

31 July 2002

## Military Personnel

### Physical Training Areas

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**Summary.** This regulation outlines policies and procedures for the training of U.S. Army Intelligence Center and Fort Huachuca (USAIC&FH) personnel.

**Applicability.** This regulation applies to all USAIC&FH and to all partner activities engaged in any activity, official or unofficial, while using training areas on Fort Huachuca.

**Supplementation.** Supplementation of this regulation is prohibited without prior approval from the proponent.

**Suggested improvements.** The proponent of this regulation is the U.S. Army Garrison Command Sergeant Major. Users may send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) through channels to Commander, U.S. Army Intelligence Center and Fort Huachuca, ATTN: ATZS-CDR, Fort Huachuca, AZ 85613-6000.

**AVAILABILITY.** This publication is available solely on the Fort Huachuca Homepage at <http://huachuca-www.army.mil>.

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\*This regulation supersedes U.S. Army Garrison Policy Memorandum, ATZS-CDR, 9 July 1998, subject: Physical Training (PT) Areas and Road Guard Instructions.

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**1. Purpose.**

This regulation delineates responsibility and procedures for the Apache Flats training area and delegates permanent unit responsibilities for physical training (PT) road guards and roadway barriers.

**2. References.**

Required and related publications and referenced forms are listed in appendix A. Prescribed and referenced publications and forms are available electronically. Fort Huachuca publications and forms are available at <http://huachuca-www.army.mil> and higher echelon publications and forms are available at <http://www.usapa.army.mil>.

**3. Explanation of abbreviations.**

Abbreviations are explained in the glossary.

**4. Responsibilities.**

a. The Installations G3 Operations Center will—

(1) Manage the Apache Flats training area. This includes scheduling routine use of the area for the purpose of conducting PT, PT testing, and special training events such as Common Task Training, use of the confidence course, unit activity days, etc. It is anticipated that most of the training conducted in these areas will be repetitive so blanket, long-term scheduling can suffice for this regular training. All special events training planned in the Apache Flats area must be scheduled before being placed on the unit training calendar to ensure conflicts do not arise and safety considerations are properly considered.

(2) Maintain the Confidence Course on Whitside Road.

(3) Maintain overall responsibility for Apache Flats Training Area.

(4) Designate unit responsibilities for permanent road guard posts and barrier emplacement.

(5) Serve as the point of contact with post agencies on all matters pertaining to PT road guards, road barriers, and training area vehicle passes.

(6) Review, update and staff any changes to this regulation.

(7) Provide each tasked organization a copy of this document.

(8) Periodically inspect road guards, road guard instructions, and roadway barriers to ensure compliance with above policy requirements.

(9) Maintain vehicle authorization passes for entrance to the Apache Flats Training Area during PT times.

a. Commander of the tasked units will:

(1) Provide a permanent road guard detail and/or ensure designated barriers are emplaced before PT hours and removed after PT hours as detailed at Figures 1 and 2.

(2) Ensure adequate supervision, safety equipment, communications and appropriate instructions are provided to each road guard and/or barrier placement detail.

(3) Ensure each road guard is in the correct uniform. Uniform for road guard duty is: BDU with soft cap, reflective vest; and flashlight. Appropriate cold/wet weather gear will on hand or worn, as required. When cold or wet weather gear is worn, the reflective vest will be worn over that gear.

(4) Report any problems, including descriptions of drivers and vehicles that refuse to comply with the road guard's instructions, to the G3 Operations Center, 3-6975.

b. Road Guard (posts 6-9) will:

(1) Ensure the safety of personnel performing PT by restricting traffic flow. The speed limit in the PT area is ten miles per hour, even when no soldiers are visible.

(2) Set up barriers not later than 0500 hours and take such devices down not earlier than 0730 hours.

- (3) Post themselves (or emplace barriers as designated on roadway) in a position that ensures positive control of all traffic approaching the area without standing in front of approaching traffic lanes. Do not sit in vehicle, military or privately owned, at any time while on road guard duty.
- (4) Read and understand these and their unit level instructions.
- (5) Park vehicles in a location that will not interfere with the flow of traffic or with runners.
- (6) Be courteous and professional at all times. Do not attempt to apprehend alleged violators. Record the license plate number and state (bumper number if a military vehicle), a description of the vehicle and the driver violating this regulation or endangering the safety of others.
- (7) Allow all emergency vehicles to proceed through the road block without delay. Non-emergency military vehicles may not proceed past a road guard or barrier point without a G-3 issued authorization pass.
- (8) Do not smoke, or use any other tobacco products during tour of duty.
- (9) Report all problems and issues to unit Non-Commissioned Officer (NCO) support channel or unit command channels and the G-3 Operations Center.

