



DEPARTMENT OF THE ARMY
UNITED STATES ARMY STUDENT DETACHMENT
5450 STROM THURMOND BOULEVARD, ROOM 244
FORT JACKSON, SOUTH CAROLINA 29207

ATMT-LTB-SD

31 October 2018

MEMORANDUM FOR All personnel permanently assigned and/or attached to the United States Army Student Detachment (USASD)

SUBJECT: Policy Memorandum #23 – **Physical Readiness Training (PRT)**

1. References:

- a. FM 7-22, Army Physical Readiness Training
- b. AR 350-1, Army Training and Leader Development.
- c. AR 600-9, The Army Body Composition Program
- d. AR 600-8-2, Suspension of Favorable Personnel Actions (Flag)
- e. AR 600-8-24, Officer Transfers and Discharges
- f. AR 635-200, Active Duty Enlisted Administrative Separations

2. The purpose of this policy memorandum is to outline the PRT standards expected of military Staff and Students and to establish PRT as an essential element of staying fit and increasing overall readiness. The unit **APFT Average goal is 270**.

3. Verification of all physical profiles (DA Form 3349) required prior to administering the Army Physical Fitness Test (APFT). Profiles will participate in PRT within the limits of their profile.

4. **Permanently Assigned USASD military Staff:** Soldier's will conduct PRT Monday thru Friday from 0600 – 0700 hours. Unless otherwise specified, authorized, the first duty/accountability formation is held at 0550 hours. The 1SG will direct changes in uniform for PRT and changes in PT location as forecasted due to inclement weather. The uniform is the Army Physical Fitness Uniform (APFU), unless otherwise specified. A record APFT is scheduled twice annually in May and November or April and October. The height and weigh-in will take place at minimum seven days from the date of the record APFT, either before or after. The PT jacket, pants, fleece cap, and gloves are worn as seasonal items. Maintaining individual physical fitness is the responsibility of the individual Soldier. Master Fitness Instructor(s) assigned to the unit will work closely in the planning of the six month PRT calendar. Effective 2 January 2019, unit will start transitioning PRT sessions that are geared towards the adoption of the Army Combat

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Fitness Test (ACFT) as the test for record for promotion, retention, schools, etc. which tentatively takes effect on 1 October 2020 in order to directly align individual and unit physical readiness training and individual physical testing with physical attributes required in combat.

5. **USASD Students:** Maintaining individual physical fitness is the responsibility of the individual Student. A record APFT is scheduled twice annually in May and November or April and October. The height and weigh-in will take place at minimum seven days from the date of the record APFT, either before or after. Students are responsible for coordinating their record APFT and weigh-ins with the nearest ROTC Cadre, Senior Army Liaison Officer, or Senior Army Advisors. Students in the Advanced Civil School will report to their nearest PMS ROTC Cadre to conduct their one eight hour workday (however the hours are broken down is up to the Student and PMS) and to conduct the record APFT and weigh-in. If a student has no senior officer, coordinate with a fellow Army peer to conduct the record APFT and weigh-in. Effective 2 January 2019, Students will start transitioning their individual PRT sessions that are geared towards the adoption of the Army Combat Fitness Test (ACFT) as the test for record for promotion, retention, schools, etc. which tentatively takes effect on 1 October 2020 in order to directly align individual and unit physical readiness training and individual physical testing with physical attributes required in combat.

6. Students who are not near a military installation may have an option to obtain free YMCA membership upon approval, for more information contact the unit YMCA coordinator. Send these applications to the Personnel Actions group email as instructed to usarmy.jackson.93-sig-bde.mbx.ltb-sd-personnel-actions@mail.mil.

7. Applies to both military Staff and Students: Failure to meet APFT standards will result in a suspension of favorable actions flag imposed. APFT failures will be re-tested within 90 days of initial failure. Service members who fail two consecutive record APFTs may be considered for separation IAW AR 635-200 or AR 600-8-24.

8. Applies to military Staff: Special fitness program PRT will be conducted daily Monday- Friday from 1645-1730. Diagnostic APFT will be administered every 30 days until Soldier successfully passes (Students and permanent party). Personnel who fail two consecutive record APFTs may be considered for separation IAW AR 635-200 or AR 600-8-24. All Service members should report to their next duty station in satisfactory physical condition, able to pass the APFT, and within body composition standards IAW AR 600-9.

9. The point of contact for this memorandum is the undersigned at (803) 751-5305.

ALEJANDRA D. PEACH
CPT, AG
Commanding