

United States Army Alaska Arctic Warriors



ARCTIC WARRIOR STANDARDS

Chain of Command

Commander in Chief

Secretary of Defense

Secretary of the Army

Chief of Staff of the Army/Sergeant Major of the Army

United States Army Pacific Command Commander/Command Sergeant Major

United States Army Alaska Commanding General/Command Sergeant Major

Brigade Commander/Command Sergeant Major

Battalion Commander/Command Sergeant Major

Company Commander/First Sergeant

Platoon Leader/Platoon Sergeant/Squad Leader



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY ALASKA
724 POSTAL SERVICE LOOP #5000
FORT RICHARDSON, ALASKA 99505-5000

12 MAY 2006

APVR-CG

MEMORANDUM FOR All Soldiers, U.S. Army Alaska (USARAK)

SUBJECT: Arctic Warrior Standards

1. Discipline is the hallmark of all great military units. In military operations, order and discipline lead to victory. This discipline is visibly measured by the way a unit appears both in garrison and in the field, how it conducts itself in combat and in peacetime, and the military courtesy conveyed by its members when addressing or interacting with others.
2. This pamphlet is produced to inform all USARAK Soldiers of our Arctic Warrior Standards. A copy of this pamphlet is issued to every Soldier.
3. Within USARAK, our Soldiers continually set a standard of excellence in everything we do. We are a unit with a unique and proud history and a proven worldwide reputation as a premier war fighting unit. We will maintain proficiency in the critical areas of Physical and Mental Readiness, Small Unit Battle Drills, Stryker, Airborne, Aviation Proficiency, Weapons Proficiency, Medical Skill Proficiency, and Leader Development.
4. Every Soldier is expected to adhere to these standards, and if necessary, take the corrective action to enforce compliance. Remember, enforcing standards here and now may be the last opportunity you have before we deploy to combat again. We are and will always be "Arctic Warriors", and PACOM's Strategic Response Force.

WILLIAM W. GUNTER
CSM, USA
Command Sergeant Major

STEPHEN R. LAYFIELD
Major General, USA
Commanding

The Army Song

First to fight for the right and to build the nation's might, and
The Army Goes Rolling Along

Proud of all we have done, fighting till the battle's won, and
The Army Goes Rolling Along

Then it's Hi! Hi! Hey! The Army's on its way, Count off the cadence loud
and strong: (Two! Three!) For where'er we go, you will always know that
The Army Goes Rolling Along

The United States Army Alaska March

We conquer the mountains and the valleys!
We train in the winter's bitter cold!
Alaska Soldiers! Arctic Warriors!
Sentries of the North!

So pick up your weapons and your snowshoes!
We're ready to fight and to defend!
The finest Soldiers! Arctic Warriors! From the last Frontier!

SOLDIER'S CREED

I am an American Soldier

I am a warrior and a member of a team

I serve the people of the United States and live the Army Values

I will always place the mission first

I will never accept defeat

I will never quit

I will never leave a fallen comrade

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment, and myself

I am an expert and a professional

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat

I am a guardian of freedom and the American way of life

I am an American Soldier

THE 7 ARMY VALUES

Loyalty

Duty

Respect

Selfless-Service

Honor

Integrity

Personal Courage

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**DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY ALASKA
FORT RICHARDSON, ALASKA 99505**

United States Army Alaska Pamphlet 600-2

1 March 2008

Personnel

**United States Army Alaska Soldiers' Handbook
and Arctic Warrior Standards**

Summary. This pamphlet provides standards and information to all Soldiers assigned or attached for duty to United States Army Alaska (USARAK) installations. It also provides information to family members and civilian employees of USARAK.

Applicability. This pamphlet applies to all Soldiers, Active, Reserve, and National Guard, assigned or attached to this command and/or installation within Alaska.

Interim Changes. Interim changes to this pamphlet are not official unless the Director of Information Management authenticates them. Users will destroy interim changes on their expiration dates unless sooner superseded or rescinded.

Suggested Improvements. This pamphlet's proponent agency is the Deputy Chief of Staff for Plans and Operations/G3. The Deputy Chief of Staff for Plans and Operations/G3 invites users to send comments and suggested improvements on Department of the Army (DA) Form 2028 (Recommended Changes to Publications and Blank Forms) directly to APVR-RPTM.

If there is a conflict between this publication and a USARAK regulation or policy or between this publication and Army publications, the USARAK regulation, policy or Army publication takes precedence.

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1. Purpose

The purpose of this publication is to inform all USARAK Soldiers of basic standards of appearance, conduct, and military courtesy, and need to know information.

2. References

Related publications and referenced forms are listed in appendix A.

3. Responsibilities

Commanders are responsible to ensure Soldiers under their command present a neat and Soldierly appearance. Noncommissioned officers are responsible for the appearance of subordinate Soldiers in their charge. Each Soldier has the duty to take pride in his and her appearance at all times.

4. General

USARAK Soldiers must project a professional military image. There must be not doubt that they live by a common standard and are responsible to military order and discipline.

United States Army Alaska Mission

United States Army Alaska executes continuous training and readiness oversight responsibilities for Army Force Generation in Alaska. Provides Pacific Region with focused, early entry battle command capability for United States Army Pacific, and Joint Force Land Component Commander for Homeland Defense and Security in Alaska.

United States Army Alaska History

The Army has served in Alaska since 1867, when Soldiers of the United States Army, 9th Infantry Regiment, took part in the ceremonies that raised the Stars and Stripes over Sitka and transferred Russian America to the United States. Senator Charles Sumner is usually credited with selecting the native word "Alaska" to name the newly acquired territory.

Brevet Major General Jefferson C. Davis assumed command of the territory, which remained an Army responsibility for the next 10 years. During that decade, a garrison of 500 officers and men were assigned to Alaska.

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The troops were withdrawn from Alaska in 1877, and for the next 2 years, Alaska was controlled by treasury officials. During this time, natives and lawless adventurers proved to be more than the officials could handle. In the spring of 1879, Navy vessels were diverted to Alaska to restore order.

The Navy formed a quasi-military government and directed Alaskan affairs until 1884 when Congress organized a civil government.

Between 1869 and the Gold Rush era, pioneering Army expeditions evicted the Hudson's Bay Company from Fort Yukon, operated weather stations, opened up the approaches to the Klondike, and explored the major river systems of the interior. United States Army officers Raymond, Schwatka, Abercrombie, Glenn, Allen, Ray, Randall, Brigadier General Wilds P. Richardson, and others were commemorated on the map of Alaska for these accomplishments.

The lawless days of 1898 initiated the Alaska-Canada boundary dispute and the need for law enforcement and aid to destitute prospectors. The military Department of Alaska bolstered the stand of the United States on the boundary question, which was later settled by convention in London. The Army brought law and order and fed the starving miners.

Meanwhile, the United States Army Signal Corps established telegraph, wireless, and cable links between far-flung forts and camps in Alaska and connected the system to the United States by submarine cable.

The Richardson Highway parallels much of the old Richardson Trail, which served the Washington-Alaska Military Cable and Telegraph System from Fort Liscum (Valdez) to Fort Egbert (Eagle). It is a monument to Army builders in Alaska.

Military forces in Alaska were never large until World War II. Even World War I bypassed Alaska. As late as 1939, merely 11 officers and 286 enlisted men manned one active military establishment.

Construction of another Army post six miles northeast of Anchorage began on 8 June 1940. The War Department General Order Number 9, dated 12 December 1940, designated the military reservation as Fort Richardson and the flying field at Fort Richardson was designated Elmendorf Field. When the Japanese attacked Pearl Harbor, there were only token ground forces and 32 military aircraft in the territory. When World War II began, the War Department authorized a buildup in Alaska to meet the threat presented by the Axis. The Army Air Corps recommended that airfields be built at Fairbanks and Anchorage. Those sites were selected in 1934 on the basis of a study done by Lieutenant Colonel Henry H. (Hap) Arnold, who had led an Alaska map and survey mission. Colonel Arnold went on to command the Army Air Forces in World War II and achieved the five-star rank of General of the Army.

The Japanese invasion of Kiska and Attu in the Aleutians emphasized the strategic importance of Alaska. United States Forces from Alaska retaliated rapidly by air and

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sea, and on 11 May 1943, Army troops operating under Navy cover landed on Attu and regained control of the island after 19 days of bitter fighting. The Japanese abandoned Kiska after Attu was reclaimed.

Highlighting the war period was the epic task performed by the United States Army Corps of Engineers in building the Alaska Highway. It gave the territory its only overland link with the rest of the Western Hemisphere.

The nation's first unified command was established as the Alaskan Command on 1 January 1947 to exercise joint operational control over assigned Army ground forces, Army air forces, and certain Navy forces. Later that year, Army troops, until then under the direct control of the Army's Alaska Department, were redesignated as the United States Army Alaska (USARAL), the Army component of the Alaskan Command.

When the Air Force was organized from the Army Air corps in 1947, steps were taken to convert Fort Richardson and Elmendorf Field into separate installations. On 15 October 1950, the Army released to the Air Force the land that is now Elmendorf Air Force Base and began construction of new facilities at its present Fort Richardson site, eight miles from Anchorage. USARAL headquarters moved to its new location on 3 January 1953.

During and shortly after the war years, several posts were established in Alaska. Some were inactivated and several became Air Force bases. The Navy assumed control of still others and the remainder were retained by the Army. The Army installation known as Fort Greely (near Big Delta, Alaska) was initially occupied by Army forces in 1941 and became the site for Army cold weather maneuvers. The forerunner of today's United States Army Cold Region Test Center and the United States Army Northern Warfare Training Center were stationed there. This location became an established Army post called "Big Delta, Alaska" on 6 May 1947. On 21 June 1953, the name was changed to "Fort Greely, Alaska." On 1 January 1961, Ladd Air Force base (near Fairbanks) was transferred to Army jurisdiction and was named "Fort Jonathan M. Wainwright."

Following World War II, troops of both the 71st and 2d Infantry Divisions served in Alaska. In 1963, a re-organization established the 171st Infantry Brigade (Mechanized) at Fort Wainwright and the 172d Infantry Brigade (Mechanized) at Fort Richardson as major subordinate commands of USARAL. In 1969, both brigades were converted to light infantry. At the end of 1972, the 171st stood down according to a policy of troop reduction. The 172d absorbed the remaining units of the departing brigade.

In 1974, restructuring of overseas elements (Project ROSE) implemented a worldwide program to increase the utilization of military personnel in combat rather than support functions. On 1 July 1974, USARAL lost its status as a separate major command and became subordinate to the United States Army Forces Command, headquartered at Fort McPherson, Georgia. The USARAL designation remained until the end of the year and on 1 January 1975, USARAL was replaced by the 172d Infantry Brigade, Alaska. The 6th Infantry Division (Light) was activated on 23 March 1986 at Fort Wainwright,

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Alaska and during a follow-up ceremony at Fort Richardson, Alaska on 24 March 1986. 6ID was inactivated 6 July 1994, and U.S. Army Alaska was activated.

Activations and Redesignations

Activated on 28 March 1941 at Fort Richardson as Headquarters, Alaska Defense Command.

Redesignated on 27 October 1943 as Headquarters, Alaskan Department.

Redesignated on 15 November 1947 as Headquarters, United States Army Alaska.

Inactivated on 31 December 1974 and activated on 2 July 1994.

Campaign Participation

World War II

Asiatic-Pacific Theater without inscription

Decorations

None

Shoulder Sleeve Insignia

A circular disk of a blue background upon which is superimposed a polar bear's head surmounted with a gold star. It represents the Army as guardian of the far north depicted by the polar bear, which, according to myth, is guardian of the North Star, represented by a yellow star. Figure 1 below shows the insignia.



Figure 1. United States Army Alaska Crest

Organization Day

The 29th of October commemorates the date in 1867 when Brevet Major General Jefferson C. Davis assumed command of the Military District of Alaska.

MOTTO – Arctic Tough

SALUTE – Arctic Warrior

SALUTATION – Arctic Tough



Figure 2. United States Army Distinctive Insignia

Description. A gold metal and enamel device that is 13/16 of an inch in height overall, consisting of a blue (ultramarine), enamel background, arched at the top and bearing a five-pointed gold star, the field bordered by a band of gold rays (each beveled), in the base two, white, enamel mountain peaks (one on each side), in the center issuing from the base the crest of a totem pole consisting of an eagle's head in proper colors facing to the right. The device is shown in Figure 2.

Symbolism. The single star on the blue background stands for the North Star, which also appears on the Alaska State flag. The gold rays forming an archway symbolize the mission of the United States Army Alaska as the first line of defense in North America and also alludes to the Northern Lights. The totem pole and the snow-covered peaks are symbolic of Alaska. The American eagle as depicted by the Alaskan Indian with penetrating eyesight and exceptional hearing alludes to the alertness and protection offered by the United States Army Alaska.

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Fort Richardson History

Fort Richardson was named for the military pioneer explorer, Brig. Gen. Wilds P. Richardson, who served three tours of duty in the rugged Alaska territory between 1897 and 1917. Richardson, a native Texan and an 1884 West Point graduate, commanded troops along the Yukon River and supervised construction of Fort Egbert near Eagle, and Fort William H. Seward (Chilkoot Barracks) near Haines.

As head of the War Department's Alaska Road Commission during 1905-1917, he was responsible for much of the surveying and building of early railroads, roads and bridges that helped the state's settlement and growth. The Valdez-Fairbanks Trail, surveyed under his direction in 1904, was named the Richardson Highway in his honor.

Fort Richardson was built during 1940-1941 on the site of what is now Elmendorf Air Force Base. Established as the headquarters of the United States Army, Alaska (USARAL) in 1947, the post moved to its present location five miles north of Anchorage in 1950. The post then had barracks for 500 Soldiers, a rifle range, a few warehouses, a hospital and bachelor officer quarters.

Fort Richardson is now headquarters for United States Army Alaska, a subordinate unit of United States Army Pacific (USARPAC).

A full range of family and Soldier support facilities common to any small community are found on post, ranging from a Shoppette to childcare and recreational facilities. The post has small but modern dental and medical clinics, and receives major medical services from the 3rd Medical Group hospital at Elmendorf Air Force Base. The Joint Military Mall located between Fort Richardson and Elmendorf provides Post Exchange and Commissary services.

The post's largest military tenant is the Alaska National Guard, with facilities at Camp Carroll and Camp Denali. Fort Richardson also hosts several non-military activities to include a Veterans Administration National Cemetery and State of Alaska Fish Hatchery.

The fort encompasses 62,000 acres, which includes space for offices, family housing, a heliport, a drop zone suitable for airborne and air/land operations, firing ranges and other training areas. Nearby mountain ranges offer Soldiers the opportunity to learn mountain/glacier warfare and rescue techniques.