## **5. Physical Fitness Training Procedures.**

- a. Areas used for PT outside the Apache Flats area in the immediate proximity to the using unit's headquarters are that unit's responsibility.
- b. Apache Flats PT training area is defined as being encompassed by the following roads: Gatewood (also known as the Heritage Hill/Park area), Backer, Johnson, Whitside and Monitor Site Road, intersection and roadways (to include across Arizona to Stein). Map is at Figure 1.
- c. The Apache Flats PT training area is designated for physical fitness training Monday through Friday from 0500 to 0730 hours (with the exception of national and mutually observed U.S. Army Training and Doctrine Command (TRADOC) and U.S. Army Forces Command (FORSCOM) training holidays). This PT area will be used for unit and individual running and other physical training. During this period, it will be closed to all traffic, including vehicles, bicycles (see exception below), skateboards, and roller blades. The only exceptions are emergency vehicles from the health center, Military Police, or Fire Department; a trailing safety vehicle for battalion/brigade runs or road marches (Air Force is authorized to use a bicycle as a trail vehicle during all trainee runs), and vehicles with area driving passes issued by the Installation G-3 Operations Center.
- d. Units conducting the two-mile run portion of the physical fitness test are encouraged to do so on Tuesdays and Thursdays only, because of heavier running traffic on Monday, Wednesday, and Friday. There are two two-mile run courses in the Apache Flats Training Area. The first course

begins on Johnson Road, turns left onto Whitside, and turns right to finish on an improved dirt road opposite of Monitor Site Road. An unsecure PT Test route continues to Brainard Road and turns right. Another two-mile course referred to as the “Military Intelligence (MI) Village two-mile course” begins in the MI Village area at the intersection of Irwin and Stein and runs west one mile on Irwin then returns along the same route along Irwin. Units will provide their own road guards as necessary for each course. Unit PT runners should avoid interfering with testing individuals.

e. Units running on roadways outside of the Apache Flats PT area or the Military Intelligence (MI) Village areas as defined by the locations of road way barriers 1-5, and guard posts 6-9 must request approval as an exception to policy. Requests for exceptions to this policy will be submitted to the Installation G-3 Operations Center for consideration at least two weeks prior to proposed execution date. Units granted authorization to run outside these normal training areas will run no more than three abreast have at a minimum two road guards at the formation front and two road guards at the formation rear wearing reflective vests, and during the hours of darkness carrying flashlights. Units that receive special authorization can run more than three abreast but only when stipulated and properly accommodated with additional safety personnel. Individuals running outside Apache Flats training area, will exit ALL major roadways (roadways with authorized driving speeds above 25 miles per hour) prior to 0630 hours. Units/individuals running on roads through or near housing areas will do so without calling cadence or making loud noises. Units will provide straggler control to ensure both positive control of running groups, and that stragglers do not impede traffic flow.

f. Guard posts 1-5 will be manned from 0500 to 0730 hours, Monday through Friday (with the exception of national and commonly observed TRADOC and FORSCOM training holidays). Guard posts 6-9 are manned by and at the discretion of the Commander, 111<sup>th</sup> MI Brigade. Unit guard post assignments are identified at Figure 2. The units listed will have permanent responsibility for these designated posts. See Figure 3 for map locations of each guard post, and guard post map is shown at Figure 3.

