600-1

1. The primary goal of the Parks Reserve Forces Training Area Pamphlet 600-1(The Blue Book) is to guide and reinforce the high standards of conduct and appearance of all Soldiers. We are a highly disciplined fighting force. We must maintain our vigilance at all times.
2. These standards do not represent all the regulatory guidance governing individual Soldiers. They highlight certain items found in Army Regulations and the standards applicable to Parks Reserve Forces Training Area.
3. Navy, Marine, Air Force, and Coast Guard personnel are expected to adhere to their service regulations concerning conduct and standards.
4. Compliance with these standards is basic to the discipline of all our Soldiers. It is important that each has pride in one's self and the unit. We appreciate your dedication and support of our fighting force.



PATRICK M. MCKIE
CSM, USA
Garrison Command Sergeant Major



DAVID R. JAMES
LTC, LG
Commanding

Headquarters, Parks Reserve Forces Training Area
Dublin, California 94568-5201
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BASIC STANDARDS OF
Parks Reserve Forces Training Area

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SOLDIER'S CREED

I am an American Soldier.

I am a Warrior and a member of a team.

I serve the people of the United States and live the Army Values. *I will always place the mission first. I will never accept defeat. I will never quit. I will never leave a fallen comrade.* I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.



ARMY VALUES

Loyalty: Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other Soldiers.

Duty: Fulfill your obligations.

Respect: Treat people as they should be treated.

Selfless-Service: Put the welfare of the nation, the Army, and your subordinates before your own.

Honor: Live up to all the Army values.

Integrity: Do what's right, legally and morally.

Personal Courage: Face fear, danger, or adversity (Physical or Moral).



THE ARMY SONG

**First to fight for the right,
And to build the Nation's might,
And the Army goes rolling along.
Proud of all we have done,
Fighting 'till the battle's won,
And the Army goes rolling along.
Then it's Hi! Hi! Hey!
The Army's on its way.
Count off the cadence loud and strong!
For where're we go,
You will always know
That the Army goes rolling along.**

*****All Soldiers assigned or attached to PRFTA will learn the Army song, stand at Attention when it is played, and sing the song.**



1. BASIC APPEARANCE

a. Male Haircuts. Male Soldiers will abide by Army haircut standards in accordance with AR 670-1. Although AR 670-1 provides minimal standards, Soldiers assigned to PRFTA will always strive to live by the highest of standards.

(1) Hair on top of the head will be kept neatly groomed. The length and/or bulk of the hair will not be excessive or present a ragged or extreme appearance. Hair will present a tapered appearance and, when combed, will not fall over the ears or eyebrows or touch the collar except for the closely cut hair at the back of the neck. In cases, the bulk or length of hair will not interfere with normal wear of headgear or Protective masks. Fad haircuts are not authorized. Wigs may be used to cover baldness or disfigurement as long as the hairpiece is of natural hair color and the style and length conforming to appearance standards.

(2) Sideburns will be neatly trimmed. The base will not be flared and will present a clean-shaven, horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening. Sideburns will not present a faddish appearance.

(3) The face will be clean-shaven on or off duty. Mustaches will be kept neatly trimmed, tapered, and tidy and will not present a chopped-off appearance. No portion of the mustache will cover the upper lip line or extend below or horizontally beyond the corners of the mouth. Handlebar mustaches, goatees, and beards are not authorized. If appropriate medical authority prescribes beard growth, the length required for medical treatment will also be specified, i.e., a neatly trimmed beard is authorized. The length will not exceed $\frac{1}{4}$ inch. The Soldier will carry a copy of the beard profile at all times.

b. Female Hair. Female Soldiers will wear their hair in accordance with AR 670-1. Hair will be neatly groomed and the length/bulk of the hair will not be excessive or present a ragged, unkempt, or extreme appearance. No faddish design i.e., zigzag, cross stitch, or any type of patterns weaved into hair. Hair will not fall over the eyebrows or extend below the bottom edge of the collar. The hairstyle will not interfere with the proper wearing of military headgear or protective masks. A hairnet will not be worn unless required for health or safety reasons. The commander may require its wear at no cost to the Soldier. Wigs of natural hair color may be worn as long as the style and length conform to appearance standards. Cornrows, braids, and micro braids may be worn as long as the hair is not bulky and does not interfere with the proper wear of headgear and protective masks. Dreadlocks are prohibited in uniform or in civilian clothes on duty. Hair holding ornaments (barrettes, pins, clips) must be transparent or match the hair color and will be inconspicuously placed. Commanders reserve the final judgment.

