



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
**HEADQUARTERS, 15<sup>TH</sup> REGIMENTAL SIGNAL BRIGADE**  
**606 BARNES AVENUE**  
**FORT GORDON GEORGIA 30905-5729**

ATZH-TB

03 November 2014

**MEMORANDUM FOR ALL ASSIGNED AND ATTACHED MILITARY AND CIVILIAN PERSONNEL**

**SUBJECT: Policy Letter # 25: Brigade Standardized Physical Readiness Training**

**1. References:**

- a. FM 7-22, Army Physical Readiness Training, 26 October 2012.
- b. TRADOC Regulation 350-6, Initial Entry Training (IET) Policies and Administration Command and Control, 7 November 2013.
- c. TRADOC Regulation 350-29, Prevention of Heat and Cold Casualties, 6 July 2012.

**2. The objective of IET PRT is to train Soldiers to meet the physical requirements for graduation from IET and prepare them to meet the demands for their military duties. PRT instills confidence, the will to win and develops teamwork and unit cohesion while integrating aggressiveness and resourcefulness.**

- a. PRT brings Soldiers to a state of physical readiness through a standardized program of drills and activities specifically designed to enhance performance of all WTBD.
- b. Commanders are responsible for the PRT program. Commanders must increase the intensity of exercise in logical increments throughout the training phases, to limit injuries while instilling confidence in their ability to successfully perform and reach the fullest extent of their potential under any and all circumstances.
- c. Commander's presence at PRT will emphasize its importance. Leaders in the chain of command are responsible for the training and performance of their Soldiers and units. Leaders must emphasize the value of PRT by clearly explaining the objective and benefits of their program, and ensuring the time allotted for PRT is used effectively.
- d. Commanders will ensure, when possible, PRT is conducted by maintaining the 1:40 ratio one AIT PSG per forty Soldiers. One PSG will lead and perform exercises with the Soldiers to monitor the intensity level and provide a role model. Remaining

ATZH-TB

SUBJECT: Policy Letter # 25: Brigade Standardized Physical Readiness Training

cadre members will act as AIs and make on the spot corrections to ensure proper execution. The cadre will ensure PRT is conducted IAW FM 7-22.

3. Administer the record APFT no later than the last 2 weeks of training. Soldiers who cannot complete the EOC APFT due to medical profile, and have successfully completed a diagnostic test with a score of 60 points in each of the three events maybe given constructive credit for having passed the APFT requirement. The Battalion Commander has authority to award credit to Soldiers passing the diagnostic APFT based on the Soldiers performance and recommendation from the chain of command. No PRT will be conducted before each APFT day.

4. Soldiers with documented physical limitation (Profiles) require special PT programs that are assisted by the MFT (Master Fitness Trainer). Unit leaders will maintain a positive approach to all special fitness training. The program will:

a. Support components of fitness the Soldier can continue to develop through the profile period. Soldiers on profile will participate in a regular fitness program IAW profile specifications. Substitute appropriate activities to replace those regular activities in which they cannot participate. The activity levels of Soldiers usually decrease while they are recovering from sickness or injury. It is important for Soldiers to engage in the cardio-respiratory fitness activities permitted by their profile and pay special attention to their diets to avoid gaining body fat.

b. Permit the Soldier to rest injured parts of their body as recommended by medical personnel.

c. Rehabilitate specific parts of the body guided by recommendations from medical personnel.

5. Each PRT site will have the following inspectable items on hand during training:

a. Administrative book with at a minimum; policy letters, PRT calendar, risk assessments, and memorandums of current hot and cold weather injuries.

b. Combat Lifesaver (CLS) bag, one ice bucket with two sheets, water, and a fully functioning WBGT kit or digital wet bulb thermometer.

c. Employ ice sheets at a minimum rate of 1 cooler/2 sheets per platoon from 01 April to 30 September and outside those dates when the ambient air temperature is above 75° F.

ATZH-TB

SUBJECT: Policy Letter # 25: Brigade Standardized Physical Readiness Training

d. Employ unit WBGT Kit from 01 April to 30 September and outside those dates when the ambient air temperature is above 75° F. Record the WBGT index hourly in a log and keep on file for 90 days.

6. Use the following clothing recommendations for PRT from FM 7-22 appendix D to prevent Soldiers from overheating during physical training as well as preventing cold weather injuries:

<b>Endurance and Mobility</b>				
	<b>Temperature</b>			
	<b>60 or +</b>	<b>50 - 59</b>	<b>40 - 49</b>	<b>39 &amp; below</b>
<b>Uniform Items</b>				
<b>S/S Shirt</b>	<b>X</b>			
<b>Shorts</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>L/S Shirt</b>		<b>X</b>	<b>X</b>	<b>X</b>
<b>Outer-garment Shirt</b>			<b>X</b>	<b>X</b>
<b>Outer-garment Pants</b>				<b>X</b>
<b>Gloves w/ Inserts</b>				<b>X</b>
<b>Watch Cap</b>				<b>X</b>

  

<b>Strength and Mobility</b>				
	<b>Temperature</b>			
	<b>60 or +</b>	<b>50 - 59</b>	<b>40 - 49</b>	<b>39 &amp; below</b>
<b>Uniform Items</b>				
<b>S/S Shirt</b>	<b>X</b>	<b>X</b>		
<b>Shorts</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>L/S Shirt</b>		<b>X</b>	<b>X</b>	<b>X</b>
<b>Outer-garment Shirt</b>			<b>X</b>	<b>X</b>
<b>Outer-garment Pants</b>			<b>X</b>	<b>X</b>
<b>Gloves w/ Inserts</b>				<b>X</b>
<b>Watch Cap</b>				<b>X</b>

Figure D-2. Clothing recommendations for PRT

ATZH-TB

SUBJECT: Policy Letter # 25: Brigade Standardized Physical Readiness Training

7. Point of contact for this memorandum is the Brigade S3 at (706) 791-8603.

Handwritten signature of Marcus Reese in black ink.

MARCUS A. REESE

COL, SC

Commanding