Fort Wainwright History

Many political and military leaders advocated building military bases in Alaska several years prior to World War II. Finally, when war threatened in 1939, Congress granted \$4 million to construct an Army cold-weather experimental station at Fairbanks.

The purpose of the station, named Ladd Field, was to test aircraft operations in arctic conditions. However, when war broke out with Japan in late 1941, Ladd Field became a critical link in the Alaska-Siberia Lend Lease route. From 1942 until the fall of 1945, American crews flew almost 8,000 aircraft to Ladd Field, where the planes were turned over to Soviet aircrews for the continued flight to the East. The planes were eventually used by the Soviets against Germany.

Eielson Air Force Base was built shortly after the Army Air Corps separated from the Army and became the U.S. Air Force by act of Congress in 1947. At that time, Ladd Field was also under Air Force control. Eielson today is home to the 354th Fighter Wing, which supports USARAK with close air support, theater airlift, reconnaissance missions and weather analysis.

On January 1, 1961, the Army reassumed control of Ladd Field and renamed the installation Fort Wainwright, after General Jonathan M. Wainwright. General Wainwright and his men conducted a gallant defense of the Bataan Peninsula and Corregidor Island in the Philippines during the early months of World War II.

Fort Wainwright has been home to several units, including the 171st Infantry Brigade (Mechanized), a Nike- Hercules battalion, the 172nd Infantry Brigade, and the 6th Infantry Division (Light). The 6th ID (L) was inactivated in July 1994 and replaced by the U.S. Army Alaska, with headquarters moving to Fort Richardson.

Fort Wainwright has a commitment to excellence in efforts to make the post a better place to live and work. With the move of 6th ID (L) headquarters to Fort Wainwright in 1990, many new sets of family quarters were built, as well as a PX/Commissary mall, physical fitness center and maintenance facilities. Older family quarters, barracks and offices were renovated.

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5. Army Uniform Wear

a. **Uniform Appearance.** Your uniform identifies you as a member of the United States Army and United States Army Alaska (USARAK). This is a proud organization; we wear our uniform with pride. Therefore, a neat and well-groomed appearance by Soldiers is fundamental and contributes to building the pride and esprit essential to an effective military force. It is the duty of all Soldiers to take pride in their appearance at all times. Commanders are responsible at all levels to ensure that military personnel under their Command present a neat and Soldierly appearance. AR 670-1 prescribes all the regulatory guidelines for uniform wear and items for wear. Soldiers should use appropriate discretion based on weather conditions and duties.

b. **Duty Uniform.** Unit Commanders may specify the uniform and packing list as appropriate to the mission, tasking, or detail, based on weather conditions. Where modifications are deemed necessary for the safety of the Soldier, all leaders will ensure that Soldiers are in the appropriate uniform.

(1) The Army Combat uniform (ACU), is the normal duty uniform. Commanders may specify the uniform of the day, maintaining uniformity.

(2) The flight uniform is the primary uniform while conducting flight duties and Petroleum, Oils and Lubricants (POL) operations. Flight uniforms will be worn and marked in accordance with AR 670-1.

(3) Starching the ACU is not authorized. The utility uniforms are designed to fit loosely; alterations to make them form fitting are not authorized. Keep uniforms free of holes and tears, and keep all fasteners buttoned, zipped, snapped or Velcro secured.

(4) All Soldiers will wear the Moisture Wicking T-shirt (TAN) with the utility uniform. White T-shirts will be worn with the service, dress, mess, hospital, and food-service uniforms.

(5) The beret (black and maroon). The beret is an organizational issue item to be worn in garrison. The authorized color of the beret worn by Soldiers assigned to USARAK is black, other than those assigned to an airborne unit. Berets will only be worn with service uniforms and ACUs in garrison. (Only Soldiers assigned to airborne units may blouse their slacks and trousers of the service uniform with black Jump boots).

(6) Two identification tags will be worn around the neck (except when safety considerations apply), beneath the T-shirt on long and short chains, when engaged in field training, traveling on aircraft, and when in uniform or on duty outside the United States. The Army Values/Warrior Ethos Tag will be worn on the identification tag chain and the "Army Values/Soldier's Creed" Card will be carried in the wallet.

(7) All sewn on items (insignia of rank on ACU Cap/Kevlar/ACH Cover) will be sewn by machine, not hand sewn.

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(8) Subdued items (pin-on insignia of rank, specialty/combat badges, and belt buckles) are kept subdued (black).

(9) The ACU coat will have United States Army and name tapes above pockets, insignia of rank worn as specified in AR 670-1, and the US Flag worn on the right shoulder (cloth color Flag in Garrison and infrared subdued plastic Flag in the field or deployment). Soldiers wearing ACUs will only use Velcro patches. All Soldiers will wear the USARAK, 4-25 Brigade Combat Team (ABN), 1-25 Stryker Brigade Combat Team or tenant unit shoulder patch of their command as authorized per official unit orders. Only pin-on specialty badges/combat badges are authorized for wear with the ACU.

(10) The ACU cap (patrol cap) will be worn in garrison only when the use of the beret is impractical as determined by the unit commander. Soldiers will not wear the ACU cap outside their battalion area unless they are performing a specific work task or conducting a post wide clean-up detail. The ACU cap is authorized for wear in the field, based on the chain of commands approval.

(11) Boots: (tan) and (tan cavalry/tanker style) are authorized for wear from 1 May to 30 September. Individual issued cold weather boots will be the footwear from 1 October to 30 April.

Examples of Authorized Boots



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Examples of Unauthorized Boots



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c. **Mixed Uniforms.** Wearing a combination of civilian and military clothing, while in uniform is prohibited, unless as prescribed in AR 670-1 or authorization documents approved by HQDA.

(1) Uniforms for wear are prescribed in AR 670-1. The following paragraphs summarize portions of the regulation.

(2) The Class A, B (Service) and C (duty-ACU) uniforms are authorized for year-round wear. Female Soldiers are authorized to carry an approved handbag while in garrison only. Commanders will specify the uniform of the day, appropriate to activities and weather conditions. All Soldiers will maintain uniformity with other Soldiers of their immediate unit. For special occasions, ceremonies, and inspections, commanders may require all Soldiers under their command to wear the same uniform.

(3) The Aircraft Battle Dress Uniform (ABDU) can be worn IAW AR 670-1 and CTA-50- 800 year round. The ABDU will be worn while flying, in anticipation of a flight, or when designated by the unit commander. The ABDU will not be worn for conduct of non-flight missions.

(4) At the discretion of unit commanders, duty uniforms for food service personnel assigned to and performing duty in FRA and FWA dining facilities will be as follows:

(a) The Dining Facility Manager (NCOIC) responsible for the dining facility (one per facility) will wear the distinctive black and white food service uniform, bloused trousers, and the respective FRA or FWA dining facility black ball cap.

(b) All other food service personnel will wear the white food handler's uniform with non-subdued pin-on insignia of grade and black nameplate, U.S. pin-on parachutist badge and background, if authorized, black belt with open-faced buckle, combat boots, distinctive dining facility black ball cap and the food handler's apron. Trousers will be bloused and shirt will be worn out.

(c) When outside the dining facility, all food service Soldiers will wear the beret.

(d) Coverall and Armored Crewmen NOMEX are authorized for wear where maintenance duties are performed. Armored Crewman NOMEX uniforms will only be worn when performing crew duties.

(e) All sewn on items (ACU Cap/Kevlar/ACH Cover/LBV/IBA) will be sewn by machine, not hand sewn.

(f) Subdued items (pin-on insignia of rank, specialty/combat badges, and belt buckles) are kept subdued (black).

d. **Off-duty Appearance and Wear of Uniforms off the Installation**

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(1) In general, the professional atmosphere and high standards of appearance maintained by uniformed military personnel in USARAK should carry over into the selection of civilian attire. Wear of appropriate attire avoids public embarrassment and promotes a sense of community. It also assists in the orderly accomplishment of the installation's mission and fosters loyalty, discipline, and morale of troops.

(2) Articles of civilian apparel, which include, but are not limited to T-shirts or hats which depict drugs or drug paraphernalia, obscene, slanderous, or vulgar words are not authorized for wear either on or off the installation. Drawings on clothing that make negative or derogatory comments concerning the United States government are also not authorized. Wearing articles of civilian apparel in a fashion as to expose articles of undergarments is also not authorized. Wearing of earrings (on/off duty) by male Soldiers is also not authorized (per AR 670-1, Chap 1, Para 1-14, 'Wear of Jewelry').

(3) Wear of the ACU in all on-post facilities (theaters, post exchanges, and service clubs) is authorized at all times as long as the uniform presents a neat, military appearance. Consuming alcohol while in uniform at on-post service clubs is authorized after duty hours only (1700 hours), and Soldiers should use 2000 hours as the NLT time when in ACUs.

(4) The ACU is authorized for wear off the installation between 0500 and 1900 on normal duty days or when official duty is required (staff duty officer, staff duty noncommissioned officer, Unit Courtesy Patrols etc.) with the following stipulations:

(a) Ensure the uniform is complete, clean, neat, and presentable.

(b) Personnel returning from field operations/maneuvers travel directly home. You may only stop for essential items (bread, milk, gas, emergency auto repair items).

(c) The ACU will not be worn in off-post bars or clubs. Exercise good judgment and do not wear ACUs in establishments with "coat and tie" dress requirements.

(d) The authorized uniforms while traveling are prescribed in Department of Defense and Army directives. All personnel are reminded of the responsibility to maintain a high standard of dress and appearance. When in uniform you represent not only the United States Army, but also USARAK. The ACU may be worn while on official travel on commercial aircraft.

(e) Soldiers are authorized to wear TA-50 with civilian clothes. Examples are but limited to (Gortex parka/trousers, balaclava, arctic mittens, trigger finger mittens, polartec fleece, and V.B. boots, wet weather parka/trousers, polypropylene tops/bottoms). This authorization is intended for newly assigned Soldiers in USARAK with limited winter clothing, and not for off-duty winter activities (i.e., snowboarding, skiing).

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e. **Winter Uniform.** The winter garrison duty uniform will consist of the following (optional) additions based on the Extreme Cold Weather Clothing System Generation II (ECWCS Gen II) components:

(1) Balaclava, Watch Cap, Polartec Fleece cap, or ACU Cap.

(2) ECWCS Gortex parka (with slide on rank centered on the tab located in the center of the chest and nametape worn on the pocket flap of the left sleeve of the parka), cold weather, or field jacket.

(3) Boots: Issued cold weather boots, (or boots of a similar commercial design), are the authorized boots worn between 1 October and 30 April. Vapor barrier (VB) boots are also authorized for extreme cold weather conditions or as designated by unit commanders. Issued traction devices (black in color) are authorized for wear on boots, and are recommended during icy conditions. **No Hot Weather tan Desert boots between 1 October and 30 April.**

(4) Gloves, black, trigger-finger mittens, or arctic mittens (standard Aviator gloves are not an authorized winter glove with the exception of TF 49 only).

(5) When the temperature falls to **32 degrees** or below, all Soldiers in USARAK will wear at the minimum the balaclava, watch cap, or Polartec Fleece cap, gortex parka, black gloves, and issued cold weather boots.

(6) Neck gaiter (maybe worn with ACUs, IPFUs, and the field uniform).

(7) Scarf, olive green.

(8) The standard outer garment worn with the ACU is the Extended Cold Weather Clothing System (ECWCS) Gortex or the Army-issue field jacket.

(a) The ECWCS GEN II is designed to be a system of layers that uses the Gortex shell as an outer layer with any one of several possible combinations of under layers, as appropriate, based upon individual needs and leadership discretion. The "winter field" uniform will normally include the polypropylene shirt and pants under the Gortex parka and pants unless otherwise specified. Soldiers may remove their Gortex Parkas and eat in their polypropylene shirts while eating at dining facilities on any USARAK installation (subordinate commanders will follow guidance issued in higher command level orders).

(b) The ECWCS components (without rank), the cold weather parka, the balaclava, vapor-barrier boots, trigger-finger mittens, and arctic mittens are authorized for wear with civilian clothing during the winter months both on and off installations in Alaska, but this authorization is intended for newly assigned Soldiers in USARAK with limited winter clothing, and not for off-duty winter activities (i.e., snowboarding, skiing)

(c) The issued black polartec fleece will not be worn as an outer garment.

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(9) Gloves that are black with approved specifications or pattern or similar designs are authorized with or without the ECWCS and field jackets. Aviator's gloves (NOMEX) are not authorized for wear with the ACU, and physical fitness uniform, (IPFU) in garrison. Commanders may authorize the wear of regulation glove inserts (without the black leather gloves) with the IPFU provided the entire formation is uniform.

f. Winter Uniform: Extreme Cold Weather Clothing System Generation III:

The ECWCS GEN III system is a multi-layered, versatile, insulating system that allows the Soldier to adapt to varying mission requirements and environmental conditions. The ECWCS GEN III system consists of twelve different components and features seven levels of insulation layers to provide a broad level of environmental protection that extends from -40F to +60F. Each piece fits and functions either alone, or when used in the system, to provide the most options for the individual Soldier. Leaders and Soldiers should refer to the 'Use and Care Manual' that accompanies the ECWCS GEN III system, for general use, care and cleaning guidance.

(1) System overview of the three basic layers.

(a) Base Layer – The base layer (s) are those adjacent to your body. They should be comfortably loose. The main purpose of these garments is to wick excess moisture away from your body.

(b) Insulation Layer – The insulation layer (s) are the intermediate layers(s). They provide volume to enable you to trap warm air between your body and the outer garments. In addition the insulation layer (s) help wick away excess moisture. These layers should be comfortably loose to trap a sufficient volume of air.

(c) Outer Shell Layer – The outer shell layer(s) are the external layers that protect you from the elements in your environment. A main function is to keep you dry. In addition, they provide additional volume from trapping warm air. These layers should be comfortably loose also.

(2) Definition of the seven levels of insulation and twelve components.

(a) Light-Weight Cold Weather Undershirt/Drawers (level I); used as a base layer next to skin. Silk-weight material designed to transfer moisture from the skin to the outside of the fabric where it spreads rapidly for quicker evaporation.

(b) Mid-Weight Cold Weather Shirt/Drawers (level II); used as a base layer next to skin or in conjunction with other levels (level I) for added insulation and to aid in the transfer of moisture. Mid weight Cold Weather Shirt/Drawers are designed to provide light insulation for use in mild climates as well as a base layer for colder climates. Fabric is slightly different than level I in that it provides extra warmth but still wicks moisture away from the skin to allow for quicker evaporation.

