



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
PARKS RESERVE FORCES TRAINING AREA
BUILDING 620, 6TH STREET
DUBLIN, CA 94568-5201

IMPR-PL

16 April 2012

MEMORANDUM FOR ALL Parks Reserve Forces Training Area Civilian and Military Personnel

SUBJECT: PRFTA Policy #11, Formation and Individual Physical Training Activities

1. REFERENCES.

- a. DOD Instruction 6055.4, DOD Traffic Safety Program, 20 April 2009.
- b. DOD Directive 6055.4, 20 April 2009.
- c. AR 385-10, The Army Safety Program, 7 November 2008.
- d. AR 190-5, Motor Vehicle Traffic Supervision, 22 May 2006.
- e. DA Pam 385-10, The Army Safety Program, 23 May 2008.

2. PURPOSE. To provide guidance to the Parks Reserve Forces Training Area (PRFTA) Soldiers and Civilians on Formation and Individual Physical Training.

3. APPLICABILITY. These procedures are applicable to all Civilians and military personnel assigned to and or under the operational control of PRFTA.

4. POLICY.

a. All persons engaged in physical training activities must remain alert to vehicular traffic and observe the basic rules to ensure the safety of both driver and pedestrian. At all times, runners, joggers, walkers, and drivers must be safety conscious and share the road. When in doubt, yield.

b. Use of portable headphones, earphones, cellular phones, iPods, or other listening and entertainment devices (other than hearing aids) while walking, jogging, running, skating or bicycling on roadways is prohibited.

c. Persons walking running or jogging are to use paths or sidewalks along the roadways when available. Individuals walking, running or jogging must face approaching vehicular traffic when paths or sidewalks are not available.


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d. Individuals engaged in physical training will wear a reflective outer garment. Reflective outer garments are defined as a vest, or a reflective belt worn around the waist. Reflective outer garments 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, alone, are not sufficient. Reflective material must be worn over non-reflective jackets and backpacks. When in IPFU with jacket, the PT belt will be worn across the shoulder, and when in t-shirt it will be worn around the waist.

e. During organized physical training (formations), 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 (center side of roadway). All road guards, front and rear ranks will wear reflective vests, day or night.

5. PROPONENT. The Directorate of Plans, Training, Mobilizations, and Security is the proponent for this policy. POC is Richard Fielder at Richard.I.fielder.civ@mail.mil or at 925-875-4304 and PRFTA Garrison Safety Office at (925) 875-4681.


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LTC, LG
Commanding