



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
JOINT TASK FORCE GUANTANAMO
525TH MILITARY POLICE BATTALION (I/R)
APO AE 09522-9998

ARSO-GTC-CO

18 July 2014

MEMORANDUM FOR SEE DISTRIBUTION LIST

SUBJECT: Physical Readiness Training Program (Policy Number 8)

1. Reference: FM 7-22, Army Physical Readiness Training, 26 October 2012
2. As part of the total Army Comprehensive Fitness Program, the importance of Physical Fitness can not be overstated. Soldier physical readiness is acquired through the challenge of a precise, progressive and integrated physical training program. A well-conceived plan of military physical readiness training must be an integral part of every unit training program. Physical Readiness Training (PRT) prepares Soldiers and units for the physical challenges of fulfilling this mission. Soldiers have a responsibility for maintaining themselves in war-fighting shape. Leaders have the responsibility of ensuring that Soldiers are trained in the techniques to keep themselves in shape, motivate Soldiers to exceed minimum standards, and to enforce Army standards. Commanders must implement a complete physical readiness training program and set the example by being an active participant. A comprehensive physical readiness training program ensures that a unit can support operational demands and enhances the overall quality of life.
3. Day Job Soldiers (HQ personnel, staff, etc.) will conduct PRT at a minimum of five days per week. Soldiers on shift will conduct PRT at a minimum of three days per week. Due to the nature of shift work, PRT is authorized to be conducted any day of the week. However, every effort will be made to afford Soldiers the opportunity to attend religious service of their choosing. Shift workers may conduct PRT before and /or after shift. Soldiers who fail to meet the minimum standards on the APFT or who are enrolled in The Army Body Composition Program will conduct PRT six days per week, which can include days off.
4. The goal of the 525th Military Police Battalion's PRT program is to ensure that Soldiers meet the physical demands of our mission. The PRT program should not be solely focused on the preparation for the Army Physical Fitness Test. The program objectives should focus on the following:
 - a. Improve the overall readiness of the unit.
 - b. Structure the training to endure it is mission focused.

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- c. Build on teamwork, positive competition and the Warrior Ethos
 - d. Provide adequate rest, recovery, nutrition.
5. Unit physical fitness programs within the 525th Military Police Battalion will meet the following minimum guidelines:
 - a. Conduct runs in ability groups to assist in the conditioning process.
 - b. Ensure the appropriate risk mitigation is in place when conducting long distance runs. Limit runs in excess of four miles in formation.
 - c. All Soldiers must conduct two record APFTs annually IAW AR 350-1. Requirements for additional testing must be established in writing prior to implementation.
 - d. All personnel, regardless of rank, will participate in a PRT program. Leaders will account for all personnel.
 - f. Conduct Special Conditioning programs IAW FM 7-22. All Soldiers with a profile will participate in physical readiness training and the APFT within the limits of their profile.
 - g. Screen all Soldiers, to include new arrivals, to ensure that they meet the minimum requirements outlined in AR 350-1 and AR 600-9. A suspension of favorable actions (FLAG) will be initiated immediately after the first failure IAW AR 600-8-2.
 - h. Units may incorporate a monthly sports day into their physical readiness program to promote esprit de corps and team work. However, Soldiers who are APFT failures and/or have failed to meet HT/WT standards are prohibited from participating in sports day PT until they meet the standards outlined in AR 350-1 and AR 600-9.
6. Commanders are encouraged to establish a PRT incentive program at their level to recognize Soldiers who excel in fitness and promote physical readiness.
7. The Battalion PRT incentive program guidelines are:
 - a. An impact Army Achievement Medal will be awarded to those Soldiers who obtain an APFT score of 300 points on two consecutive record APFTs with a minimum of four months between tests.
 - b. A Battalion Certificate of Achievement will be awarded to those Soldiers who obtain an APFT score of 270 points or higher with at least 90 points in each event.
8. The battalion goal is to:

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- a. Ensure all Soldiers maintain a healthy lifestyle and meet the physical demands of the mission.
 - b. All Soldiers pass the record APFT and meet HT/WT standards.
 - c. Each unit to maintain and overall APFT average of 260 points.
 - d. All leaders achieve an APFT Score of 270.
7. Commanders will establish and maintain a unit level physical readiness training policy on file.
8. Point of contact for this policy is CSM Janet Harris at DSN 660-3157, email janet.m.harris@jtfgtmo.southcom.mil.



JOHN A. FIVIAN
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Commanding

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