



REPLY TO
ATTENTION OF

APVR-RPTM

DEPARTMENT OF THE ARMY
HEADQUARTERS, U. S. ARMY ALASKA
600 RICHARDSON ROAD #5000
FORT RICHARDSON ALASKA 99505-5000



5 DEC 2002

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Cold Weather Physical Training Policy (CG/CofS Policy Statement #0-14)

1. General: Leaders are our first line of defense against cold weather injuries (CWIs). I expect each and 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 unnecessary 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 that they possess and properly utilize the right clothing/equipment for all training activities.

2. Applicability: This policy applies to all U.S. Army Alaska (USARAK) units.

3. Procedures: During the winter months (Oct –Apr), all major subordinate commands (brigades, tenant units and separate commands) will contact the Command Operations Center (COC) at Fort Richardson or the Emergency Operations Center (EOC) at Fort Wainwright to determine the temperature (including wind chill) prior to the start of PT. Care must be exercised as temperature variations 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. If a soldier's ears get cold, that soldier is authorized to add additional layering by wearing the hood on the PT sweats. 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	Army PT 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,
45 degrees and warmer	X				
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

APVR-RPTM

SUBJECT: Cold Weather Physical Training Policy (CG/CofS Policy Statement #0-14)

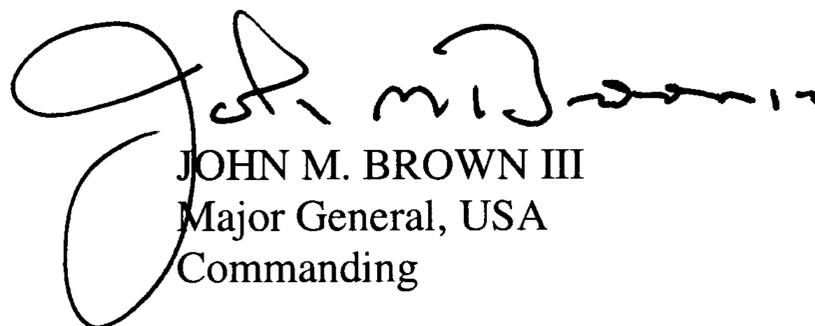
a. At temperatures (including wind chill) of -10 to -25 degrees Fahrenheit, units will continue to conduct normal PT. Units should conduct warm-up/stretching, conditioning and cool-down indoors. In this temperature range, the PT uniform consists of Army sweats, polypropylene tops and bottoms, running 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 four 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 the arctic winter field uniform consisting of polypropylene, 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 runs are authorized. Units will conduct all warm-up and conditioning indoors.

c. During periods of extreme weather conditions (ice storms, heavy rain or snow, extremely icy conditions, dense fog) company commanders and/or 1SGs are authorized to cancel PT.

4. Reductions in the amount of protective clothing prescribed in the chart above may only be authorized by battalion commanders or above. This guidance will be included in the next revision of USARAK Regulation 350-1, Training.

5. 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.



JOHN M. BROWN III
Major General, USA
Commanding

DISTRIBUTION:

A