



DEPARTMENT OF THE ARMY
2d ENGINEER BRIGADE
724 POSTAL SERVICE LOOP #5000
JOINT BASE ELMENDORF-RICHARDSON, ALASKA 99505-5000



REPLY TO
ATTENTION OF

APVR-ENG-CO

23 September 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Letter #14 (Cold Weather Physical Training Policy)

1. References:

- a. AR 385-10, The Army Safety Program, 7 November 2008.
- b. United States Army Alaska (USARAK) Regulation 350-1, Training, 5 June 2009.
- c. USARAK Pamphlet 600-2, Arctic Warrior Standards, 1 March 2008.
- d. USARAK Pamphlet 385-4, Risk Management Guide for Cold Weather Operations, 30 September 2009.
- e. USARAK CG Policy #0-14, Cold Weather Physical Training Policy, dated 12 Aug 2010.

2. Purpose: To establish procedures for conducting cold weather physical training. This policy applies to all 2d Engineer Brigade units.

3. General: Leaders are our first line of defense against cold weather injuries (CWIs). I expect every leader to thoroughly analyze the associated risks and exercise sound judgment during the conduct of cold weather physical training (PT). You are expected to maintain an aggressive PT program but not at the expense of CWIs for your Soldiers. It is imperative that leaders train and educate Soldiers to train and operate in the cold without injury. To that end, I expect each of you to directly supervise your Soldiers to ensure they possess and properly utilize the right clothing/equipment for all training activities.

4. Policy/Procedures: During the winter months (Oct –Apr), company and battalion commanders will check the USARAK portal to determine the temperature (including wind chill) prior to the start of PT. Care must be exercised as temperature variations of between 10 and 20 degrees are possible depending on the time of day and training location. Leaders must ensure that each Soldier is prepared to train under the coldest temperature for the given time period. Individuals may wear additional clothing such as long underwear or upgrade to a warmer glove/mitten as necessary to avoid CWIs. Commanders may always determine that additional protective clothing must be worn based on local conditions. Use the following guidance as the minimum standard for the conduct of PT during extreme conditions:

PT UNIFORM

Temperature (Fahrenheit)	Army PT shirt & shorts with running shoes and reflective belt/vest	PFU sweats	Black gloves, balaclava	Polypropylene top and bottom, trigger finger mittens, balaclava (with arctic mittens carried)	Arctic field uniform, polypropylene, balaclava, VB boots, gortex, trigger finger mittens, arctic mittens
44 to 33 degrees	X	X			
32 to -10 degrees	X	X	X		
-10 to -25 degrees	X	X		X	
Below -25 degrees (including wind chill)				X	X

a. At temperatures (including wind chill) of -10 to -25 degrees Fahrenheit, units will continue to conduct normal PT. Units should conduct warm-up/stretching, conditioning and cool-down indoors. In this temperature range, the PT uniform consists of Army PFU sweats, polypropylene tops and bottoms, running shoes, trigger finger mittens, balaclava, and arctic mittens (arctic mittens carried). If the balaclava is worn down during the run, it must stay down and over the nose until the unit moves indoors. If the temperature is below -20 degrees Fahrenheit, units will not spend more than 4 minutes outdoors before or after the run and commanders should reduce the distance/duration of the run (recommend four miles maximum). At this temperature and lower, unit commanders will allow Soldiers to move to a warm facility during PT if they feel there is potential for injury.

b. At temperatures (including wind chill) below -25 degrees Fahrenheit, Soldiers will wear arctic winter field uniform ECWCS GEN II or GEN II, VB boots, gortex, trigger finger mittens, arctic mittens, and balaclava. Commanders should conduct an alternate form of aerobic PT, such as snowshoeing or skiing. Indoor hallway/stair suns are authorized.

c. At temperatures below freezing (32 degrees Fahrenheit), unit commanders will ensure that all Soldiers participating in outdoor PT have the appropriate non-slip running devices or spikes for running shoes in order to mitigate the risks from slipping when running during winter conditions.

d. Battalion Commanders are authorized to reduce the protective clothing prescribed in the chart.

e. Prevention of CWIs is a leader and individual Soldier responsibility. Consult USARAK Pamphlet 385-4, Risk Management Guide for Cold Weather Operations prior to execution of PT in extreme temperatures. By adhering to these guidelines and accepting the philosophy that no cold weather injury is acceptable, leaders can conduct safe and demanding PT.

5. The point of contact for this memorandum policy is the brigade S3 @ (907) 384-4592.

THOMAS J. ROTH
COL, EN
Commanding

DISTRIBUTION:
2d Engineer Brigade Command Teams