c. Cosmetics. As with hairstyles, the requirement for standards regarding cosmetics is necessary to maintain uniformity and to avoid an extreme or unmilitary appearance. Males are prohibited from wearing cosmetics, to include nail polish. Females are authorized to wear cosmetics with all uniforms, provided they are applied conservatively and in good taste and complement the uniform. Leaders at all levels must exercise good judgment in the enforcement of this policy. Females may wear cosmetics if they are conservative and complement the uniform and their complexion. Eccentric, exaggerated, or trendy cosmetic styles and colors, to include makeup de-

signed to cover tattoos, are inappropriate with the uniform and are prohibited. Permanent makeup, such as eyebrow or eyeliner, is authorized as long as the makeup conforms to the standards outlined above. Lipstick and nail polish may be worn with all uniforms if conservative in color. Extreme shades of lipstick and nail polish; such as purple, gold, blue, white, bright (fire engine) red, and fluorescent will not be worn (these colors are not all inclusive). Soldiers will not apply designs to nails or apply two tone or multi-tone colors to nails. The determining factor is if the color detracts from the uniform's appearance.

d. Fingernails. All personnel will keep fingernails clean and neatly trimmed. Males will keep nails trimmed so as not to extend beyond the fingertip. Females will not exceed a nail length of 1/4 inch, as measured from the tip of the finger. Females will trim nails shorter if the commander determines that the longer length detracts from the military image, presents a safety concern, or interferes with the performance of duties.

e. Jewelry.

(1) No jewelry, watch chains, or similar civilian items will appear exposed on the uniform. This includes the attachment of snap links and key rings on the belt or belt loops. A wristwatch, identification bracelet, and a total of two rings (a wedding set is considered one ring) with Army Uniforms, unless prohibited by the Commander for safety or health reasons. Jewelry worn by Soldiers must be conservative and in good taste. ID bracelets are limited to the following: Medical Alert Bracelets, MIA, POW, and KIA (black or silver in color only) bracelets. Soldiers are only authorized to wear one item on each wrist. Support bracelets (colored plastic) and braided 550 cord bracelets are considered faddish in nature and therefore prohibited. The wearing of a fad device, vogue medallion, personal talisman, or amulet when in duty uniform or on duty is not authorized.

(2) Soldiers may wear a religious item on a civilian-style necklace or neck chain while in military uniform as explained in AR 670-1 paragraph 1-7. Such religious jewelry, however, must not be visible or apparent when worn with the utility, service, dress, or mess uniforms. When worn with the physical fitness uniform, the item should be no more visible than identification (ID) tags would be in the same uniform. The width of chains worn with religious items should be approximately the same size as the width of the ID tag chain. This policy does not affect the requirement that Soldiers wear identification tags and security badges around the neck when required by applicable regulations. The preferred method is to attach a neat and conservative religious symbol or religious medallion to the standard military identification tag chain.

f. Tattoos. Tattoos that are not extremist, indecent, sexist or racist are allowed on the hands and neck. Initial entry determinations will be made according to current guidance. Tattoos on other areas of the body that are extremist or prejudicial to good order and discipline, racist, sexist, vulgar, or profane are prohibited. Additionally, any type of tattoo or brand visible while wearing a Class A uniform that detracts from a Soldierly appearance is prohibited. The medical command is prepared to assist in removal of these types of tattoos or brands that do not comply with this policy. (Check for any ALARACTS on the following website for the latest changes or additions to the uniform policies: <http://www.army1.army.mil/hr/Uniform/default.asp>.)

g. Mouth Jewelry. Removable tooth/teeth caps are not authorized and are prohibited for wear in or out of uniform on the installation. This type of jewelry is commonly the gold or silver caps or plates worn on the upper and lower front teeth and has not been required or issued for wear by an Army or contracted dentist or orthodontist.