(c) Fleece Cold Weather Jacket (level III); primarily used as and designed for an insulation layer worn underneath outer shell layer in moderate to cold climates. The

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jacket creates air pockets that trap air and retain body heat providing outstanding warmth without weight. Fabric has excellent breathability and dries quickly.

(d) Wind Cold Weather Jacket (level IV); used and designed to be worn as an outer layer with base and insulation levels during transitional environments to provide wind and sand protection. The wind jacket is designed to act as a low volume shell layer, optimizing the performance of moisture wicking along with insulation layers when combined with body armor or ACUs. Fabric facilitates wind protection and water repellent materials.

(e) Soft Shell Cold Weather Jacket/Trousers (level V); used and designed for use in cold weather conditions as a soft outer shell layer combined with other base and insulation layers. Material is highly water resistant, wind proof that increases moisture vapor transfer over current hard shell garments. Additionally, provides increased breathability and improves performance of insulation layers by decreasing saturation during to moisture vapor accumulation.

(f) Extreme Cold/Wet Weather Jacket/Trousers (level VI); used and designed for prolonged exposure in wet and cold weather conditions. Used as an outer shell layer with base and insulation layers. Fabric is GORTEX and provides completely waterproof, windproof and breathable level of protection. Designed for use when temperatures are above 14F.

(g) Extreme Cold Weather Parka/Trousers (level VII); Designed for superior warmth in extreme cold, dry conditions as an outer shell layer when used with base and insulation layers. The outer most GEN III layer for the last layer of protection and meant for static activities.



GEN III Top Kit



GEN III Bottom Kit

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f. **Improved Physical Fitness Uniform (IPFU)**. The uniform consists of:

(1) IPFU T-shirts (long and short) will be tucked in at all times (Soldiers who are pregnant and are eligible to wear the maternity uniform, may wear the T-shirt out).

(2) IPFU black shorts with Army logo.

(3) Commercially purchased running shoes. (See Field Manual (FM) 21-20, appendix E.)

(4) White, calf or ankle-length socks (white socks must cover the entire ankle bone) without colored bands, markings, or logos can be worn with the IPFU (per AR 670-1, Para 14-3, dated 3 February 2005).

(5) Knee-length or higher spandex shorts (or equivalent) black/Gray in color without logos.

(6) The IPFU gray and black jacket and black pants.

(7) The issued balaclava, watch cap, or Polortec Fleece cap may be the prescribed headgear.

(8) Trigger-finger mittens (with inserts), arctic mittens, or black gloves (with inserts).

(9) The issued (black in color) Slip-on traction devices should be worn on running shoes when the running routes are icy.

(10) If the Soldier wears long underwear or other similar items, they must be concealed from view.

(11) The IPFU is authorized for wear on and off the installation. Soldiers may wear all or part of the IPFU when authorized by the unit commander. The IPFU must be clean, serviceable, and worn correctly at all times.

(12) Mixing the IPFU with civilian attire is authorized on any military installation within USARAK. Soldiers will not mix the IPFU with civilian attire while conducting daily USARAK PT from 0630-0745 hours.

(13) All Soldiers will wear a yellow reflective safety belt or the orange full torso reflective vest when conducting PT. The belt will be worn around the waist when wearing IPFU shorts and shirt, and from the right shoulder to the left hip when wearing IPFU grey jacket. The belt or vest must be visible from the front and rear and unobstructed (not concealed) by clothing or equipment. Soldiers do not need to wear the reflective belt or vest when conducting physical fitness inside or at the gym.

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(14) Improved Physical Fitness Uniform (IPFU) will not be worn when operating military vehicles, except during unit organizational days. Exceptions must be approved by the mission commander.

(15) Soldiers will not wear headphones while wearing the IPFU when conducting Physical Training, running, foot marching, or riding bicycles (per AR 385-10, The Army Safety Program, dated 23 August 2007), with the exception to guidance in USARAK Joint Policy Letter#04, Patron Dress for Physical Fitness Facilities, which outlines authorized headphone usage in USARAK gyms.

(16) Commanders may authorize the wearing of unit PT t-shirts, but should utilize this for promoting Esprit de Corps events; such as Payday Activities unit runs, CO/BN/BDE level fun runs, or post wide Army celebration events. Individual Soldiers conducting individual PT will not wear unit PT t-shirts during USARAK PT time, from 0630-0745 hours.

g. **Field Uniforms.** Due to diverse climatic conditions as well as unique mission requirements, major subordinate commanders will specify the uniform for field exercises in both summer and winter.

(1) All personnel in field training areas and impact areas will wear the Ballistic Helmet (Kevlar) or Advanced Combat Helmet (ACH) and their load carrying equipment (LCE) or LBV. Soldiers operating or riding in any tactical vehicle will wear a ballistic helmet and fastened seat belts during operation.

(2) The neck gaiter may be worn with the ACU, IPFU, and field uniforms. It may be worn as a neck warmer or balaclava/mask.

(3) The Kevlar or Advanced Combat Helmet (ACH) is worn with the chinstrap fastened. Soldier's last name will be printed in block letters left of center on the camouflage band in front. The camouflage band will be secured to the helmet using 550 cords on each side of helmet with a half hitch. The camouflage band will also have two, 1 inch by 3/8-inch pieces of florescent tape (cat-eyes) sewn centered on the back 1 and 1/2 inches apart. Sew-on rank (CPL and above) will be displayed on the front center of the camouflage cover. Sew-on rank is not required when the night vision device mounting plate is permanently attached to the front of the helmet. Items of personal information (blood type/battle roster number) will be displayed on the camouflage band as per unit SOP guidance. Commanders may prescribe additions to this uniform as mission or training dictates (i.e., protective mask, weapons, red-cross brassard, etc.).

(4) The following items are the standards for modification table of equipment unit issued LCE/LBV. Garrison units will have a modified issue version of the LCE.

(a) Pistol belt.

(b) Two ammunition pouches.

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(c) Two canteen covers, two canteens, and one canteen cup.

(d) First-aid case (with bandage).

(e) At the discretion of the unit commander, other items can be prescribed as part of the LCE/LBV, (butt pack, compass, additional ammo pouches, bayonet, etc) as long as uniformity exists for all Soldiers.

(f) LCE/LBV- the belt will be buckled and belt extenders are authorized. Connecting the belt buckle with 550 cord is not allowed. Snap hooks will not be cut from the LCE suspenders and replaced with 550 cord. Soldiers damaging or losing Common Table of Allowances 50–900 (CTA-50) equipment will be held accountable to replace it.

(5) The unit commander will determine when skin camouflage is worn. For example, skin camouflage does not need to be worn during weapons qualification if the only purpose of being in the field is for qualification and return to garrison. Do not wear skin camouflage when the temperatures are below 32 degrees Fahrenheit. Camouflage will not be worn with the beret, and must be removed prior to visiting **off** post facilities. Soldiers may go to Shoppettes at Fort Richardson and Fort Wainwright with camouflage, but will be required to wear their Ballistic Helmet. No weapons of any kind will be allowed in the Shoppette.

(6) In addition to the LCE/LBV, Soldiers traveling or training in the winter months (October through April) need to have survival equipment consisting of at least: sleeping bag, wet weather and cold weather jacket and pants, gloves and/or mittens, polypropylene, and cold weather boots.

(7) Hydration Systems (ACU, DCU, OD Green or Black in color), are authorized only in the following situations: In a field environment, in high heat areas, or on work details. Soldiers will not carry hydration systems in a garrison environment unless the commander has authorized it for one of the situations described above. Soldiers will not let the drinking tube hang from their mouth when the device is not in use.

(8) For all training and training support in the field, Soldiers will wear Advanced Combat Helmet (ACH) or the ballistic helmet, Interceptor Body Armor (IBA), and or the MOLLE Fighting Load Carrier (FLC) with the MOLLE sustainment pouches attached. The LCE is authorized for wear if the Soldier was not issued his/her IBA and MOLLE equipment.

(9) The balaclava, watch cap, Polartec Fleece cap, and neck gaiter are the only authorized cold weather items for wear beneath the ballistic helmet or ACH under field conditions. The balaclava, watch cap, or Polartec Fleece cap may be worn in the TOC, motor pool or on flight line.

(10) Unit commanders may authorize the wearing of a dust mask/scarf while in vehicles moving where dust conditions exist. They will not be worn around the neck or attached to the uniform when the Soldier is dismounted from the vehicle.

(11) The ACU patrol cap can be worn with the ACU in a field environment only when the temperature is above 32 degrees. When the temperature falls below 32 degrees the balaclava, watch cap, or Polartec Fleece cap will be worn in its place. Examples of ACU patrol cap wear are EIB/EFMB sites, Tactical Operation Center (TOC), motor pools, field recovery operations, and After Action Reviews (AARs).

6. Military Equipment

a. **Storing and Transporting Common Table of Allowances (CTA) 50-900 Equipment -CTA-50.** Soldiers will not store any item of CTA-50 in a privately owned vehicle (POV) for extended periods of time. When transporting CTA-50 in a POV place it in the trunk or otherwise hidden from view when not in positive control.

b. **Transporting Sensitive Items.** Soldiers are not authorized to store or transport weapons, night vision devices, radios, or any other sensitive items in POVs.

7. Soldier Readiness and Training Issues

a. **Soldier Readiness.** All Soldiers are expected to be ready to deploy with little advance notice.

To meet this demand, all Soldiers must keep the following items current at all times:

(1) Your Common Access Card (CAC) must be correct and serviceable at all times. Report lost or damaged CAC cards to your chain of command.

(2) Identification tags must be correct and worn at all times while in uniform. Exception is during physical training. Allergy warning tags and Army values tags are the only items authorized for wear on the identification tag chains.

(3) Update emergency data records as soon as a change occurs. The most common causes of change are marriage, divorce, and birth of children, relocation of family members, and changes in beneficiaries or their addresses. Report all changes to your personnel and administration center immediately.

(4) Wills and powers of attorney should be kept current and correct. If you want to create or change a will or power of attorney, contact the legal assistance office at your post.

(5) AR 215-1, paragraph 2-5c establishes the requirement for family readiness groups. Ensure your family members are aware of your unit's family readiness group. These groups provide vital support and services to family members when Soldiers are deployed.

(6) Dental readiness is your responsibility. Soldiers are required to have annual dental checks to stay deployable. Any dental condition likely to cause a dental

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emergency (Category 3 and 4) must be treated to make the Soldier deployable. For more information contact your chain of command.

b. **Physical Fitness.** Physical readiness is critical to the successful accomplishment of USARAK's mission. It is as important as proficiency in military skills, tactical and technical training, and material readiness. Every Soldier assigned to USARAK must be fit to fight. Consequently, every Soldier will strive to do physical training a minimum of five times per week. The USARAK standard is to run four miles in 36 minutes. IAW USARAK Regulation 350-1, unit level sports will not be conducted during the hours of 0630-0745. Soldiers will not smoke in unit areas during PT hours.

c. **Weight Control Program.** USARAK runs an active weight control program (Army Regulation 600-9). Soldiers are weighed in summer PT uniform (without shoes) while in-processing and evaluated by their commander each time they take the APFT or at least once every six months. Soldiers who exceed their maximum screening weight or appear overweight will have their body fat calculated. Soldiers who exceed their maximum percentage of body fat allowance are placed on the weight control program. The weight control program consists of the following elements:

- (1) Participation in the program for a minimum of 30 days.
- (2) Suspension of favorable personnel actions (FLAG).
- (3) Dietary counseling.
- (4) Health education session/medical evaluation.
- (5) Participation in an aerobic activity a minimum of three times per week.

(6) Any Soldier failing to make satisfactory progress after six months of enrollment will be processed for separation or given a bar to reenlistment IAW AR 600-9, AR 635-200, and AR 601-280.

d. **Leaves and Passes.** USARAK units must be capable of responding swiftly to meet contingencies ranging from war to civil disturbance to natural disaster. When you are on pass or leave, it is your responsibility to make sure that your unit knows where you are and when you will return.

(1) Soldiers are encouraged by commanders to take periodic short leaves or leave during the unit's scheduled block leave, rather than save up a large number of days that they may not be able to use all at one time. Leaves are requested in advance according to your unit standing operating procedure and are approved by commanders using DA Form 31 (Request and Authority for Leave). When you submit a request for leave, you are telling the commander that.

- (a) You have sufficient days accrued or are asking for advanced leave.

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- (b) You have enough money to cover your cost of leave and travel.
- (c) You will return on time. (If traveling by POV, allow enough time to travel in a safe manner).
- (d) You know how to ask for an extension of leave if necessary.
- (e) You can be contacted at the leave address stated on your DA Form 31 in the event of a recall at any time.
- (f) You will carry your approved DA Form 31 and military identification card (CAC) with you at all times while on leave. Soldiers should also maintain their ID tags with them on leave.
- (g) You are expected to sign back into your unit prior to 2400 hours on the last day of your approved leave. Refer to your unit's policy for specific sign in/out guidance. Failure to return by 2400 hours on the designated last day of leave could result in you being absent without leave. The unit telephone number(s) contained on the DA Form 31 will be used to contact your unit if you cannot return by the prescribed time.
- (h) The Soldier's chain of command must approve in advance any leave (both ordinary and emergency).
- (i) For an emergency telephone number for emergency situations, contact your unit staff duty or chain of command, or you may call the USARAK Command Center in an emergency situation at (907) 384-6666.

(2) Being placed in a pass status is not a Soldier's right. Passes are a privilege for deserving Soldiers as determined by commanders.

e. **Pawning and Selling Organizational Clothing and Individual Equipment.** Soldiers are prohibited, regardless of location, to pawn, sell, or assist in the pawning or selling of organizational clothing and individual equipment or any other military property.

f. **Private Use of Government Equipment and Vehicles.** The private personal use of government equipment and vehicles is prohibited. This includes but is not limited to using a unit motor pool and military tools to make personal car repairs or using a government vehicle for personal trips to the post exchange, commissary, shoppette, mini-malls, etc.

8. Military Courtesy

a. Courtesy is respect for and consideration of others. In the Army the various forms of courtesy have become customs and traditions. It is important to render these courtesies correctly.

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b. The exchange of a salute is a visible sign of good discipline and mutual respect. Saluting is an outward sign of unit pride and esprit de corps. Salutes in USARAK should be the sharpest in the United States Army. Each salute should be rendered with a greeting and response. The USARAK greeting is, "Arctic Warrior, Sir or Ma'am!" The response from the officer will be, "Arctic Tough!" Regimental greetings are also authorized.

(1) Be alert especially for general officers and other senior officers' vehicles, which are identified with plates depicting their rank attached to the front of the vehicle. Proper military courtesy requires that you render a salute to these officers as they pass.

