



REPLY TO  
ATTENTION OF:

DEPARTMENT OF THE ARMY  
U.S. ARMY MEDICAL DEPARTMENT ACTIVITY  
WARRIOR TRANSITION UNIT  
900 WASHINGTON ROAD  
WEST POINT, NY 10996

MCUD-WTU

7 October 2010

MEMORANDUM FOR Personnel Assigned/Attached to Warrior Transition Unit, West Point, New York  
10996

SUBJECT: Policy Memorandum #16, Physical Readiness Training

1. **Reference:** FM 21-20  
AR 350-1  
AR 600-9  
WCTP Policy Memo 09-005  
Building the Soldier Athlete Profile PT Supplement
2. **Purpose:** To establish policy concerning physical fitness training for Soldiers in this command.
3. **Applicability:** This policy applies to all assigned and attached personnel within the Warrior Transition Unit.
4. Physical fitness is a cornerstone of good military leadership. Among other things, research has shown that involvement in a physical fitness program increases mental alertness, stamina and acuity. These are important benefits for anyone. However they are particularly important for Warrior Transition Unit (WTU) Soldiers.
5. All Soldiers assigned or attached to the WTU, unless medically precluded, will participate in Physical Training (PT) within the limits of their physical profile. Physical Training will be conducted Monday, thru Friday at 0630hrs. Soldiers will move to the PT formation area on their own arriving in time to be accounted for in the accountability formation. PT sessions will consist of the following:
  - a. Accountability formation.
  - b. Breakdown to ability/profile groups.
  - c. Organized warm up/stretching in ability/profile groups.
  - d. Calisthenics/cardiovascular activities IAW with profile group guidance.
  - e. Organized cool down/stretching by ability/profile group.
  - f. The manner in which PT is conducted may change on a daily basis according to the guidance of the Commander.
  - g. Company formation for release for breakfast, personal hygiene and work call at 0900hrs.
6. In the event of inclement weather (heavy rain, snow, sleet, lightning, colder than 20 degrees, etc...) PT formations will be held in front of the barracks. Soldiers will contact their Squad Leader/Platoon Sergeant to determine if the PT location has been moved. Charge of Quarters (CQ) will be notified and the location will be posted on the barracks notification board located outside of the CQ desk. The weather decision will be made by the 1SG/Commander NLT 0545hrs.

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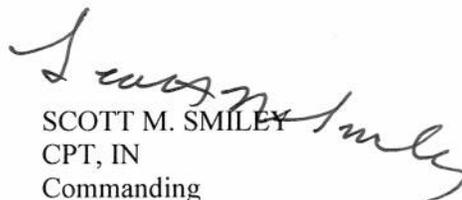
7. Appropriate running shoes will be worn with white ankle or mid-calf length socks. Socks will have no visible logos, markings, or attachments. During fair weather, the PT uniform will consist of the Improved Physical Fitness Uniform (IPFU) black shorts and short sleeve gray shirt. During inclement/cold weather, the uniform may consist of any combination of the IPFU, to include black knit cap, black gloves, sweat pants and jacket. Regardless of the uniform, the black shorts and gray shirt will always be worn underneath the pants and jacket. Notification of uniform changes will be issued as far in advance as possible. Soldiers are required to have a copy of their DA Form 3349, Physical Profile, on them during PT.

8. Soldiers with duty at home are required to do some type of physical activity three (3) times a week as well. For Soldiers whose job is to assist their Reserve or National Guard Units, it is advised that they participate in some type of physical training activity with their units.

9. All Soldiers are required to maintain height and weight standards regardless of their physical limitations profiles. In order to ensure that these standards are being maintained, leaders will conduct routine weigh-ins in accordance with AR 600-9. Soldiers who fail to meet their height/weight standards or body fat will be suspended from receiving any favorable personnel actions in accordance with AR 600-8-2.

10. Soldier safety is the absolute highest priority during PT. While common sense and situational awareness will prevent the vast majority of accidents, nothing done during PT is worth having a Soldier killed or injured. Reflective belts will be worn per West Point policy. Soldiers should remember to hydrate beginning at least 24 hours prior to PT, limit alcohol consumption, get plenty of rest and eat properly. If something does appear unsafe, immediately point out the hazard to a Cadre member so corrective action can be taken as soon as possible.

11. This policy will remain in effect until rescinded.

  
SCOTT M. SMILEY  
CPT, IN  
Commanding

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