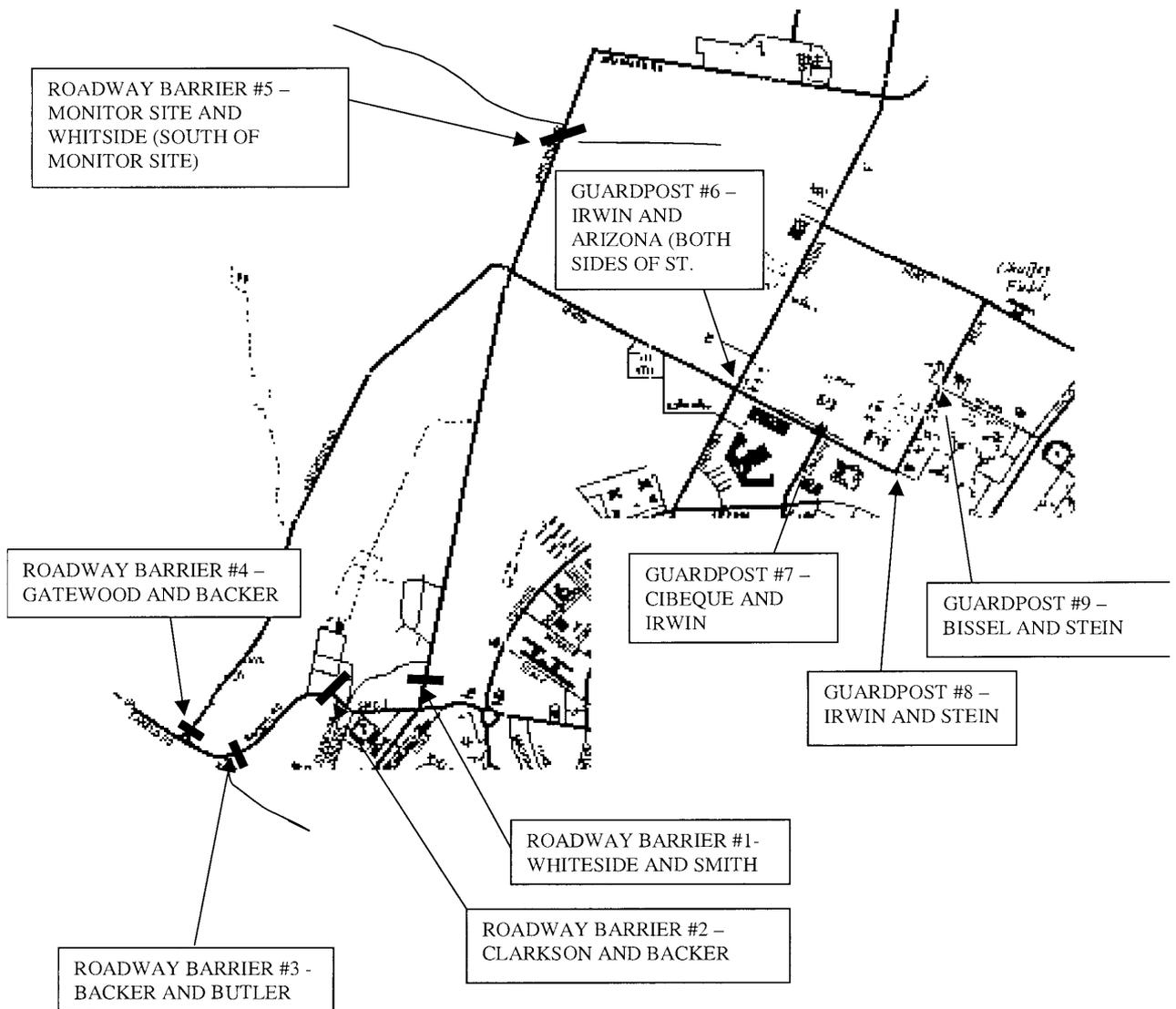


Figure 1. Map of PT Training Area

**Unit Road Guard Assignments**

<u>Guardpoint</u>	<u>Location (Roads)</u>	<u>Unit</u>	<u>Duty Days</u>	
Roadway Barrier 1	Whitside and Smith, Barrier Only	306th MI Bn	M,W,F	
Roadway Barrier 2	Johnson and Smith, Barrier Only	306th MI Bn	M,W,F	
Roadway Barrier 3	Backer and Butler, Barrier Only	304 <sup>th</sup> MI Bde	M,W,F	
Roadway Barrier 4	Gatewood and Backer, Barrier Only	304 <sup>th</sup> MI Bde	M,W,F	
Roadway Barrier 5	Whitside at Monitor Site Road,	304 <sup>th</sup> MI Bde	M,W,F	Barrier Only
Roadway Barriers 1-5	Nov-Apr	111 <sup>th</sup> MI Bde	T,TH	
	May-Oct	304 <sup>th</sup> MI Bde	T,TH	
Guard post 6	Irwin and Arizona Barrier and Guards	111 <sup>th</sup> MI Bde	Mon-Fri	
Posts manned at the discretion of the 111 <sup>th</sup> MI Bde Cdr				
Guard post 7	Cibeque and Irwin	111 <sup>th</sup> MI Bde	Mon-Fri	
Guard post 8	Irwin and Stein	111 <sup>th</sup> MI Bde	Mon-Fri	
Guard post 9	Bissel and Stein	111 <sup>th</sup> MI Bde	Mon-Fri	

**Note:** Guard Posts 7-9 will be manned at the discretion of the 111<sup>th</sup> MI Brigade Commander as needed to cover 111<sup>TH</sup> PT schedule.

**Figure 2. Unit Road Guard and Barrier Assignments**

**Appendix A**

**References**

**Section I**

**Referenced Publications**

**FH Regulation 190-5**

Motor Vehicle Traffic Code

**Section II**

**Referenced Forms**

**DA Form 2028**

Recommended Changes to Publications and Blank Forms

**GLOSSARY**

**DA**

Department of the Army

**DPS**

Directorate of Public Safety

**FORSCOM**

United States Army Forces Command

**JITC**

Joint Interoperability Test Center

**MI**

Military Intelligence

**NCO**

Non-Commissioned Officer

**POV**

Privately Owned Vehicles

**PT**

Physical Training

**TRADOC**

United States Army Training and Doctrine Command

**USAG**

Command Sergeant Major, U.S. Army Garrison

**USAIC&FH**

U.S. Army Intelligence Center and Fort Huachuca

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