(2) When a 1SG, SGM, or CSM enters a facility, Soldiers will call "at ease".

c. The following rules apply in most situations you are likely to face:

(1) Unit headquarters, orderly rooms, supply rooms, dayrooms, and squad rooms. The first person to sight an officer who is higher in rank than the officer present in the room should call "Attention." The senior Soldier present in the area should then report to the visiting officer (example: SGT Jones, NCOIC of the motor pool, reports). In smaller rooms, containing one or two enlisted Soldiers, the Soldier(s) should rise and stand at the position of attention when an officer enters the room.

(2) Offices, shops, hangars, and medical treatment facilities. When an officer enters, personnel who are working do not come to attention unless the officer speaks to them.

(3) Dining facilities. The first person sighting a senior officer entering the dining facility should call "At ease!" so that their presence is known and necessary action can be taken. The Soldiers should fall silent but continue to work or eat. The senior dining facility OIC or NCOIC should report to the officer.

(4) During conversations. All Soldiers, officer or enlisted, will come to the position of attention facing a senior officer when spoken to in an official capacity. Normally the senior officer will direct "At ease" or "Carry on" if the situation merits. When an enlisted Soldier is speaking to a noncommissioned officer, the Soldier will stand at "Parade Rest" unless otherwise directed by the NCO. A subordinate should stand when spoken to by someone senior in rank, unless the superior directs otherwise. When walking with a senior Soldier, the junior officer or enlisted Soldier will walk to the senior's left side.

(5) In formation. When an officer approaches Soldiers in a formation, the person in charge calls, "Attention!" and renders a salute for the entire group. When an officer senior in rank approaches a group of individuals not in formation, the first person sighting the officer calls, "Group, Attention!" and renders a salute with the appropriate greeting. Soldiers working as part of the detail or participating in some other group activity such as athletics do not salute. The person in charge, if not actively engaged, salutes for the entire detail or a group of Soldiers.

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(6) Cell phone etiquette. All cell phone usage in uniform will be done from a stationary position. Walking and talking on a cell phone is prohibited, to include the usage of ear attachments (Bluetooth headsets). Use of personal cell phones while in the DFAC should be kept to minimum or as a necessity only (MP, Staff Duty, CAO). Use of personal cell phones while in the gym is also limited to specific locations inside the gym. Guidance is posted in gyms and referenced in USARAK Joint Policy Letter#04, Patron Dress for Physical Fitness Facilities. When you have to talk on your cell in these facilities you need to maintain military professionalism and respect the individuals around you.

(7) Smoking while walking in an Army uniform presents an unprofessional image and is prohibited. Smoking is also prohibited within 50 feet from any Government building entrance. Smoking should be done in designated smoking areas only. Chewing tobacco or dipping in public is authorized with some restrictions. Spitting on the sidewalks or carrying a spit bottle/can with you is prohibited.

(8) Salutes will be exchanged during field training.

(9) All Soldiers, officer and enlisted, will render the necessary salute unless the act would be impractical (i.e., arms full of packages), and then the verbal greeting will be rendered.

(10) The U.S. flag as distinguished from "Colors" is not saluted except during the ceremonies of raising and lowering the flag and when it is passing in a parade. The U.S. Flag trimmed on three sides with golden yellow fringe is a Color and is saluted as appropriate. Do not salute the U.S. Flag on the flagpole except during retreat and reveille.

d. The Retreat ceremony is another military tradition. It symbolizes the respect we as citizens and Soldiers give to our flag and our country. This meaningful tradition is celebrated in two distinct parts: the bugle call "Retreat" followed by the bugle call "To the Colors" or, if a band is available, the National Anthem.

(1) When outside, in uniform, (not in formation) and you hear "Retreat," you should face toward the Colors, if visible. If the Colors are not visible, face towards the U.S. Flag on the flagpole, and assume the position of "Attention." During retreat ceremonies all vehicles in the area will stop. Military occupants will dismount the vehicle and render the proper courtesy. When required, the senior Soldier should bring the formation to attention and salute. If you are in civilian attire and hear "To the Colors" or the National Anthem you are expected to place your right hand over heart, and remove all headgear.

(2) During an inside ceremony (not in formation), military personnel will stand at "Attention" and will not "Present Arms" unless specified as an outdoor ceremony conducted indoors.

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9. Soldier Conduct

a. **Soldier Conduct.** You are sworn to uphold the Constitution and you serve the American people. They have a right to expect that you will carry out your duties and conduct yourself properly on and off duty. There are civil laws that pertain to all citizens, Soldiers included. You must, of course, obey these laws.

b. **Traffic Regulations/Traffic Violations.** You must possess a valid state driver's license to operate a privately owned vehicle (POV) on post and off-post (a military operator's identification card is not a valid license for operating a POV). Some states, including Alaska, require a special license or modifications to a motor vehicle license in order to operate a motorcycle. Check with Alaska Department of Motor Vehicles (DMV) at <https://www.state.ak.us/dmv/> or call (907) 269-5551.

(1) Vehicle registration. To operate a motor vehicle on post you are required to register your vehicle on post. Vehicle registration on post is mandatory. Your DD FORM 2A, a valid driver's license, state registration, current state of Alaska vehicle emissions inspection, and minimum vehicle insurance IAW Alaska State Law are required for registration. Registration can be accomplished at the Installation Main Gate.

(2) Speed limits. Unless otherwise posted, the speed limit on USARAK roads is 25 MPH. Speed limits in housing areas and school zones is 15 MPH and speed limits on approved running route roads is 15 MPH during PT hours. The speed limit when passing troop formations is 10 MPH. Speed limits are strictly enforced by the Military Police.

(3) Playing of loud music that can be heard outside a POV at a distance of 50 feet on USARAK Installations is prohibited and is strictly enforced by the Military Police. Failure to comply with USAG-AK policy # 03 (FRA) and # 10 (FWA) may result in citations and suspension of installation driving privileges.

(4) Wear all required restraining devices (lap belts and shoulder belts when so equipped) when riding in any vehicle, on or off duty, on or off post. Failure to do so is a violation of U.S. ARMY policy and state law and may result in suspension of installation driving privileges and may result in a traffic citation and prosecution.

(5) Cell Phones. Using cell phones while operating a POV on any USARAK installation is prohibited. Soldiers are authorized to use hands-free devices (Bluetooth headsets) while operating a POV.

c. **Absent Without Leave.** Absence without leave is a serious military offense. If you absent yourself or remain absent from your unit, organization, you may be punished under the UCMJ, Article 86, absence without leave. If you have a personal problem, which requires your absence from duty, seek the advice and assistance of your chain of command.

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d. **Single Enlisted Soldier Quarters Visitation Policy.** All Soldiers that reside in our barracks are required to comply with the Commanding General Policy # 0-06 at (Appendix C) which governs the Commanders responsibilities for good order and discipline in the barracks while still maintaining a high quality of life for those Soldiers living in our barracks.

e. **Personal Weapons Registration and Prohibited Items.** All Soldiers and family members are required to comply with the Commanding General Policy # 0-17 at (Appendix E) and USARAK Regulation 190-1 which governs the use, transport, and storage of firearms. All Privately Owned Weapons (POW) that are brought onto or stored on a USARAK "post" as defined in USARAK Regulation 190-1, must be registered with the Provost Marshal Office (PMO) or at the main gates.

f. **Drugs.** It is a violation of both the Uniform Code of Military Justice (UCMJ) and Alaska state law to knowingly possess, use, and, or distribute a controlled substance.

(1) Under AR 635-200 and the UCMJ, Soldiers who wrongfully use controlled substances will be processed for separation and also may be charged under the Uniform Code of Military Justice.

(2) USARAK runs an active drug and alcohol abuse program and Soldiers can expect urinalysis testing, unannounced, at least twice a year.

(3) Soldiers who use their vehicles for illegal purposes (for example to transport controlled substances) are potential high-risk drivers. Commanders should consider recommending suspension or revocation of installation driving privileges to the Garrison Commander in such circumstances.

g. **Motor Vehicle Laws.** It is a violation of Alaska state law, and USARAK regulations to operate a motor vehicle with a blood alcohol content (BAC) of .08 or higher.

(1) Open Container Laws. USARAK personnel will not transport or consume alcoholic beverages in the passenger area of a motor vehicle. In accordance with Alaska law, this prohibition applies to the driver and the passengers of a motor vehicle. Personnel will not, consume, or transport open alcoholic containers. An opened alcoholic beverage is defined as a container of alcoholic beverages, in which the seal has been broken. The area of the trunk shall not be considered part of the passenger area. Alcoholic beverages may be transported in the passenger compartment of a motor vehicle in the manufacturer's unopened original container.

(2) Soldiers should be aware that current insurance rates could increase significantly when arrested and convicted of driving while impaired/intoxicated.

h. **Hazing, Abuse, and Unprofessional Activities.** Adherence to the professional Army ethic and its supporting individual values create an environment

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conducive to personal and professional growth. Any activity that subjects a Soldier to degradation or results in Soldier abuse will not be tolerated. Examples of unacceptable activities include the slapping or pounding of any award, decoration, or badge, and events such as "blood wings" or "blood stripe" ceremonies, "cherry" jumper initiations, improperly conducted prop blasts, and hazing of any type. Regardless of the intent behind such activities, they are ultimately destructive to unit cohesion and contrary to good order and discipline.

10. Safety

a. **Safety.** One of the most critical things a Soldier can do is to ensure everything they do is done safely; every Soldier in USARAK is a "safety officer/NCO". Safety is an individual as well as leader responsibility. Everyone, from the USARAK Commander down, must take an active role in the identification and prevention of accidents. Nothing we do in training is worth the life or limb of our Soldiers. This section addresses some of the policies and measures you may take to help protect the force. If you need information, have suggestions, or wish to report a safety violation, contact the Installation Safety Office at 384-2041/2132 at Fort Richardson, or 353-7412/7078 at Fort Wainwright or visit the web site at <https://richardson.ak.pac.army.mil/usarak-safety/default.htm>.

b. **Risk Management.** The OPTEMPO and the daily training of Soldiers assigned to USARAK bring with it inherent hazards. Soldiers must practice risk management during their daily activities in order to protect our force. Risk Management is a five-step process that is used to identify hazards and take measures to lessen the risk to Soldiers. <https://richardson.ak.pac.army.mil/usarak-safety/default.htm>.

c. **Privately Own Vehicle (POV) Safety.** POV accidents are the number one cause of fatalities Army-wide. Alarming numbers of Soldiers are killed and injured every year here and at every installation across the Army. Everyone, from the individual Soldier to Commanders, must take aggressive measures to reduce the number of POV fatalities. Remember, safety doesn't end when you take the uniform off.

(1) The primary causes of accidents are:

(a) Drinking and driving.

(b) Falling asleep at the wheel.

(c) Speed to the point of losing control of the vehicle.

(2) All Soldiers will do the POV risk assessment TRiPS prior to going on leave, pass, TDY, or PCS. This can be accessed through the USARAK Safety web site at <https://richardson.ak.pac.army.mil/usarak-safety/default.htm> or the Army Combat Readiness Center web site at <https://crc.army.mil/home/>.

(3) Use common sense when operating a privately owned vehicle. Ensure the vehicle is in good condition prior to operation. Leaders will conduct an inspection of vehicles monthly or prior to the start of a long weekend. Deficiencies will be corrected prior to operating the vehicle. A checklist can be found at: <https://richardson.ak.pac.army.mil/usarak-safety/default.htm/>.

d. Motorcycle Safety.

(1) Motorcycle accidents, including ATVs, generally result in serious injuries. Motorcycles, unlike automobiles, offer no protection against injury. Avoiding the accident is the only way to prevent the injury. Motorcycle riders must drive defensively. To do so requires proper mental and physical skills.

(2) IAW USAG-AK Post Command Policy #24-7 (Appendix H), all motorcyclists must successfully complete a Motorcycle Safety Foundation Approved course prior to operating a motorcycle on the installation. These courses are scheduled throughout the spring and summer and are free of charge. For further information on the class, call 384-2382 at Fort Richardson and 353-7078 at Fort Wainwright.

(3) USAG-AK Post Command Policy #24-7 (Appendix H) requires that all persons who operate or ride motorcycles on the installation must wear:

(a) clear goggles or a face shield attached to the helmet (windshields and fairings do not meet this requirement)

(b) full fingered gloves

(c) reflective vest

(d) long-sleeved shirts or jackets with an area of high visibility (silver, yellow, orange, white) material visible from the front and rear during operation of the motorcycle during the hours of sunrise to sunset (this material must be reflective for operating the motorcycle between the hours of sunset and sunrise), long trousers (sleeves and trousers must not be rolled up), and over-the-ankle shoes are required.

(e) properly fastened (under the chin) motorcycle helmet that at least meet the DOT/SNELL standards

(4) To maintain peak performance, a trained rider must practice skills, or they will not be there when you need them. Additionally, installation policy requires that motorcycles operate with the headlights on at all times and the motorcycle must have two rear view mirrors, one on each side

e. Tactical Vehicles. Privately Owned Vehicles (POVs) will not be used during tactical operations to include Drop Zones, EIB, and EFMB. Tactical vehicles and military transportation will be the means of ground movement in the field environment.

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Always adhere to "Light Lines." Other extra precautions must be taken when operating in or around tactical vehicles. Only military licensed drivers are authorized to operate these vehicles. Drivers will not use cell phones (or headsets) when operating tactical vehicles. Vehicle operators must ensure they follow all technical standards for the safe operation of the vehicle. When manning the hatches of a Stryker vehicle all crew members will wear head protection (Kevlar helmet, ACH, CVC or Mitch), eye protection, and will maintain 'Name Tag Defilade' posture.

(1) Do not operate a military vehicle if not properly dispatched. All operators must have a current and otherwise valid permit (OF 346) covering the vehicle being operated. Do not dispatch or allow dispatching of any vehicle unless both dispatch and driver's permit are proper and cover the vehicle being dispatched. Given the nature of our environment in Alaska and long periods of darkness drivers of military vehicles need to make sure that the vehicle is clean at all times to include headlights and windshields.

(2) Vehicle ground guides are required when:

(a) Tactical Vehicles are moving in or around unit Motor Pools.

(b) Tactical Vehicles enter congested, confined, or bivouac areas.

(c) Before a wheeled or track vehicle is moved in an assembly or bivouac area.

(d) During movement within or through an assembly area. Tracked and Stryker vehicles require two ground guides, front and rear. Guides must be able to see each other, be visible to the driver, and be located 10 meters in front and off to the side of the driver, not in the vehicle's path. If the driver loses sight of the ground guide, they will stop the vehicle until line of sight is regained.

(e) When traveling cross-country, during periods of reduced visibility (extreme ground fog, snowstorms, dust/sand storms, etc.).

(3) Passenger conduct –always maintain 3 points of contact.