2. WEAR AND APPEARANCE STANDARDS

a. The uniform identifies Soldiers as members of the United States Army stationed at PRFTA. The uniform will be worn with pride.

b. Mixed Uniforms. The black overcoat/raincoat, black windbreaker, black pullover sweater, black/foilage green fleece (no nametapes or rank), and the Gortex jackets (no nametapes or rank) may be worn with civilian clothes when insignia of grade is removed.

c. Soldiers will ensure that articles in pockets, e.g., headgear, wallets, checkbooks, combs, keys, pens, etc., do not protrude from the pocket or present a bulky appearance. Items such as keys and key chains will not be attached to belt loops or belts unless required for duties being performed, e.g., armorer. While in uniform, Soldiers will not place their hands in their pockets except to place or retrieve objects. Soldiers may affix a personal cell phone or pager to their belts. Knives/Multi K tools (such as the Leatherman) are allowed; squad leaders will ensure knives are within Army and local regulation.

d. Electronic Devices. Soldiers are prohibited from operating a motor vehicle while using a cellular telephone, unless they are using a hands-free cell phone device e.g., Bluetooth ear device, speaker cell phone, etc. Soldiers will not use cell phones, Bluetooth ear devices, or speaker phones while walking outdoors in any duty uniform (on or off post). If on a cell phone in any type of walkway or outside a building, Soldiers will render the appropriate courtesies, e.g., greeting or salute. IPODs or head phones will not be worn in any uniform.

e. Cellular Telephones. It is prohibited to operate a motor vehicle while using a cellular telephone, unless you are using a hands-free cell phone device i.e., speaker phone, blue tooth device, etc. It is prohibited to use any other personal electronic device while operating a motor vehicle. Soldiers will not use any earpiece devices while walking outdoors or indoors in any duty uniform on or off post. Personal electronic device (cell phone) use in the workplace is authorized while on duty. Soldiers will not use these devices in the field unless issued and authorized by the unit. Cell phone will not be attached to the PT uniform nor be worn during PT at any time.

3. WEAR AND APPEARANCE OF ACU

a. Wear of the Army uniform is outlined in AR 670-1. This paragraph provides a summary of the basic uniform requirements set forth in the regulation. Possession of uniforms is mandatory by Army regulations.

b. The Army Combat Uniform (ACU) will serve as the Garrison and Field uniform for Soldiers assigned to PRFTA.

(1) The ACU is a wash and wear, no iron, no starch uniform. Soldiers will not iron or starch the ACU.

(2) Combat and Special Skill Badges will be pinned or sewn on when worn. All items will be worn IAW AR 670-1.

(3) All Soldiers will wear the approved ACU Combat Boot or as an option, commercial tan combat boots that meet Army specification. Soldiers may wear commercial boots of a design similar to that of the army combat boot (tan), 8 to 10 inches in height as authorized by the commander. The boots must be made of tan rough side out cattle hide leather and have a tan, rubber

outsole. Soldiers may wear optional boots in lieu of the standard issue army combat boots (tan) - hot weather and temperate weather; however, they do not replace issue boots as a mandatory possession item. Boots with zippers or sneaker-type construction are not authorized to be worn with the ACU. Optional boots are not authorized for wear when the commander issues and prescribes standard organizational footwear for safety or environmental reasons (such as insulated boots or safety shoes).

(4) Sleeves will be worn down at all times. The sleeve cuffs on the ACU coat are not authorized to be rolled inside the ACU coat.

(5) The foliage green T-shirt is a standard 100 percent cotton shirt authorized for wear by those Soldiers in jobs that have an associated flame risk or hazard. The foliage green T-shirt is required to support those individuals in MOS fields that cannot wear the light tan moisture-wicking T-shirt, to include fuel handlers and others who handle hazardous materials. This immediately allows leaders at all levels the ability to visually ensure their Soldiers are wearing the correct garment during required times. This wear policy will not prevent Soldiers from wearing the sand colored moisture wicking T-shirt with the army combat uniform (ACU), but it will allow those Soldiers who have an associated flame risk in their job to have alternative wear when appropriate.

