DEPARTMENT OF THE ARMY
HEADQUARTERS, III CORPS AND FORT HOOD
1001 761ST TANK BATTALION AVENUE
FORT HOOD, TX 76544

REPLY TO
ATTENTION OF:

COMMAND POLICY
CG--03

JUL 1 1 2011

AFZF-CG

MEMORANDUM FOR All III Corps and Fort Hood Commanders and Leaders

SUBJECT: III Corps Physical Training (PT) Policy Directives- **Change 1**

1. PURPOSE. Outline Physical Training Uniform Standards and identify specific guidelines pertaining to the conduct of Physical Training.

2. APPLICABILITY. This policy applies to all Fort Hood units and tenant activities on Fort Hood.

3. INTENT. Physical fitness is the foundation of combat readiness and an integral part of every Soldier's life and is non-negotiable. Good PT programs build esprit de corps and provide leadership opportunities for junior leaders. It is both a command and individual responsibility to ensure that every Soldier is physically fit and prepared for the demanding rigors of combat.

4. CONDUCT.

a. Commanders must plan, resource, and lead a challenging Physical Fitness Program (PFP) that is focused on not only passing the Army Physical Fitness Test (APFT) but also on readying the Soldier for the stress of combat. It must be standards-based and include aerobic, strength and flexibility components of fitness, scheduled and resourced using the Digital Training Management System (DTMS).

b. Physical Training (PT) will be conducted Monday through Friday from 0630-0730 by all units and Soldiers assigned and attached to III Corps and Fort Hood. PT formations will not be held prior to 0630, unless a waiver is approved by the CG. Commanders will ensure meetings and appointments do not interfere with the conduct of PT; Garrison and Staff Directorates will schedule events during this time only by exception. The 0630 PT formation is the first accountability formation of the day and should be treated as such by the command. The approval authority for exempting a unit from PT will reside solely at the BDE or equivalent level of command or higher for approval. Individual PT is not authorized at any time during the PT hours; all Soldiers should be supervised by/with their individual chain of command including use of any of the Fort Hood Physical Fitness Centers. The CDR / CSM teams, at the BN level and higher, are the only authorized exception to the individual PT policy in order to facilitate supervision of their units.

c. Units will at all times comply with the wear of Improved Army Physical Fitness Uniform and required reflective belt as outlined in the Phantom Warrior Standard Book. Leaders in the rank of CPL – COL may wear subdued rank on the right side of the reflective belt fastener as worn. The solid yellow reflective belt is the only authorized reflective belt on the Fort Hood installation. Reflective vests are not to be used by individuals conducting PT as it is for use by road guards and other special duty personnel. According to ALARACT message 241/2011, there are a variety of minimalist running shoes available for purchase and wear. Effective immediately, only those shoes that accommodate all five toes in one compartment are authorized for wear. Those shoes that feature five separate, individual compartments for the toes, detract from a professional military image and are prohibited for wear with the IPFU or when conducting physical training in military formation. This change will be reflected in the next update of AR 670-1. Effective 13 June 2011, no civilian PT clothes are authorized for wear by

Soldiers in any Fort Hood Physical Fitness Facility during the PT hours (0500-0730) regardless of duty status. Earrings are not to be worn by any Soldier on or off duty while engaging in any contact sport (Football, Basketball, Softball, etc.) at any Fort Hood facility or court because of the inherent safety concern this represents.

d. Unit commanders will evaluate each Soldier's physical fitness. Commanders can administer as many Diagnostic APFTs as required to evaluate a Soldier's Physical fitness level. However, if a Soldier takes only two record APFTs in a 12-month period, at least 4 months will separate each record APFT.

e. Special conditioning programs are appropriate for Soldiers who have difficulty meeting unit goals or Army standards. Such programs will not be punitive; they must be designed to improve the fitness level of Soldiers. Commanders will ensure special population PT programs are executed within the confines of the standard duty day.

f. Foot marching is highly encouraged as a unit physical training activity. When conducting road-marches, all units will be in single file and facing traffic.

g. Organized sports are authorized as an acceptable form of PT to further enhance team-building and esprit de corps but only if it is well resourced, lead, and involves all members of the unit. It should be limited to a single day per week and no more than a couple occurrences over a month's period.

h. The Pregnancy Postpartum Physical Training (PPPT) Program assists pregnant and postpartum Soldiers in maintaining fitness throughout their pregnancy, and assists them in returning to pre-pregnancy fitness levels after pregnancy termination. Commanders must enroll pregnant Soldiers in the Installation Pregnancy Fitness Program and Soldiers are required to participate in the installation PPPT for the duration of the pregnancy up to 180 days past pregnancy termination. Postpartum Soldiers will be cleared by their Physician or Physician's Assistant prior to resuming physical fitness training or testing.

5. EXPIRATION. This policy memorandum supersedes memorandum dated 25 May 2011, and will remain in effect until superseded or rescinded.

DONALD M. CAMPBELL, JR.
Lieutenant General, USA
Commanding