(a) All personnel in the vehicle will wear seat belts and head protection (Kevlar helmet, ACH, CVC or Mitch).

(b) Troop straps will be utilized by personnel riding in the back of authorized troop carriers.

(c) No one will ride on top of vehicles. Crew will rehearse roll over drills.

(d) Soldiers will wear eye protection/Goggles in vehicles without windshields.

(e) Operators will strictly adhere to speed limits for type of vehicle.

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(f) No tactical vehicle will travel faster on the installation than 35 MPH on hard surface roads, 30 MPH on dirt roads and 10 MPH when passing troops in formation.

(g) All firebreaks and trails; reasonable/prudent NTE 20 MPH.

(h) Under NVGs NTE 15 MPH.

(i) The TC will be the ranking individual – NO EXCEPTIONS.

(j) The driver and the TC are responsible for the safety of the personnel riding on their vehicle. Drivers and TCs must refuse to move the vehicle if anyone is in an unsafe position or if the vehicle has too many passengers.

(k) Passengers, who are not crewmembers and carried in the cab of the vehicle, are limited to available seat belt positions.

(l) All personnel will wear head protection (Kevlar helmet, ACH, CVC, or flight helmets as appropriate) while operating or riding as a passenger in Army tactical vehicles in a field training area.

f. **Running and Foot Marches on Roadways.** Soldiers conducting foot marches during hours of limited visibility must be aware of danger and exercise caution. Preventive measures must be taken to ensure the safety of everyone involved in the event. For Fort Richardson, refer to USARAK CofS/USAG-AK Joint Policy #JP-01- FRA Running Route Policy and for Fort Wainwright, refer to FWA Authorized Physical Training Running Routes policy letter (Appendix F) which lists the measures that must take place when Soldiers are running or marching on roadways on Fort Richardson or Fort Wainwright. Both FRA / FWA have their running route maps posted on their web sites.

(1) A formation is an assembled group of military personnel under the supervision of a leader and in two or more squad columns. Units conducting individual foot marches in a single file are not defined as formations.

(2) When marching or conducting PT, commanders will maximize use of off-road areas, tank trails, firebreaks.

(3) Any four or more lane road and roads where the speed exceeds 35 MPH are off limits to formations.

(4) Individual runners, foot marchers and walkers will use off-road areas such as sidewalks, firebreaks, unimproved roads, and road shoulders. Individual runners and marchers will not walk on the hard surface of roads except to cross at right angles only as necessary.

(5) Formations will proceed with traffic.

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(6) Units conducting PT on roads without static road guards will have the four corners of the formation marked by wearing reflective vests and utilize front and rear road guards wearing reflective belts/vests. Flashlights must be used by road guards and other personnel designated by the leaders during periods of limited visibility. Road guards must be positioned far enough to the front and rear of the formation to influence traffic appropriately.

(7) Soldiers will not wear headphones while running, foot marching, or riding bicycles (per AR 385-10, The Army Safety Program, dated 23 August 2007), with the exception to guidance in USARAK Joint Policy Letter#04, Patron Dress for Physical Fitness Facilities, which outlines authorized headphone usage in USARAK gyms.

(8) No group above squad level will run in the housing area. All runners will utilize the sidewalk, if available. Cadence calling is not allowed in the housing areas.

(9) Leaders and supervisors will conduct a briefing of these guidelines prior to runs and foot marches and ensure compliance is followed throughout the duration of the event.

(10) Foot Marches will not begin before 0630 unless approved by the Battalion commander.

(11) There are two uniform options when conducting foot marches:

(a) Full tactical uniform with Reflective safety belt or vest.

(b) Appropriate IPFU with boots and rucksack with Reflective safety belt or vest.

(c) Reflective safety belt will be worn horizontally around the rucksack.

g. **Temperature Zone Criteria and PT Cold Weather Training** Leaders are the first line of defense against cold weather injuries (CWIs). It is every leader's responsibility to thoroughly analyze the associated risks, and exercise sound judgment during the conduct of cold weather physical training (PT). Leaders are expected to maintain an aggressive PT program, but not at the expense of unnecessary CWIs. It is imperative that leaders train and educate Soldiers to train and operate in the cold without injury. Direct supervision is a key element to ensure that Soldiers possess and properly utilize the correct clothing and equipment for all training activities.

(1) During the winter months (October through April), all major subordinate commands (brigades, tenant units and separate commands) can dial 384-3034 at Fort Richardson or 353-7121 at Fort Wainwright to determine the temperature prior to the start of PT. Temperature variations between 10 and 20 degrees are possible, depending on the time of day and training location. Information listed in Appendix B (CG/CosS Policy Statement #0-08) will assist the commander in conducting a risk assessment prior to conducting unit physical fitness training.

h. **Cold Weather Injuries.** Soldiers must be aware of the dangers posed by cold weather and the injuries that may result. Listed below are some of the symptoms and first aid for cold weather injuries.

(1) Standards of Cold Weather Injury.

(a) A tingling sensation, aches, or cramps.

(b) White and wrinkled soles of the feet. Walking and standing are extremely painful.

(c) Waxy and pale or red skin. This is a symptom of more severe cold weather injury.

(d) A scratchy feeling when eyelids close. This can be an early symptom of snow blindness

(2) Basic First Aid. Personnel will seek medical treatment as soon as possible and will follow the appropriate instructions in (a) through (g) below.

(a) Frostbitten Face. Cover the affected area with your bare hands until color returns to the face.

(b) Frostbitten Feet. Remove the Soldier boots and place the exposed feet under the clothing and against the body of another person.

(c) Frostbitten Hands. Open the casualty's outer garments and place his or her hands under the armpits. Close the outer garments to prevent further exposure.

(d) Protection from the Cold. Remove the casualty to the most sheltered area and cover him or her with a blanket. Be sure the blanket is over and under the casualty.

(e) Snow Blindness. Cover the person's eyes with a dark cloth, shutting out all light.

(f) Superficial Frostbite. Rub the affected area with bare hands.

(g) Do not immerse affected areas in hot water or rub snow on affected areas.

(3) Remember the acronym COLD:

C Clean – wear clean clothing

O Overdress – don't overdress causing overheating

L Layer – wear clothing in layers

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D Dry – wear dry clothing

i. **Lawn Equipment Safety.** Soldiers often sustain injuries due to unsafe operation of lawn equipment. Lack of safety equipment and unfamiliarity with the equipment is a major cause of these injuries. The following is a list of preventative measures that must be taken to reduce the risk of injuries.

- (1) Read instruction manuals, especially the section on safety.
- (2) Keep your lawn equipment in good working order.
- (3) Never cut grass with the ground damp or in the rain.
- (4) Always wear protective gear such as goggles, earplugs, and long pants.

(5) Never operate lawn equipment if you have been consuming alcohol or taking prescription medications that might inhibit your reaction.

j. **Bicycle Safety.** Soldiers and family members often sustain injuries due to unsafe operation of bicycles. Lack of safety equipment and obeying traffic laws are the major causes of these injuries. IAW FWA Bicycle Policy #16 at (Appendix G) and FRA Motorcycle/ Bicycle / Two-Wheeled Vehicle Policy # 24-7 at (Appendix H) the following is a list of the preventative measures that must be taken to reduce the risk of injuries.

(1) Always wear an approved bicycle helmet while riding on the Installation. An approved helmet is defined as one that meets or exceeds the American National Standards Institute (ANSI) or Snell Memorial Foundation Standards for bicycle helmets.

(2) When riding during the hours of darkness always wear an authorized reflective belt or vest and have and use an operable and visible headlight, side reflectors, and tail light.

(3) Do not wear headphones while riding bicycles (per AR 385-10, The Army Safety Program, dated 23 August 2007) and per the above mentioned FRA and FWA policy letters.

- (4) Always ride with traffic and use the proper hand and arm signals.

k. **Survival Items for Alaska.** Each winter many Alaskans find themselves in situations for which they were not prepared. Many become stranded during winter storms, enjoying the outdoors and/or sudden changes in weather while traveling. These situations place them in a survival environment. Soldiers are authorized to carry and wear issued TA-50 while traveling throughout Alaska for protection against cold climate, but not for recreational use. Recommend carrying a survival rucksack with Gortex complete, V.B. boots, arctic mittens, and balaclava. The following is a list of additional recommended items all Soldiers, family members, and civilian employees should carry in their vehicles from September to the end of April. The Federal Emergency

Management Agencies web site lists the following recommended items to carry when winter driving. (<http://www.fema.gov/library/winter.htm>)

- (1) First aid kit with pocketknife;
- (2) Several blankets;
- (3) Sleeping bags;
- (4) Extra news papers for insulation;
- (5) Plastic bags (for sanitation);
- (6) Matches;
- (7) Extra set of mittens, socks, and wool cap;
- (8) Rain gear and extra clothes;
- (9) Small bag of sand for traction under wheels;
- (10) Small shovel and tools (pliers, wrench, screwdriver);
- (11) Booster cables;
- (12) Brightly colored cloth to use as a flag;

I. **Wildlife.** Alaska has an abundance of wildlife, including bears and moose. These animals are not pets and should be treated with respect and caution. Do not attempt to feed them. They are very dangerous and precautions should be taken to avoid contact with these animals.

(1) Avoid contact with a moose with calves. A mother moose will attack if she feels you are a threat to her calves. Signs of aggression include ears laid back, hair on top of neck raised, and licking their lips.

(2) Avoid contact with bears of any kind. Mother bears with cubs are extremely protective and dangerous. If you encounter a bear make your presence known, make noise and warn the bear of your presence. Walk with the wind at your back, if possible so your scent will warn the bear of your presence.

(3) If you see a bear, keep calm and stay away from it. Give the bear opportunity to avoid you, talk to the bear in a normal voice and wave your arms. If the bear charges do not run, stand your ground. Try to present a big picture by raising your backpack or jacket up above your head. If in a group, stand closer together. Should a brown bear actually contact you, fall to the ground and play dead. Lie flat or curl up in a ball with

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your hands behind your neck. If a black bear attacks, fight back vigorously with any means available.

m. **Alaska Mudflats.** Glacier silt mudflats that are found on Fort Richardson, in Anchorage, Palmer, the Turnagain Arm and many other coastal areas in Alaska are deadly. At low tide the inlet is nearly void of water. The mudflats look serene and solid. But don't be fooled, the mudflats are extremely dangerous and act like quicksand. Safety tips that can save your life:

- (1) Stay off the mudflats; do not go out onto the mudflats.
- (2) Use the buddy system; don't let your buddy go on the mudflats.

11. Assistance Organizations

a. **Legal Assistance.** Soldiers and their dependents are eligible for free legal assistance regarding non-criminal civilian and military administrative matters (e.g., contracts, wills, insurance, leases, separation agreements, report of survey rebuttals, reprimand rebuttals, NCOER appeals, and powers of attorney) from the USARAK Legal Assistance Office located in Room A315, Bldg 600 at Fort Richardson; and Bldg 1562 at Fort Wainwright. All powers of attorney are done on a walk-in basis. Soldiers are eligible for assistance in military criminal matters from Trial Defense Services. The USARAK Field Office is located in Bldg 600, (384-0371) at Fort Richardson; and Bldg 1051, (353-6534) at Fort Wainwright.

b. **Inspector General Assistance.** All Soldiers, family members, and civilians have the right to present complaints, grievances, or requests for assistance to the Inspector General. The IG provides the Commanding General continuing assessments of unit readiness, discipline, morale, and operational effectiveness. The IG serves as an honest broker with assurance of appropriate confidentiality and as an impartial fact finder that ensures due process, protection of Soldier rights and as a source of knowledge of regulatory guidance for commanders and USARAK Soldiers.

(1) Before visiting the Inspector General, you should consider whether your chain of command can address your concerns more quickly and simply. You do not have to tell anyone why you want to visit the IG, but you must have permission from your chain of command to be absent from your place of duty if you chose to visit the IG during duty hours.

(2) The Inspector General Office at Fort Richardson is located in Bldg 658, (384-0323); at Fort Wainwright in Bldg 1045, (353-6204).

c. **American Red Cross.** The American Red Cross is located in the People Center at Elmendorf Air Force Base. You may contact the Red Cross during office hours 0800-1600 on Monday – Friday at (907) 552-5253. After office hours you may

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contact the Red Cross at 1-877-272-7337. The Red Cross provides military personnel and their family members with:

- (1) Counseling and guidance on personal and family matters.
- (2) Communication/reports for emergency leave consideration between the Soldier and his/her family.
- (3) Emergency financial assistance for emergency needs.
- (4) Meeting immediate emergency needs as a result of a disaster.
- (5) Information on service-connected benefits.
- (6) Arranging for health care and safety courses.
- (7) Recruiting and training volunteer workers for specific activities in dental and hospital clinics, health, and safety programs. The health and safety telephone number is 277-1538.

d. **Financial Assistance.** If you need financial planning assistance, contact your Chain of Command. The Financial Readiness Program Manager is located in Bldg 600, Room A117, 384-7509 at FRA; Bldg 3401, Room 71, 353-7438 at FWA.

e. **Army Emergency Relief (AER).** After contacting your Chain of Command, you may apply for AER assistance in your unit PAC. You are required to bring a DA Form 1103 signed by your commander, your last LES, and documents showing emergency need (when applicable). AER is located in Bldg 600, Room A119, 384-7478 at FRA; and Room 107, Bldg 3401, 353-4237 at FWA. Commanders are authorized to approve up to \$1000 on the spot for Soldiers. Active duty Soldiers lacking the funds to meet their monthly obligations may request AER funds up to \$1000 by submitting a completed DA Form 1103 to their immediate Commander. Lack of funds could be for a myriad of complex reasons or as simple as overextending themselves the previous month. Whatever the reason, the Co/Btry/Trp Commander must be satisfied that the Soldier request is reasonable, justifiable, and needed. If Commander approves the Soldier request, under this category, they complete item 19 of DA Form 1103, and write in Commanders Referral next to the approved box.

f. **Government Sponsored Travel Cards.** Soldiers are responsible for maintaining their government sponsored travel card at all times. A government sponsored travel card can only be used while on official travel status. Government sponsored travel cards are not authorized for use during a PCS move.

g. **Off-Duty Employment.** You may desire to supplement your pay by working part-time off duty. This may normally be authorized as long as it does not interfere with your military duties, but you are required to obtain approval in accordance with (IAW).

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CG/CoS Policy Statement #0-07 at (Appendix D). Unscheduled military after-duty requirements have priority over off-duty employment.

h. **Consumer Credit Counseling Service of Alaska (CCCS)**. CCCS may be contacted in Anchorage at (907) 279-6501; and (907) 451-8303 in Fairbanks. The statewide toll free number is 1-800-478-6501; e-mail address is www.cccsofak.com. CCCS provides the following services:

(1) Offers confidential and personal debt management plans to help pay existing debt and avoid future problems.