(6) The ACU is designed to be a loose fitting uniform and may not be altered or tailored. Trousers will be bloused, using the draw cords or blousing rubbers if trousers are not tucked into the boots. Trousers legs will not be wrapped around the leg presenting a pegged appearance. When blousing outside the boots, the blouse will not exceed the third eyelet from the top of the boot. Pockets will be fastened and secured at all times.

(7) In garrison and non-tactical training, the full color U.S. Flag Replica will be affixed to the right shoulder above any other shoulder Sleeve Insignias. IR U.S Flag Replicas will not be worn.

(8) The ACU coat is not authorized for removal during hot weather, work details, or office work. The ACU shirt protects Soldiers from the sun and is designed to provide adequate cooling.

(9) During field or tactical training, the Army Combat Shirt (ACS) may be worn in lieu of the ACU jacket. The ACS will not be worn outside the unit area, ranges and training areas.

(10) The tan t-shirt will not be worn as an outer garment with civilian clothes.

c. Identification (ID) tags will always be worn around the neck when in duty uniform and PT uniforms.

d. Security Identification badges. In restricted areas, commanders may prescribe the wear of security ID badges IAW AR 600-8-14. Personnel will not wear security ID badges outside the Bldg. for which they are required. Personnel will not hang other items from the security badge.

e. Duty uniform is the ACU. While off post in any type of establishment, the duty uniform, if worn, will be complete, neat, and present a sharp Soldierly appearance.

f. Headgear.

(1) The Patrol Cap. The Patrol Cap is the authorized headgear for wear with the normal duty uniform for all Soldiers assigned/attached to PRFTA unless you are authorized to wear the green, tan, maroon beret or other assigned headgear. Personnel wear the patrol cap straight on the head so that the cap band creates a straight line around the head, parallel to the ground. The patrol cap will fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. The cap is worn so that no hair is visible on the forehead beneath the cap. Commissioned and warrant officers will wear subdued grade insignia on the patrol cap in garrison environments; chaplains wear non-subdued branch insignia. —Cat-Eyes will not be placed on the ACU Patrol Cap.

(2) The Beret. The beret will be worn for special events when authorized by the unit commander. These events include but are not limited to parades or changes of command/ authority. The beret will be worn with the edge binding one inch above the eyebrows and straight across the forehead. The excess material will be pulled down between the top and middle of right ear.

(3) The ACU Sun (Boonie) Hat is a deployment headgear and will not be worn on PRFTA.

g. The tan belt with the black open-faced buckle is the only authorized belt worn with ACU and other field uniforms.

h. The following nonstandard items will continue to be worn as indicated:

(1) Coveralls are protective clothes and, if prescribed by unit standing operating procedures, will be worn in the work areas only.

(2) Sunglasses or tinted lenses will not be worn in formation or indoors unless prescribed for indoor wear. A formation, for the purpose of this publication, is an arrangement of personnel in a prescribed manner. Personnel will not wear lenses or frames that are so large or so small that they distract from the appearance of the uniform. Personnel will not attach chains, bands, or ribbons to sunglasses or eyeglasses, unless authorized for wear when required for safety purposes while in garrison. Conservative prescription and nonprescription sunglasses are authorized for wear when in a garrison environment, except when in formation and while indoors, unless on profile due to eye surgery.

(3) Assault Pack style commercial rucksacks, may be worn over both shoulders while in uniform. Soldiers may carry civilian gym bags, civilian rucksacks, or other similar civilian bags while in uniform. Soldiers may carry these bags by hand, on one shoulder using a shoulder strap, or over both shoulders using both shoulder straps. If a Soldier opts to carry a bag over one shoulder, the bag must be carried on the same side of the body as the shoulder strap; therefore, Soldiers may not carry a bag slung across the body with the strap over the opposite shoulder. All commercial non- issued items worn over the shoulders must be black, ACU pattern, or foliage green. Authorized Logos include: Army agency/organization seals, insignias, crests, etc.

