



DEPARTMENT OF THE ARMY
JOINT BASE MYER – HENDERSON HALL
204 LEE AVENUE
FORT MYER, VIRGINIA 22211-1199

REPLY TO
ATTENTION OF

IMND-MHH-SO

20 OCT 2009

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Joint Base Myer-Henderson Hall (JBM-HH) Policy Memorandum SO-6, Physical Training (PT) Formation, Group and Individual Running in the JBM-HH and Off Post on Public Streets

1. REFERENCES.

- a. Field Manual 21-20, Physical Fitness Training, Change 1
- b. DoDI 6055.4, DoD Traffic Safety Program
- c. Army Regulation 385-10, The Army Safety Program
- d. Marine Corps Order 5100.29A, The Marine Corps Safety Program
- e. Marine Corps Order 5100.19E W CH 1-3, Marine Corps Traffic Safety Program (Drivesafe)

2. PURPOSE. This memorandum prescribes policy and safety guidance for unit running formations, PT formations, individual PT and the Physical Fitness Test conducted on JBM-HH.

3. APPLICABILITY. This policy is applicable to all military and civilian personnel who live, work, or are authorized access to JBM-HH.

4. POLICY. Vehicles must yield the right-of-way to all formations (four or more) and small groups (three or less). To ensure the safety of all individuals during the periods of limited visibility, all large formations (10 or more) will have at least two road guards at the front, two road guards at the rear with reflective vests and flashlights, and a non-commissioned officer in charge or officer in charge on the left flank with a reflective belt. All other individuals in the formation are required to wear reflective belts.

5. PROCEDURES.

- a. Individuals running alone or in small groups will run on the sidewalk or running trail. If no sidewalk is available, individuals and small groups will run facing oncoming traffic in a single file as close to the shoulder of the road as possible. Groups will be no more than two abreast on sidewalks and will avoid pedestrians.

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b. All individuals running in the physical fitness uniform on or off post will wear a reflective belt or reflective vest at all times for safety. During warm months, reflective belts will be worn around the waist and during cold weather months when a jacket is worn, reflective belts will be worn over the right shoulder and down under the left arm over jacket. All individuals not running in uniform are also required to wear a reflective belt or reflective vest during early morning, evening, and night hours and times of low visibility. Individuals are prohibited from using headphones, earphones, and cell phones or going shirtless while running on JBM-HH installations.

c. Individuals taking the physical fitness test will run on the sidewalk. When no sidewalk is available, individuals will run as close to the curb or shoulder of the road as possible.

d. The following traffic areas are off-limits, except for road crossings, to all running formations between the hours of 0730-1700, Monday through Friday.

(1) Fort McNair: First Avenue between B and C streets at all times and Second Avenue between B and C streets.

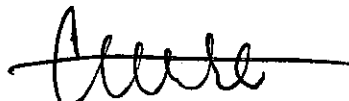
(2) Fort Myer: Grant Avenue, Jackson Avenue, Lee Avenue, Sheridan Avenue, Carpenter Road, and McNair Road extension from the Old Post Chapel to Marshall Drive.

e. Proper military courtesy will be observed during reveille and retreat, and in the vicinity of funeral ceremonies. Bottom line, detour around funerals.

f. Calling cadence while running in small groups or formations near residential areas is prohibited, to include residential areas off post.

g. Running off post and into the jurisdictions of Arlington and Alexandria, Virginia and Washington, DC, in any type of formation is prohibited. Formation running will be restricted to JBM-HH installations during designated times only, 0500-0730 Monday-Friday.

6. PROPONENT. The Installation Safety Office is the proponent for this policy. Point-of-contact is the Installation Safety Director, at (703) 696-6996, or DSN 426-6996.



CARL R. COFFMAN, JR.
COL, AV
Commanding

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