DEPARTMENT OF THE ARMY
INSTALLATION MANAGEMENT COMMAND
US ARMY GARRISON-ROCK ISLAND ARSENAL
1 ROCK ISLAND ARSENAL
ROCK ISLAND, ILLINOIS 61299-5000

REPLY TO
ATTENTION OF:

IMNE-RIA-ZA

JUN 3 0 2009

MEMORANDUM FOR All Rock Island Arsenal Commands, Tenant Organizations, Residents and Visitors

SUBJECT: Rock Island Arsenal (RIA) Policy on Running and Running Formations – RIA Policy #A-11

1. References:

a. AR 350-1, Army Training and Leader Development, 13 Jan 06

b. AR 385-10, The Army Safety Program, 7 Nov 08

c. FM 21-20, Physical Fitness Training

2. Applicability. This policy statement is applicable to all Commands and tenant organization military members, employees, residents and visitors.

3. General. Reasonable and safe running practices on RIA are essential to avoid serious accident and injury.

4. Operational Procedures:

a. Individual Runners are required to:

(1) Wear reflective vests or belts (worn diagonally from shoulder to hip and visible outside of clothing) before sunrise, after sunset or anytime visibility is so reduced that vehicles are required to use headlights.

(2) Run off the roadway of primary streets during peak traffic periods (0530 - 0800 and 1430 - 1700), particularly Rodman Avenue. Running on sidewalks is permitted but with no more than two runners abreast.

(3) Run on the left side of the roadway facing on-coming traffic. Extreme care is required when jogging in either direction on the side of a single lane traffic route, such as King Drive or Blunt Road.

(4) Observe and obey all traffic signals and other traffic signs.

(5) Yield the right-of-way to all vehicles.

(6) Use of headphones and ear buds is prohibited.

(7) Running in parking lots is not permitted unless specifically designated and secured.

b. Ability and Formation Runs:

(1) Units or organizations running on ability runs or in a formation should run on the perimeter of RIA (see enclosed map) in no more than two columns with at least two road guards posted front and rear of the formation and outfitted with reflective safety vests and flashlights.

(2) Road guards will post at intersections, safely avoiding traffic, waving traffic to stop while the formation proceeds through the intersection and returning to formation when it has cleared the intersection. Each command will establish standard road guard procedures and train road guards to ensure safe practices.

(3) Running in parking lots is not permitted unless the parking lot is specifically designated for running and is secured.

(4) During Physical Training (PT), runners must completely clear the roadways when emergency vehicles, responding to an emergency, are approaching.

(5) Formation runs requiring more than two columns, such as command runs, will be coordinated with the installation Directorate of Emergency Services (DES). Coordination will center on the run route, additional traffic control, and ambulance support.

c. Army Physical Fitness Test (APFT) Runs.

(1) APFT runs will be conducted along Blunt Road on the north side of RIA.

(2) APFT runs will be coordinated with the DES (phone number, 309-782-2686/1138) for additional traffic control support.

5. The DES will ensure information on alternate traffic patterns due to Command or APFT runs is communicated to the workforce through Public Service announcements and notices in the Island Announcements.

6. All motorists will adhere to posted speed limit signs and pass troop formations at no more than10 miles per hour.

7. This policy does apply to Morale, Welfare and Recreation (MWR) or other sponsored running events. These events will be coordinated and planned with the RIA Public Affairs Office (309-782-7746/7528) to ensure the safety of all participants.

8. The proponent for this policy is USAG-RIA Directorate of Plans, Training, Mobilization, and Security, 309-782-8782.

Encl

JOEL G. HIMSL
Garrison Manager

CF:
Commander, Army Sustainment Command