(4) Hydration Systems: The camelback may be worn with the physical fitness and duty uniforms when authorized by the Commander. The Hydration System (i.e. Camelback) will be worn as prescribed in AR 670-1, para 3-6g. That is, it will be worn over both shoulders and will not let the drinking tube hang from their mouths when the system is not in use.

(5) Soldiers are authorized to wear the ACU during commercial travel both CONUS and OCONUS. Soldiers will not wear the ACU in off-post establishments that primarily sell alcohol. If the off-post establishment sells alcohol and food, Soldier may not wear the ACU if the activities in the establishment center on drinking alcohol. Alcohol consumption in the ACU uniform off post is forbidden.

i. When in uniform, Soldiers are not authorized to walk with a cigarette, cigar, or tobacco pipe in their mouth or hand. Smoking is authorized in designated smoking areas.

4. PHYSICAL TRAINING UNIFORM

Unit distinctive T-shirts and sweat shirts are not authorized for individual wear. When conducting PT in formation, Unit Commanders may authorize a distinctive T-shirt. No Soldier will be required to purchase a unit distinctive T-shirt. All military personnel on PRFTA will wear a reflective belt during physical training (outdoors) and when wearing the IPFU. This will ensure the safety and accountability of Soldiers. All PRFTA residents to include civilians are required to wear a reflective safety belt when running the roadways of PRFTA. During garrison duty and operations, headphones of any type will not be worn with the IPFU.

a. Warm Weather. The warm weather physical fitness uniform consists of the summer IPFU, reflective belt worn around the waist, running shoes, and white socks with no Logo's. The shirt will be tucked into the shorts. The white socks must extend beyond the ankle bone.

b. Cold Weather. The cold weather physical fitness uniform will consist of the Army winter IPFU, reflective belt worn over the right shoulder, running shoes, white socks, and green watch/fleece cap. Unit leader may adjust may adjust the uniform based on the weather, but must maintain uniformity. Combinations of the uniform may be worn to maximize attainment of strenuous PT while keeping uniform integrity. **Note: Reflective Belt must be worn over the shoulder from right shoulder to left hip any time the PT jacket or sweat top-non standard is worn during physical training.

c. Soldiers may wear commercially purchased items such as spandex biking shorts or equivalent with the IPFU. The biking shorts or equivalent will not extend below the knee and must be black and cannot bear any visible markings or patterns.

d. As per AR 670-1, the IPFU may be worn on and off duty both on and off the military installation. Soldiers may wear all or part of the IPFU off post, such as for quick stops at the store such as getting gas, five minute pickup of food, etc, but not one hour shopping sprees. IPFU is NOT appropriate wear to restaurants, shopping malls, or movies. Standards of wear and appearance specified in AR 670-1, paragraph 1-7, will apply at all times.

5. WINTER UNIFORM

a. Gortex/ECWCS jacket and trousers are the standard outer garments worn with the duty uniform. Black leather or black/green NOMEX gloves may be worn with the Gortex/ECWCS at the Commanders discretion. Soldiers will wear insignia of rank or a cloth loop insignia of rank, over the front tab of the jacket. The Gortex jacket is required to have the name sewn on the small pocket flap of the left shoulder sleeve. Nametapes will be 3½ inches long and ½ inch wide, with ¼ inch block lettering. The Foliage Green micro-fleece jacket is authorized for wear. Proper name, US Army Tapes and rank will be worn.

b. The watch cap, the foliage green micro-fleece cap, the neck gaiter, or the balaclava may be worn under the helmet when conducting tactical training as directed by the unit commander. During extreme cold weather, Soldiers exposed to those conditions for an extended period may wear the foliage green micro-fleece cap as an outer headgear at the Unit leader's discretion.

c. Jackets will be removed when entering a building.