(2) Educational programs promote consumer awareness of money management and the wise use of credit.

i. **Tax Center**. From January to April, the USARAK Tax Center opens its doors to help Soldiers, family members, and retirees with their tax preparation to include form preparation and electronic filing. The USARAK Tax Center location will be published prior to tax season.

j. **Army Community Service/Family Assistance Centers**. ACS stands ready to provide information, assistance, and guidance on such varied subjects as financial planning, food stamps, emergency care, and baby-sitting. ACS also maintains a loan closet for newly arrived Soldiers and family members awaiting household goods. ACS is located in Bldg 600, phone: 384-1502 at Fort Richardson; and Bldg 3401, phone: 353-6267 at Fort Wainwright. The Family Assistance Centers are activated for deployable support and co-located with the ACS. The centers are intended to provide information, assistance and services to families of deployed Soldiers. When activated, the Family Assistance Center at FRA is located in Bldg 600, phone: 384-1517 and the Family Assistance Center at FWA is located in Bldg 3401, phone: 353-4458.

k. **Family Support, Child Custody, and Paternity**. AR 608-99 is a punitive regulation that requires Soldiers to provide financial support to their geographically separated dependents. The monetary amount is determined by a court order a valid separation agreement, or IAW AR 608-99. Soldiers who have questions concerning financial support can get legal advice in the legal assistance office. Commanders also have certain obligations when he or she receives of complaint of nonsupport. Commanders with questions concerning Soldiers financial support obligations should contact the Administrative Law section of the Staff Judge Advocate's Office.

l. **Chaplain Assistance**. Your unit chaplain is always available to you for spiritual or family counseling. A duty chaplain is on call at all times. Unit chaplains also have access to the food locker, which contributes food to needy Soldiers and their families.

m. **Family Action Council**. The Family Action Council is an unofficial organization composed of family members from each major unit and separate command whose purpose is to identify and arbitrate problems between families and post

agencies. The Family Action Council formalizes areas of concern in its monthly meeting and presents them to the post leadership.

n. **Military One Source.** Military OneSource Online is a DOD web-based service which provides information regarding parenting and childcare, personal and family readiness, education, retirement, caring for older adults, disability, financial issues, legal issues, work, international issues, managing people, health, emotional well-being, addiction, and every day issues. The URL is <http://www.militaryonesource.com/>, the user name is “military” and the password is “onesource.”

o. **Army Substance Abuse Program.** The Alcohol and Drug Abuse Prevention and Control Program Office are located in Building 1113 at Fort Richardson, phone 384-1416/17/18 and in Building 1064 at Fort Wainwright, phone 353-1375.

(1) The mission of this program is to affect a continuous vigilance targeting the reduction of alcohol and drug abuse in all populations within the Forts Richardson and Wainwright communities to promote combat readiness, safety, and quality of life. All services are provided free. An adjunct program, the Adolescent Substance Abuse Counseling Service is also available and specifically designed for teens, ages 12 to 18 years. Services provided by the Adolescent Substance Abuse Counseling Service and the Employee Assistance Program are confidential.

(2) Alcohol and drug abuse prevention and control programs include:

- (a) Education of Soldiers and community;
- (b) Military and civilian biochemical testing;
- (c) Evaluations;
- (d) The Risk Reduction Program;
- (e) The Employee Assistance Program;
- (f) Community health programs (Fit to Win); and
- (g) Annual awareness campaigns

(3) The Adolescent Substance Abuse Counseling Service is also provided. Prevention and treatment services can assist military dependent adolescents who are experiencing alcohol and drug problems or exhibiting high-risk behaviors.

p. **Education Center.** The mission of the Education Center is to provide USARAK the support of the Army Continuing Education System by building professionalism, encouraging self-improvement, and serving each individual at his/her academic level of need. The center at Fort Richardson (384-0970) is located in Bldg 7, Room 250. The Center at Fort Wainwright (353-7486) is located in Bldg 2110.

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(1) On-Post College Programs. On-Post courses/programs are available for Associate, Baccalaureate, and Graduate degrees. Central Texas College, Embry-Riddle Aeronautical University, University of Alaska Anchorage, and Wayland Baptist University provide the undergraduate courses. Graduate programs are offered through University of Alaska Anchorage, Embry-Riddle Aeronautical University, and Wayland Baptist University. Central Texas College and University of Alaska Anchorage provide college level instruction in Certification Programs.

(2) eArmyU. The US Army has created one of the most innovative programs of higher education in the world – Army University Access Online (known as eArmyU). eArmyU provides access to quality education for enlisted Soldiers across the globe, helping them further their professional and personal goals and providing the Army with top preparation for its forces. eArmyU supports the goal of transforming the military into an Objective Force capable of responding to the diverse and complex demands of the 21st century. Soldiers interested in participating in eArmyU should see their 1SG.

(3) Functional Academic Skills Training (FAST). FAST is the primary on-duty education program for military personnel who have deficiencies in basic communication skills. Instruction is provided to assist service members in developing reading, writing, speaking, listening, and computing skills. This is also an excellent course to help raise GT scores. See your 1SG for more information.

(4) English as a Second Language (ESL). ESL is designed to help non-English speaking Soldiers and their spouses improve their English language proficiency skills.

(5) Foreign Language Headstart Program (FLHP). Foreign language and cultural training classes are provided to service members and spouses departing for overseas. Languages include Spanish, German, Korean, Russian, Japanese, Portuguese, and Arabic.

(6) Continuing Education. The USARAK Education Center cooperates with the Moral Support Activities, the Family Life Center, and Army Community Services by providing non-credit courses in response to expressed needs. Courses may be hobby oriented, skill oriented, or self-improvement type courses.

(7) MOS Improvement Programs. These programs are MOS related and are oriented toward improving job performance (i.e., Logistics, Supply, PLL, Typing, and Military Correspondence Courses).

(8) Learning Centers. Learning centers are operated in the Main Education Center. Each learning center is equipped with audiovisual machines with study materials for professional development. Videotape machines offer programmed instruction to help students prepare for the GED and CLEP testing. Reading Machines are available for individual rapid reading instruction.

12. Better Opportunities for Single Soldiers

Each company and battalion sized unit will have BOSS representatives on appointment orders. Per DA Circular 608-06-1 dated 7 October 2006; the Better Opportunities for Single Soldiers (BOSS) Program supports the overall quality of life for single and unaccompanied Soldiers. The BOSS Program supports the chain of command by identifying quality of life issues and concerns and recommending improvements. It encourages and assists single Soldiers in identifying and planning recreational and leisure activities. It provides an opportunity for single Soldiers to participate in and contribute to their respective communities. It is also intended to enhance command authority, prerogative, and responsibility in maintaining standards of conduct, good order and discipline. Although the BOSS Program is intended for single Soldiers, it can include single parents and unaccompanied Soldiers. Guests and all authorized Morale, Welfare, and Recreation patrons may participate in any BOSS Program event and should be encouraged to do so. For detailed information on the BOSS Program, refer to DA Circular 608-06-1. For information on the USARAK BOSS Program you can contact Soldier representatives at Fort Richardson at 384-9023 and at Fort Wainwright at 353-9452. For information on the USARAK Better Opportunities for Single Parents contact 384-1006.

13. Equal Opportunity and Sexual Harassment

a. USARAK and the U.S. Army provide equal opportunity for all Soldiers and family members, without regard to race, color, religion, gender, or national origin, and also provide an environment free of sexual harassment, unlawful discrimination and offensive behavior. This policy applies on and off post, during duty and non-duty hours, and to working, living, and recreational environments.

b. Each company and battalion sized unit has an NCO appointed as an Equal Opportunity Representative, and there is a full time school trained Equal Opportunity Advisor in each brigade and at USARAK Headquarters. You should know who your company/battery/troop EO Representative is. These EO specialists can answer questions, provide assistance and help to resolve complaints, and you are always welcome to visit them. In most cases, however, the chain of command, when made aware of a potential EO issue, will act quickly to resolve the situation.

c. Gangs and Extremist Groups. The purposes and activities of gangs and extremist organizations are inconsistent with the responsibilities of military service and the Army values. All Soldiers must reject participation in these groups. Joining these organizations is punishable by UCMJ. If a member of a gang or extremist group contacts you, or they try to recruit you, notify your chain of command immediately.

d. Fraternization. In order to maintain good order and discipline, and to enhance mission accomplishment, the Army has established rules for relationships between Soldiers of different ranks which can be found in AR 600-20 There are restrictions on business and social activities between senior and junior enlisted Soldiers. If you are unclear about any of these restrictions, ask your chain of command.

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e. The USARAK Equal Opportunity Office is located at Fort Richardson in Room 229, Bldg 1, (384-0336); at Fort Wainwright in Room 17, Bldg 1045 (353-9063).

14. Environmental Issues

a. Protecting our environment is everyone's responsibility. Failure to do so can result in prosecution as a federal offense. All Soldiers must know what they can and cannot do.

b. Accidental spills of hazardous waste or hazardous materials may damage the environment, sometimes severely so. These materials include battery acid, oil-based paints, organic paint thinners and solvents, pesticides, and petroleum products, oils and lubricants.

c. When changing oil in your POV or tactical vehicle, be sure to collect all used oil and dispose of it properly either at a service station or at your local hazardous waste collection facility.

d. Always take immediate measures to contain a spill (depending on your level of hazardous material response training). Large spills of extremely flammable or otherwise hazardous materials normally require a higher level of response. Your first duty should be to report the spill and request assistance.

e. Spills of any type should be reported to the fire department first and then to the environmental division. Please call 911 at each installation or call the Fort Richardson fire department at 384-0774 or Fort Wainwright fire department at 353-7470.

f. The Environmental Division of the Director of Public Works also distributes a guide for Soldiers and leaders called the Environmental Handbook. Please call 384-3295/2711 for a handbook.

15. Outdoor Recreation

a. Fort Richardson outdoor recreation center, 384-1475/76.

b. Fort Wainwright outdoor recreation center, 353-6349/50 or sports store (907) 353-7338.

c. At Fort Greely go to the Environmental Office at the hangar on Allen Army Airfield to obtain permission to hunt and fish on post. Contact them at 873-1416.

d. Elmendorf Air Force Base, 552-2023.

e. Seward Armed Forces Recreation Center, (907) 224-2654/659.

16. Payday Activities:

a. Payday Activities (0630-1200) is a good time for small unit leaders to observe and make corrections on their Soldiers. They may want to schedule counseling at this time. It is also a time for the chain of command to talk to Soldiers, and first line supervisors to do their monthly counseling to their junior enlisted.

b. The dates of each cycle's Payday Activities will appear in the Training Cycle Guidance. Payday Activities are scheduled on the first Friday after payday every month. On months that have a scheduled holiday on the Friday following Payday, Payday Activities will not occur.

c. Each Commander will establish a program of Payday Activities. Examples are listed below but limited to.

(1) Battalion motivational run.

(2) In ranks inspection.

(3) Billets inspections. Commander should also include a layout of some or all items of their Soldiers TA-50.

(4) Company/Battery/Troop formation, present awards (AAMs, Certificates of Achievements, etc.), conduct promotions, brief Soldiers on current issues, Safety Briefings, etc.

d. After formation (1200), units should release all Soldiers (within mission constraints) that have met the day's standards to complete family and personal requirements.

e. All special duty and detail personnel will return to their parent unit for Payday Activities.

f. Exceptions to this policy are personnel attending DA courses of instruction taught by TRADOC schools, and NCO Academy students.

g. Exceptions for units in the field on tactical training must be approved in advance, by the USARAK Commander.

h. In the event Payday conflicts with a significant unit-training event, commanders should schedule an alternate date for Payday Activities.

USARAK Pamphlet 600-2

17. Closing

This standards guide is meant to provide you with valuable information about Alaska, this command and some of the standards expected of all Soldiers assigned or attached to USARAK. However, it does not provide all the answers or regulatory guidelines for Soldiers and leaders. Follow published standards and command policy, and you will find your assignment and tour in Alaska a great place to soldier and live.

FOR THE COMMANDER:

OFFICIAL:

//original signed//
WILLIAM W. GUNTER
CSM, USA
Command Sergeant Major

//original signed//
STEPHEN R. LAYFIELD
Major General, USA
Commanding

DISTRIBUTION:

Special

25- APVR-RIM-ASD-PB

5 -MOS Library (Education Center Building 7, Fort Richardson)

5- MOS Library (Education Center Building 2110, Fort Wainwright)

1- Per USARAK Soldiers (Arctic Warriors)

1- Commander, United States Army Pacific Command, Attention: APIM-OIR
Fort Shafter, Hawaii 96858-5100

**Appendix A
References**

**Section I
Related Publications**

AR 20-1Inspector General Activities and Procedures

AR 25-400-2.....The Army Records Information Management System
(ARIMS)

AR 27-3.....The Army Legal Assistance Program

AR 190-5Motor Vehicle Traffic Supervision

AR 210-50Housing Management

AR 215-1Morale, Welfare, and Recreation Activities and
Nonappropriated Fund Instrumentalities

AR 385-10.....The Army Safety Program

AR 600-8-10.....Leaves and Passes

AR 600-9.....The Army Weight Control Program

AR 600-20The Army Command Policy

AR 600-25Salutes, Honors, and Visits of Courtesy

AR 601-280.....Army Retention Program

AR 608-1Army Community Service Center

AR 608-47Army Family Action Plan (ACAP) Program

AR 608-99Family Support, Child Custody, and Paternity

AR 621-5Army Continuing Education System

AR 635-200Active Duty Enlisted Administrative Separations

AR 670-1Wear and Appearance of Army Uniform and
Insignia

AR 930-4 Army Emergency Relief

USARAK Pamphlet 600-2

AR 930-5 American National Red Cross Service Program

CTA 50-900 Clothing and Individual Equipment

DA Circular 608-06-1 Better Opportunities for Single Soldiers

DA Pamphlet 200-1 Environmental Protection and Enhancement

DA Pamphlet 350-20 Unit Equal Opportunity Training Guide

DA Pamphlet 600-85 Army Substance Abuse program Civilian Services

FM 21-20 Physical Fitness Training

FM 100-14 Risk Management

USARAK Circular 351-1 United States Army Alaska Schools, Class Schedules, and Quota Allocations.

