



DEPARTMENT OF THE ARMY
HEADQUARTERS, 12TH COMBAT AVIATION BRIGADE
ANSBACH ARMY HELIPORT, GERMANY
APO AE 09177-8710

AETV-CAB

21 November 2013

MEMORANDUM FOR All 12th Combat Aviation Brigade (CAB) Military Personnel

SUBJECT: 12TH CAB Command Policy Letter 17, Physical Readiness Training (PRT) Guidance

1. References:

- a. AR 350-1, Army Training and Leader Development, (18 Dec 2009).
- b. FM 7-22, Army Physical Readiness Training, (26 Oct 2012).

2. Philosophy: Physical Readiness Training (PRT) is a top priority for the 12th Combat Aviation Brigade. Soldiers who participate in a challenging and structured physical readiness training program are more effective in their day-to-day responsibilities. This is largely a result of greater strength, stamina, agility, resiliency and coordination. Subsequently, Soldiers who are involved in organized sports outside of the workplace are physically in better shape, are more resilient, and develop social networks that add to the Army Ready and Resilient program.

3. Strategy:

a. Command Responsibilities:

(1) Commanders will follow Chapter 5, FM 7-22, which contains a doctrinal template for the conduct of collective and individual PRT exercises, drills, and activities.

(2) Unit leaders must ensure PT is challenging and structured. No other training we do has as many real, long-term benefits preparing Soldiers for combat. Unit leaders will conduct a physical fitness training program which enhances their Soldiers' abilities to complete Soldier or leader tasks that support the unit's METL.

(3) PT will be leader led and conducted as a collective training event. The only exceptions are non-commissioned officers and officers at or above the grades of E-9, CW-4, and O-4.

(4) Company PRT programs and schedules will be briefed at battalion training meetings.

b. Discipline: All Soldiers in a unit PRT formation will wear the same uniform. The Army Physical Fitness Uniform (PFU), Improved Physical Fitness Uniform (IPFU), or Army

AETV-CAB

SUBJECT: 12 CAB Command Policy Letter 17, Physical Readiness Training (PRT) Guidance

Combat Uniform (ACU) (as described in AR 670-1) with boots, ACH, and IOTV are appropriate uniforms for the conduct of PRT. Reference FM 7-22, Figure D-2, Appendix D, for recommended PRT uniform adjustments. The only authorized deviation to this requirement is Soldiers conducting off-post PRT that requires the wear of appropriate civilian attire.

c. Safety: The high visibility reflective belt will be worn by all Soldiers during the conduct of unit or individual PRT. During the conduct of unit foot marches a reflective belt or reflective vest will be placed horizontally around the rucksack.

d. Planning Considerations:

(1) All Soldiers will participate in 60 to 90 minute daily PRT sessions four to five times per week (four times accounts for training holidays).

(2) Unit PT standards and procedures will be implemented IAW AR 350-1 and FM 7-22.

(3) The APFT will be conducted IAW AR 350-1 and FM 7-22, Appendix A. Commanders may establish unit APFT related goals exceeding Army minimum standards. Soldiers need to know these goals and be able to achieve them safely through the use of normal training time. The principles of PRT outlined in FM 7-22 are the standard that will be followed.

(4) Normal PRT time is 0630 to 0745. Reverse cycle PRT should be conducted from 1300-1415 for those personnel who are not available during normal PRT time due to missions. Battalion Commanders maintain the ability to adjust their unit PRT times based on mission requirements; significant or repetitive adjustments will be briefed to the Brigade Commander.

(5) Civilian attire will only be worn for off-post ruck marches and runs. Running off post is authorized for groups of no more than four Soldiers in accordance with United States Army Garrison Ansbach Force Protection Policy.

(6) Commanders are encouraged to integrate sports activities in to physical training IAW PRT principles in FM 7-22.

(7) Conduct of PRT in a gymnasium or nonstandard venue must be approved by company commanders and highlighted at battalion training meetings.

e. Special Conditioning Programs: Special conditioning programs are tailored IAW Chapter 6, FM 7-22 and kept separate and distinct from the normal fitness program. These programs are for Soldiers possessing a current, temporary, or permanent physical profile. Leaders should maximize the use of all their resources. Soldiers in special conditioning programs, the Pregnancy and Postpartum Physical Training program, and conducting

AETV-CAB

SUBJECT: 12 CAB Command Policy Letter 17, Physical Readiness Training (PRT)
Guidance

sports will have priority to utilize gymnasiums, equipment, and other venues. Soldiers will adhere to Garrison uniform policies when utilizing these resources.

(1) Army Body Composition Program: AR 600-9 is the standard for the conduct of the Army Body Composition Program.

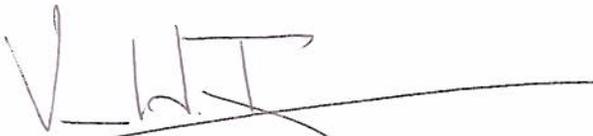
(2) Pregnancy and Postpartum PT (PPPT) Program: The PPPT program will be conducted IAW the brigade pregnancy PT Program SOP. All Soldiers will be medically cleared prior to enrollment.

(3) Modern Army Combatives Program (MAC): MAC will be integrated into PRT programs and will be conducted no more than once per week IAW FM 7-22. Leaders who are certified in MAC will train Soldiers in techniques IAW FM 3-25.150.

f. Army Sports Program:

(1) Competitive intramural and Army sports programs compliment unit physical fitness programs and will be used to build esprit de corps, teamwork, and overall unit morale. Commanders will ensure maximum participation in extracurricular activities. These athletics do not substitute the daily PRT requirement.

(2) All Soldiers are required to participate in two approved extracurricular sporting activities per year. These activities can be an MWR sponsored team, a local sporting club, or a unit sporting club. Examples of approved clubs include, but are not limited to, bowling leagues, flag football team, softball team, volleyball team, soccer team, volksmarch club, shooting clubs, and rugby clubs as an example. Additionally, Soldiers wishing to volunteer as a coach for either youth sports or extracurricular sporting teams will be given credit as attending a sport.


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Commanding