6. OFF-DUTY APPEARANCE

a. Civilian clothing must be in good taste, i.e. Soldiers should not go off post with their shirt off or unbuttoned down the front without a T-shirt. Sagging or wearing trousers or shorts where underwear becomes visible is not in good taste and appropriate for Army personnel. Items intended as undergarments are not acceptable as outer garments in public places. Clothing that is excessively dirty or contains holes, is torn, or is adorned with vulgar and obscene slogans or designs are prohibited.

b. Civilian clothes that Soldiers choose for off-duty wear should be in good taste and appropriate for the occasion.

c. Swim wear is inappropriate beyond the confines of a swimming area and the immediate quarter's area.

d. Soldiers will maintain a good military appearance while on leave/pass.

e. Male Soldiers will not wear earrings on or off duty while on PRFTA or any Army installation or other place under Army control. When on any Army installation or other places under Army control, Soldiers may not attach, affix, or display objects, articles, jewelry, or ornamentation to or through the skin while in uniform; in civilian clothes on duty or in civilian clothes off duty (this includes earrings for male Soldiers).

7. GENERAL INFORMATION

Courtesy is respect for and consideration of others. In the Army, various forms of courtesy have become customary and traditional. It is important to render these courtesies correctly.

a. The Retreat and Reveille Ceremony. Retreat and reveille ceremonies are old military traditions. They symbolize the respect Soldiers and citizens give to the National flag and to the country. Retreat is in two distinctive parts: the bugle call "Retreat", followed by the bugle call "To the Colors" or, if a band is available, the National Anthem.

(1) When outside (not in formation) and "Retreat" is heard, Soldiers will face toward the flag and assume the position of Attention. During "To the Colors" or the National Anthem, Soldiers will remain at the position of Attention, and render the hand salute, or place their right hand over their heart (hats will be removed) if not in uniform. If in a vehicle and the retreat or reveille is heard, the Soldier will depart the vehicle and render the proper military courtesy. During retreat ceremonies, all vehicles will stop. Occupants will dismount and render proper courtesy. If on a bus or truck, the senior occupant will dismount and render proper courtesy. Patriotic civilians will stop and place their right hand over their hearts. Soldiers in civilian clothes are authorized to salute.

(2) During an inside ceremony (not in formation), Soldiers will stand at Attention but will not salute unless they are under arms and have on the proper military headgear.

b. Vehicles will not display any stickers, decals, ornaments, etc. which are offensive or sexually explicit. To avoid distracting other drivers and reduce the likelihood of accidents, the display of offensive bumper stickers, windows signs or other markings, items or accessories on or in a motor vehicle which are visible to other drivers is prohibited. The privilege to operate a vehicle on this installation is reserved for persons of maturity, responsibility, sobriety, and to those who show good judgment.

c. Personally Owned Weapons. No Soldier may possess or bring a personally owned weapon on PRFTA unless it's properly registered with the Provost Marshal's Office. At no time will personally owned weapons be at training sites or in barracks rooms.

8. SAFETY

Performing to standard is one of the key steps in preventing accidents; however, each leader must be aware that written standards may not exist for every task. High risk tasks must be identified and reviewed to ensure that adequate standards exist and that unnecessary risks are eliminated. It is the leader's responsibility to ensure standards are enforced and unnecessary risks are not taken.

a. General Requirements.

(1) Soldiers will not operate Army Motor Vehicles unless properly licensed. Army motor vehicle sustainment and refresher training is the key to accident prevention.

(2) Soldiers and Leaders will ensure that vehicle operations are conducted IAW established standards, as applicable, to include use of ground guides, convoy briefings, use of assistant drivers, adherence to local highway rules and laws.

(3) Seat belts will be worn at all times in Army Motor Vehicles. Equipment worn will be adjusted in order to accommodate use of the installed seatbelt system.

b. POV and Motorcycle accidents are the number one cause of fatalities among Soldiers in the Army today and, as such, warrant specific attention. Seatbelts will be worn in POVs at all times, on and off post.

c. Soldiers are responsible for knowing, understanding, and complying with the rules of the road, and operating a vehicle safely in consideration of other motorists and pedestrians.

d. Never allow passengers to travel in the back of privately owned trucks or sport utility vehicles or non-tactical military vehicles unless they wear a manufacturer-installed safety belt.

e. Motorcycle riders must attend a basic or experienced rider's course.

f. PRFTA Policy # 44 covers specific PPE requirements.