USARAK Pamphlet 385-4 Risk Management Guide for Cold Weather Operations

USARAK Regulation 190-1 Physical Security

USARAK Regulation 190-13 Enforcement of Hunting, Trapping, and Fishing on Army Lands in Alaska

USARAK Regulation 215-1 Installation Morale, and Welfare Recreation Fund Unit Funds

USARAK Regulation 350-1 United States Army Alaska Training Directive

USARAK CG/CofS Policy #0-06 .. Barracks Policy

USARAK CG/CofS Policy #0-07 .. Off-Duty Employment Policy

USARAK CG/CofS Policy #0-08... Cold Weather Physical Training Policy

USARAK CG/CofS Policy #0-17 .. Privately Owned Firearms Policy

USARAK CG/CofS Policy #0-20... Concealed Weapons Policy

USARAK CG/USAG-AK Joint Policy #JP-04.. Patron Dress for Physical Fitness Facilities

CofS/USAG-AK Joint Policy #JP-01.. FRA Running Route Policy

USARAK Pamphlet 600-2

- USAG-AK Policy #09-01Seatbelt and Motorcycle Operation and Personal Protective Equipment (PPE) Usage Policy
- USAG-FRA Policy #03.....Excessive Stereo Noise from Privately Owned Vehicles
- USAG-FRA Policy #05..... Bicycle Operations on Fort Richardson
- FWA Garrison Policy #10.....Excessive Stereo Noise from Privately Owned Vehicles
- FWA Garrison Policy #16.....Bicycles

**Section II
Referenced Forms**

- DA Form 31Request and Authority for Leave
- DA Form 1103.....Application for Army Emergency Relief (AER)
Financial Assistance
- DA Form 2028.....Recommended Changes to Publications and Blank
Forms
- OF Form 346.....US Government Motor Vehicle Operator's
Identification Card
- USARAK Form 877-E.....Weapons Registration Form

Appendix B
U.S. ARMY Alaska (USARAK) Cold Weather Physical Training Policy (CG/CofS Policy Statement #0-08)



REPLY TO
ATTENTION OF:

APVR- RPTM

DEPARTMENT OF THE ARMY
 HEADQUARTERS, U.S. ARMY ALASKA
 724 POSTAL SERVICE LOOP #5000
 FORT RICHARDSON, ALASKA 99505-5000

20 Sep 2007

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Cold Weather Physical Training Policy (CG/CofS Policy Statement #0-08)

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 Post Staff Duty Officer at Fort Wainwright 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	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
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 #0-08)

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 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, goretex, 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.

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.



STEPHEN R. LAYFIELD
Major General, USA
Commanding

DISTRIBUTION:

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Temperature Zone Criteria and Physical Training Cold Weather Guide

Temperature Zone I (55 to 33 degrees Fahrenheit)

Temperature Zone II (32 to 10 degrees Fahrenheit)

Temperature Zone III (9 to -19 degrees Fahrenheit)

Temperature Zone IV (-20 to -40 degrees Fahrenheit)

Temperature Zone V (below -40 degrees Fahrenheit)

Prevention of cold weather injuries is every Soldiers and leaders responsibility. They can be prevented with proper clothing, good training and common sense. Here are the guidelines for physical fitness training and cold weather.

- a. 45-degrees Fahrenheit or warmer, (including wind chill) the uniform is the Army IPFU T- shirt, shorts with Army logo, and running shoes.
- b. 44 to 33 degrees Fahrenheit, (including wind chill), the uniform is the Army IPFU T-shirt, shorts with Army logo or IPFU Army gray top and blacks bottoms, and running shoes.
- c. 32 to –10 degrees Fahrenheit, (including wind chill), the uniform is the Army IPFU T-shirt, shorts with Army logo, and IPFU Army gray top and black bottoms, black gloves, balaclava, and running shoes.
- d. –10 to –25 degrees Fahrenheit, (including wind chill), 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 the Army IPFU gray top and black bottoms, 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 over the nose until the unit moves indoors. If the temp is below –20 degrees, units will not spend more than four minutes outdoors before or after the run. Commanders should reduce the distance and duration of the run, (recommend 4 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 a potential for injury.

Appendix C
U.S. Army Alaska (USARAK) Barracks Policy (CG/CofS Policy Statement #0-06)



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY ALASKA
724 POSTAL SERVICE LOOP #5000
FORT RICHARDSON, ALASKA 99505-5000

APVR-RCSM

20 Sep 2007

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: U.S. Army Alaska (USARAK) Barracks Policy (CG/CoS Policy Statement # 0-06)

1. References:

- a. Military Rule of Evidence 313, Inspections and Inventories in the Armed Forces for Courts-Martial
- b. AR 600-85 (Army Substance Abuse Program)

2. USARAK Soldiers living in our barracks must be provided a safe, healthy and secure environment. This policy augments other policies and regulations and must be maintained in Charge of Quarters (CG) books in all USARAK units.

3. The intent of this policy is to assist commanders in Alaska in meeting their responsibilities for good order and discipline in the barracks while still maintaining a high quality of life for those Soldiers living in our barracks. Commanders are authorized to establish additional enforceable control measures for barracks under their control that exceed the standards set forth within this policy. The SDNCO/CQ will monitor compliance with this policy and will report violations to the chain of command.

4. Specifics:

a. Visitation. Visitation is permitted by either gender in the barracks rooms and dayrooms in accordance with the following guidelines:

(1) Visitation hours are Sunday through Thursday, 0800 to 2400 hours and Friday and Saturday evening and Holidays to include USARAK Training Holidays, 0500 to 0200. Although overnight visitation is strictly forbidden, battalion commanders responsible for barracks can authorize exceptions on a case-by-case limited time basis.

USARAK Pamphlet 600-2

APVR-RCSM

SUBJECT: U.S. Army Alaska (USARAK) Barracks Policy (CG/CoS Policy Statement # 0-06)

(2) The conduct of a visiting guest is the sole responsibility of the sponsor and the sponsor must escort his/her guest through the designated areas of the barracks.

(3) Non-military guests under 18 years of age will be accompanied by a parent or legal guardian at all times. No exceptions! Soldiers will be responsible for their guest's conduct and will ensure guests are 18 years or older.

(4) All guests will sign in with the CQ. Documentation of legal age with valid picture identification is mandatory and is a required log entry on the DA 1594 CQ log.

(5) In barracks rooms with two occupants, an objection to a guest's presence in the room by one occupant must be honored and the other occupant will ensure the guest leaves the room.

(6) Each company/battery will designate a latrine facility for female visitors. Each building will, at a minimum, have one single occupancy latrine identified for this purpose during visitation hours.

(7) The visitation by guests of Soldiers in the barracks is a privilege, not a right. Commanders may revoke a Soldier's guest visitation privileges.

b. Barracks Policy

(1) CQ: Each building will maintain a CQ with runner at the primary entrance of the building. The CQ serves as the Commander's representative to assist in the command's responsibilities. Access control will be maintained after duty hours to deny entrance or exit to the building except under the direct control of the CQ. All other access points will be locked with approved emergency exit barriers and checked as a part of the CQ checks.

(2) Room Standards: Soldiers will not be required to maintain rooms in a standard configuration. Rooms may be arranged and decorated within the limits of Army regulations, safety, health, Soldier welfare, and good order and discipline and must be kept neat and clean. However, the following will not be displayed in open view in barracks rooms: (1) Sexually oriented pictures, posters, calendars or cartoons, (2) Flags or symbols associated with extremist groups. This prohibition does not include valid state flags that are properly displayed.

(3) Inspections: Soldiers' rooms are subject to inspection by the chain of command at any time, announced or unannounced. However, the chain of command will ensure

USARAK Pamphlet 600-2

APVR-RCSM

SUBJECT: U.S. Army Alaska (USARAK) Barracks Policy (CG/CoS Policy Statement # 0-06)

random inspections do not become a form of Soldier abuse or harassment. Consistent with command responsibilities, commanders will on a weekly basis randomly inspect rooms to ensure that security, safety, health, Soldier welfare, good order, and discipline are maintained. Squad Leaders, Platoon Sergeants, Platoon Leaders, and First Sergeants have a duty to monitor Soldier living and working environments to detect and avoid conditions that could lead to injury or unprofessional behavior.

(4) Alcohol: Soldiers of legal drinking age may consume alcohol (beer, wine, or hard liquor) in their rooms as long as it does not hinder good order and discipline. However, the possession and consumption of alcohol is prohibited for Soldiers who are under 21 years of age. Disciplinary action under the UCMJ may be taken against Soldiers who violate the law, or against those who purchase and distribute alcohol to a minor.

(5) Disorderly conduct and/or underage drinking in the barracks is prohibited and will be identified, stopped, investigated, and punished by commanders. Soldiers who cannot conduct themselves in a professional manner while drinking in the barracks may lose the privilege of having any alcohol in their room.

(6) Smoking: Occupants and guests are prohibited from smoking in any common area and may smoke only in the occupant's room with the consent of the occupant's roommate.

(7) Gambling: Gambling is strictly prohibited. Occupants and their guests will not gamble in any form within the barracks.

(8) Pets: Occupants may not keep pets in the barracks rooms.

5. We must all continue to work for ways to provide the best quality of life for all Soldiers living in our barracks. As commanders, we have a responsibility to provide a comfortable, safe, healthy and secure environment and to ensure that no individual behaves in a way that causes others to suffer.

//original signed//
STEPHEN R. LAYFIELD
Major General, USA
Commanding

DISTIBITION
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Appendix D
U.S. Army Alaska (USARAK) Off-Duty Employment Policy (CG/CofS Policy #0-07)



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY ALASKA
724 POSTAL SERVICE LOOP #5000
FORT RICHARDSON, ALASKA 99505-5000

APVR-RJA

20 Sep 2007

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Off-Duty Employment Policy (CG/CofS Policy #0-07)

1. REFERENCES:

- a. DoD 5500.7-R, Joint Ethics Regulation, 30 August 1993, as amended.
- b. AR 6-20, Army Command Policy, 13 May 2002.

2. PURPOSE: The purpose of this memorandum is to set a policy for USARAK and tenant organizations active duty military personnel regarding off-duty employment.

3. GENERAL: Commanders are responsible for ensuring their units are sustained at the highest level of readiness possible. Accordingly, commanders are responsible for ensuring their Soldiers are properly trained, in a proper state of readiness at all times, and present for duty and prepared to carry out the duty requirements of their positions. Inherent in this responsibility is the authority of a commander to prohibit outside, off-duty employment of Soldiers if the commander determines it has or may detract from Soldier readiness or poses a safety or security risk to Soldiers. Though there is nothing inherently wrong with off-duty employment, it cannot be used to disadvantage other Soldiers or leaders in participation in duties, exercises, or deployments.

4. POLICY:

- a. All officers, including warrant officers, and senior noncommissioned officers (E7 - E-9) must obtain written permission from their senior rater before engaging in off-duty employment.

USARAK Pamphlet 600-2

APVR-RJA

SUBJECT: USARAK Off-Duty Employment Policy (CG/CofS Policy #0-07)

b. Enlisted Soldiers and junior noncommissioned officers (E5 - E6) must obtain written permission from their company/battery level commander before engaging in off-duty employment.

c. Off-duty employment of Soldiers may be denied if the commander determines that it does or is likely to negatively impact the good order and discipline of the unit or detract from or degrade mission readiness, security, and safety. Soldiers who already hold off-duty employment positions must obtain written approval from the appropriate authority in order to continue such employment.

//original signed//
STEPHEN R. LAYFIELD
Major General, USA
Commanding

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Appendix E
U.S. Army Alaska (USARAK) Privately Owned Firearms Policy (CG/CofS Policy Statement # 0-17)



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY ALASKA
724 POSTAL SERVICE LOOP #5000
FORT RICHARDSON, ALASKA 99505-5000

APVR-RUPM

20 Sep 2007

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Privately Owned Firearms Policy (CG/CofS Policy Statement #0-17)

1. References:

a. Army Regulation (AR) 190-11, Physical Security of Arms, Ammunition and Explosives, 12 February 1998.

b. United States Army Pacific (USARPAC) Supplement 1, 24 March 1998 to AR 190-11, Physical Security of Arms, Ammunition and Explosives.

c. United States Army Alaska (USARAK) Regulation 190-1, Physical Security Program, 26 July 2004 w/Change #1, 23 November 2004.

2. The purpose of this policy is to ensure that all Soldiers and leaders are aware of and adhere to the procedures for possession of privately owned firearms within USARAK. This policy is punitive in nature. Soldiers who fail to comply with the requirements of this policy are subject to adverse administrative action and/or punishment under the Uniform Code of Military Justice.

3. Soldiers will read and sign a USARAK Form 410 (Weapons Responsibility Statement) which summarizes USARAK privately owned firearms policy and outlines individual responsibilities regarding the possession of any firearm.

4. In accordance with reference 1c. above, all active duty personnel residing on USARAK installations will register all privately owned firearms with their respective Provost Marshal Office (PMO). Privately owned firearms registration must be made within three working days of arrival or within three working days of acquiring the firearm

USARAK Pamphlet 600-2

APVR-RUPM

SUBJECT: Privately Owned Firearms Policy (CG/CofS Policy Statement #0-17)

a. Soldiers in the ranks of E-1 through E-6 will have their unit commander verify the privately owned firearms information and sign the USARAK Form 877-E (Registration of Personal Firearms).

b. Soldiers in the rank of E-7 and above may sign their own USARAK 877-E and register their privately owned firearms; however, they must obtain written permission from their unit commander to store privately owned firearms in bachelor officer/enlisted quarters or on-post family quarters.

c. All civilians may sign their own USARAK Form 877-E when registering their firearms and by doing so they agree to abide by all USARAK POW storage policies.

d. A copy of the USARAK Form 877-E will be given to the unit commander and filed in the unit arms room. When the privately owned firearm is sold or transferred to another individual, the previous owner must ensure the privately owned firearm is deregistered immediately upon transfer and registered by the new owner.

5. In addition to the mandatory registration requirements addressed above, the following requirements are directed.

a. Privately owned firearms and ammunition will only be transported in and around the installation during periods of purchase or sale, for use at authorized ranges, for use in conjunction and authorized outdoor activities, or during other periods of transition to on or off-post locations for other authorized purposes.

b. When entering a USARAK cantonment areas, person(s) in possession of privately owned firearms will proceed directly to an authorized storage location (i.e., MP Desk or Skeet Range), and if stopped at a military police/security inspection point the owner will declare the weapon to the MP/guard personnel.

c. Privately owned firearms and ammunition will not be permanently or routinely stored in vehicles (i.e., left in vehicles for the day while at work). While in transit to and from authorized storage locations or ranges, privately owned firearms may be left in the locked vehicles for short/very-limited periods of time (i.e., a stop at the shoppette, post service station, or a friend's home).

d. Any privately owned firearm lost or stolen on post will be reported to the PMO immediately upon realization that the firearm is lost or stolen.

e. While being transported in vehicles, privately owned firearms will be unloaded and in a proper firearms storage case.

