DEPARTMENT OF THE ARMY
HEADQUARTERS UNITED STATES ARMY SIGNAL CENTER OF EXCELLENCE
AND FORT GORDON
506 CHAMBERLAIN AVENUE
FORT GORDON GEORGIA 30905-5735

REPLY TO
ATTENTION OF:

ATZH-CG

AUG 21 2012

MEMORANDUM FOR ALL MILITARY PERSONNEL

SUBJECT: Commanding General's Policy Memorandum No. 13 – Physical Fitness Policy

1. REFERENCES:

a. Department of Defense Directive 1308.1 DoD Physical Fitness and Body Fat Program dated June 2004

b. Department of Defense Instruction 1308.3 DoD Physical Fitness and Body Fat Programs Procedures dated November 2002

c. Training Circular 3-22.20 Army Physical Readiness Training dated August 2010

d. Marine Corp Order 6100.13 W/CH1, Marine Corp Physical Fitness Test and Body Composition Program Manual (MCPFTBCP) dated August 2008

e. Air Force Instruction-36-2905, Fitness Program dated July 2010

f. OPNAV Instruction 6110.1H Physical Readiness Program dated August 2005

2. PURPOSE: To establish a physical fitness policy for the Army, Navy, Air Force and Marine Corps personnel assigned or attached to Fort Gordon.

3. GENERAL: Service members shall maintain physical readiness through appropriate nutrition, health, and fitness habits. Aerobic capacity, muscular strength, muscular endurance, and desirable body fat composition, form the basis for the DoD Physical Fitness and Body Fat Program. Units should design physical fitness training and related physical activities consistent with established scientific principles of physical conditioning that enhance fitness and general health essential to combat readiness. Individual Service members must possess the cardio-respiratory endurance, muscular strength and muscular endurance, together with desirable levels of body composition to successfully perform in accordance with their Service-specific mission and military specialty.

4. STANDARDS: All personnel are required to meet and maintain both the physical fitness and body fat standards. All Service members shall be formally evaluated and tested in accordance with their service standard, at a minimum annually. The organizational unit shall implement body composition programs that enhance general health, physical fitness, and military appearance. My goal is for each Service member to score a minimum of 95% on each testable event and be able to run four miles in formation at a nine minute-per-mile pace. The organizational physical fitness program should be designed toward meeting that goal.

5. POLICY: All Service members will participate in organized physical fitness training a minimum of three days a week, but more exercise opportunities are highly encouraged.

a. Test failures and overweight Service members. Personnel who fail to pass the service fitness test and/or are determined to be overweight IAW service regulations will be enrolled in the organizations special physical fitness program. Corrective action for failure to meet required standards must be initiated in accordance with the service regulation.

b. Profile Service members. Service members identified with medical limitations or profiles shall be placed in a physical fitness program consistent with their limitations, as advised by medical authorities but must form up with all other Service members at regularly scheduled organized physical fitness formations at the appointed place and time.

6. SAFETY: Apply good Composite Risk Management to everything we do, including physical fitness training.

a. All Service members will wear a reflective belt or vest while conducting physical fitness training outside.

b. Personal music devices will not be used while in military uniform, to include military physical fitness uniforms. While in civilian clothes, Service members may use personal music devices and wear headphones in the gym or on Barton field. Personnel will not wear headphones when on the road or crossing roads, as it presents a safety issue.

7. Incentive Program: Units are encouraged to establish a physical fitness training incentive Program to reward Service members who greatly exceed their service test standard. Service members who achieve and maintain 90% in each exercise on their service specific test may be exempt from organized physical fitness training if supported by their unit Commander. Service members exempted due to excellence may be permitted to conduct physical fitness training on their own in civilian clothes and use personal music devices/headphones in the gym or on Barton field. In addition, I would like Fort Gordon Commanders to set a goal to develop a few World Class athletes each year to compete to represent their Service in our Olympic training program.

8. Point of Contact for this memorandum is the USASIGCoE&FG Chief of Staff at 791-2114.

LAWARREN V. PATTERSON
Major General, USA
Commanding

This memorandum supersedes Commanding General's Policy Memorandum No. 13 – Physical Fitness Policy, dated 13 June 2011.