APVR-RUPM

SUBJECT: Privately Owned Firearms Policy (CG/CofS Policy Statement #0-17)

f. Privately owned firearms will not be concealed on the person. Authority granted by the State of Alaska to carry a concealed firearm is NOT valid on USARAK installations.

g. Privately owned firearms will not be transported in a loaded condition. "Loaded" is defined as cartridges in the chamber, clip, or tubular magazine, and/or in the cylinder.

h. No firearms maintained in the household of a military member will be stored in a loaded condition. Ammunition will always be stored in a locked container.

i. Privately owned firearms will not be discharged in the cantonment area. They will not be discharged from, on, or across the drivable surface of any constructed road or from any vehicle.

j. Privately owned firearms and ammunition will not be stored in on-post temporary lodging/billeting. They will be temporarily stored at the respective PMO.

k. Privately owned firearms will not be taken into the field-training environment.

l. The only authorized storage place for privately owned firearms, owned by personnel who are assigned a room in the barracks/billets/whole barracks, is their unit or activity arms room only. Storage of privately owned firearms by these personnel in an off-post location or in an on-post location other than their unit or activity arms room is not authorized.

m. Written approval shall be obtained from the unit or activity commander each time a privately owned firearm is withdrawn from the arms room. The privately owned firearm will be immediately returned to the unit arms room upon completion of authorized use. When personnel are unable to return their privately owned firearm or ammunition to the unit arms room, it will be stored temporarily at their respective PMO.

n. Storage of archery items, BB and pellet guns, or martial arts weapons by personnel residing in billets shall be at the unit commander's discretion.

6. Privately owned firearms found to be stored, transported or used in manners or methods contrary to this policy may be confiscated by law enforcement officials if it can be determined an individual is in willful violation.

7. Commanders and first line leaders must ensure that all military personnel are aware of and adhere to the rules concerning privately owned firearms. Commanders are encouraged to do health and welfare inspections on installations to ensure compliance

USARAK Pamphlet 600-2

APVR-RUPM

SUBJECT: Privately Owned Firearms Policy (CG/CofS Policy Statement #0-17)

Violators of this policy are subject to possible revocation of their privilege to possess a privately owned firearm on a USARAK installation

//original signed//
STEPHEN R. LAYFIELD
Major General, USA
Commanding

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Appendix F

U.S. Army Alaska (CofS/USAG-AK) Fort Richardson (FRA) Policy #JP-01 and Fort Wainwright (FWA) Authorized Physical Training Running Route Policy



REPLY TO
ATTENTION OF:

APVR-CS/IMPA-FRA-ZA

DEPARTMENT OF THE ARMY
INSTALLATION MANAGEMENT AGENCY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
724 POSTAL SERVICE LOOP #6000
FORT RICHARDSON, ALASKA 99505-6000

1 August 2006

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Fort Richardson Running Route (CofS/USAG-AK Joint Policy #JP-01)

1. Fort Richardson has established running routes that help protect the Soldier as well as assist with our military, family and civilian workforce traveling on and off the installation. The following designated routes indicate the authorized activities associated with each of the running routes (see attached map) during physical training (PT) hours (0630-0745).

a. Red Routes: For vehicular use only. Runners are not authorized on this route at any time, day or night.

b. Yellow Routes: For use by runners only during PT times. No vehicles are authorized use of these routes during the hours of 0630-0745 daily. The only exception to vehicular traffic is for emergency vehicles.

c. Blue Routes: For shared use by vehicles and runners. These routes are posted 15 mph during PT hours.

(1) Small Groups. Individual runners and squad sized groups (12 or fewer participants) must use cleared sidewalks and will not interfere or block vehicular traffic. Small groups will cross only at controlled crossings, i.e. traffic light intersections, road guard or flashing light areas.

(2) Large Groups. Sections and larger groups (13 or more participants) will allow vehicles to pass while running on these routes. Large groups will cross only at controlled crossings, i.e. traffic light intersections, road guard or flashing light areas.

2. A unit run consisting of a company sized element or larger must request and receive approval from the US Army Garrison, Alaska and Fort Richardson (USAG-AK and FRA) Commander to use any or all of a limited or restricted use running route prior to conducting the run. Requests will be submitted through USAG-AK and FRA Operations, 384-2199, not later than one week prior to the event.

3. Unit runs are not authorized in any of the housing areas on the installation. Cadence calling is not permitted in the housing areas.

4. There are no changes to the barricade plan during PT hours. Assigned units will ensure Soldiers are posted NLT 0615 to secure these intersections and will wear the following safety equipment: a road guard vest or yellow reflective belt, flash light during hours of darkness and appropriate weather related uniform items. Vehicular traffic may proceed beyond barricades until 0625.

USARAK Pamphlet 600-2

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APVR-CS/IMPA-FRA-ZA

SUBJECT: Fort Richardson Running Route (CofS/USAG-AK Joint Policy #JP-01)

5. The Davis Highway from the corner of 1st Street (east) to the gravel road leading to the back entrance of the landfill is a high frequency area for individual and unit runs during PT hours. It is closed to all vehicular traffic except emergency vehicles that are responding to an emergency between 0630 and 0745, Monday through Friday. It is closed to bicycles, skateboard, roller skis, and rollerblade traffic during these hours as well. Cross country skiing and snow shoeing are permitted on the trails parallel to Davis Highway in winter months.

6. Access to Bryant Army Airfield during PT hours will be through the secondary road located between Westbrook Road and the Davis Highway on the west side of the Alternate Access Control Point off D Street.

7. In accordance with FPCON measures or other requirements that dictate the use of the Fort Richardson Access Control Point, the Davis Highway will be closed to running from 6th Street east. The trails on either side of Davis Highway are open to running/road marching at all times. Units will be notified telephonically or by e-mail of any changes to the running routes.

8. The following units are responsible for intersection control points and/or barrier placement during PT hours:

- | | |
|--------------------------|---|
| a. 4/25 ABCT | Corner of D Street and 2 nd Street |
| b. 4/25 ABCT | Corner of D Street and 1 st Street |
| c. 4/25 ABCT | Corner of Davis Hwy and 1 st Street |
| d. 17 th CSSB | Corner of Davis Hwy and 5 th Street |
| e. 4/25 ABCT | Corner of Westbrook and 6 th Street
(FPCON) Alpha and Bravo) |
| f. 4/25 ABCT | Corner of Davis Hwy and 6 th Street
(FPCON Charlie and Delta) |

9. The point of contact for this joint policy letter is USAG-AK and FRA Operations, 384-2199.

//Original Signed//

HAZEN L. BARON
Colonel, GS
Chief of Staff

//Original Signed//

DAVID L. SHUTT
Colonel, AR
Commanding

DISTRIBUTION:
FRA (A)

USARAK Pamphlet 600-2



REPLY TO
ATTENTION OF:

IMPA-FWA-ZA

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
1060 GAFFNEY ROAD #6000
FORT WAINWRIGHT, ALASKA 99703-6000

8 December 2006

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Fort Wainwright Authorized Physical Training Running Routes Policy

1. Fort Wainwright has established running routes that help protect the soldier as well as assist with our military, family and civilian workforce traveling on and off the installation. The following designated routes indicate the authorized activities associated with each of the running routes (see attached map) during physical training (PT) hours (0630-0745).

2. During PT hour's traffic will be 15 MPH on roads authorized for running. Roads not authorized for running will remain at their posted speeds. All vehicles will slow down to 10 MPH while passing troop formations.

3. Physical Training formations will not exceed three columns with minimum required cadence callers and leaders on the left of the formation. Formations will stay along the shoulder of the road and will not cross the center line. Road guards will be posted front and rear of all formations.

4. Running, road marching, skiing and snowshoeing will not be conducted on the following roads between 0630 and 0745:

- a. Gaffney Road between the Main Gate and Apple Street
- b. Montgomery Road between Badger Gate and Whidden Road
- c. Meridian Road between Gaffney Road and Alder Avenue*
- d. River Road between Trainer Gate Road and Gaffney Road
- e. Trainer Gate Road between the gate and River Road.
- f. Neely Road. west of Meridian Road
- g. Army Family Housing
- h. CACTAF
- i. Golf Course**

* Exceptions are troops may cross Montgomery Road at the corner of Ketchum Road in order to access the trail network along Montgomery Road and behind the CACTAF, also at Luzon Avenue and Santiago Avenue in order to access the unit areas north of Montgomery Road vicinity of the hangers.

** PT may be conducted along Kinney Road in order to cross the bridge and run north of the river

USARAK Pamphlet 600-2



REPLY TO
ATTENTION OF:

IMPA-FWA-ZA

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
1060 GAFFNEY ROAD #6000
FORT WAINWRIGHT, ALASKA 99703-6000

8 December 2006

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USARAK Pamphlet 600-2

IMPA-FWA-ZA

SUBJECT: Fort Wainwright Authorized Physical Training Running Routes Policy #

5. Physical Training is permitted within the perimeter of the airfield on the South Taxi Way only. All personnel must be off the airfield NLT 0730 to facilitate the safe operation of aircraft. The airfield may be placed off limits when mission requirement warrant a closure. Garrison Operations will publish closure notifications to all units and the local union when a closure is required.

6. Vehicular traffic is prohibited on Luzon Avenue between 0630 and 0745. Vehicles may however cross Luzon Avenue at Rhineland Avenue or Ile De France Avenue to access the Battle Command Training Center (BCTC). United States Army Garrison (USAG) will place barricades at the ends of Luzon Avenue no later than 0630 each duty day and removed at 0745 to stop vehicular traffic during PT times.

7. In order to facilitate running routes during winter months, Directorate of Public Works (DPW) will plow the bike path from Apple Avenue to the Main Gate along Gaffney. DPW will also plow the trail that parallels Montgomery Road from Santiago Avenue to Badger Gate, then along the slough south to the rappel towers at the end of Chippewa Avenue, then west along Chippewa Avenue to Old Badger Road.

8. All roads and trails not specifically mentioned will be open to both PT and vehicular traffic and will be 15 MPH between the hours of 0630 and 0745.

9. POC for the memorandum is the Garrison CSM, 353-7665.

Encl
Running Route Map

RONALD M. JOHNSON
LTC, SF
Garrison Commander

USARAK Pamphlet 600-2

Appendix G

Fort Wainwright (FWA) Garrison Bicycle Policy (Policy Statement # 16)



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
1060 GAFFNEY ROAD #6000
FORT WAINWRIGHT, ALASKA 99703-6000

IMPA-FWA-ZA

22 August 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: FWA Garrison Policy #16 – Bicycles

1. The purpose of this policy is to establish requirements for operation of bicycles on Fort Wainwright. Bicycle riding can be dangerous if not done properly. To ensure accidents are prevented the following will be done:

a. Bicycle riders will wear protective helmets that have been approved by either the Department of Transportation (DOT), Snell Memorial Foundation or the American National Standard Institute (ANSI).

b. During the hours of darkness and restricted visibility bicycle riders will wear a retro-reflective vest or reflective band. The retro-reflective material must be worn on the upper body and be clearly visible from the front and rear.

c. Bicycles ridden at night or during restricted visibility will be equipped with headlights and taillights that are visible for 300 feet. Each bike will have front and rear reflectors, pedal reflectors, and side rim or wheel reflectors.

d. Small children and infants will only be carried in a passenger seat designed for their size and weight.

e. Riding on handlebars, carrying racks and center bars is prohibited.

f. The use of headphones or earphones is prohibited while riding on roads and streets.

2. Bicyclists will comply with all state traffic laws while operating on Army installations.

3. POC for this memorandum is Mr. Jerry Russell, FWA Garrison Safety Officer, 353-7078.

USARAK Pamphlet 600-2

IMPA-FWA-ZA

SUBJECT: FWA Garrison Policy #16 – Bicycles

//original signed//
RONALD M. JOHNSON
LTC, SF
FWA Garrison Commander

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A (FWA)

USARAK Pamphlet 600-2

Appendix H

USAG-AK Fort Richardson (FRA) Operation of Motorcycles/Bicycles/Two-Wheeled Vehicles (Post Command Policy 24-7)



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
724 POSTAL SERVICE LOOP #6000
FORT RICHARDSON, ALASKA 99505-6000

APVR-RDZ

19 March 2002

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Operation of Motorcycles/Bicycles/Two-Wheeled Vehicles (Post Command Policy 24-7)

1. No two-wheeled vehicles will be operated on sidewalks, streets or roadways that are covered with any snow or ice in the Fort Richardson cantonment area. This restriction is applicable to all service members, civilians and family members on Post.

2. This policy does not apply to bicycles on designated trails. Bicycles may continue to be operated on designated trails when there is snow and ice on roadways.

3. Operators and passengers of **motorcycles** are reminded of the following:

a. Operators and passengers of motorcycles will wear an approved helmet, shatter-resistant goggles or face shield, leather gloves, long legged pants, long sleeve shirt or jacket, leather boots or shoes, and high visibility garments (bright color for day and retro-reflective for night).

b. Motorcycle headlights will be on at all times while riding.

c. A rear view mirror will be mounted on each side of the handlebars.

d. The use of headphones or earphones is prohibited while riding on roads and streets.

e. Operators must have completed an approved motorcycle safety course.

f. Motorcycles must be registered on Post.

4. Bicycles will be operated in compliance with U.S. Army Alaska regulations and State of Alaska traffic laws. **Bicycle riders must wear approved helmets.** High visibility garments (bright color for day and retro-reflective for night) will be worn when operating on roads. The use of headphones or earphones is prohibited while riding on roads and streets. Bicyclists are always responsible for the safe, prudent and lawful operation of their bikes.

//signed//
DAVID L. SHUTT
LTC, AR
Post Commander

DISTRIBUTION:

A

USARAK Pamphlet 600-2

Appendix H

USAG-AK Fort Richardson (FRA) Operation of Motorcycles/Bicycles/Two-Wheeled Vehicles (Post Command Policy 24-7)



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
724 POSTAL SERVICE LOOP #6000
FORT RICHARDSON, ALASKA 99505-6000

APVR-RDZ

19 March 2002

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//signed//
DAVID L. SHUTT
LTC, AR
Post Commander

DISTRIBUTION:

A

USARAK Pamphlet 600-2

IMPC-FRA-ZA

SUBJECT: U.S. Army Garrison, Alaska (USAG-AK) Policy on Excessive Stereo Noise from Privately Owned Vehicles (POV) (USAG-FRA-03)

7. Driving privilege suspensions will become effective when the USAG-AK Garrison Commander or his representative gives the person a written notice and offers an opportunity for an administrative hearing. Suspension of driving privileges may be suspended as follows:

- a. 1st Offense: warning letter from the USAG-AK Garrison Commander.
- b. 2nd Offense in 12 months: 3 months suspension.
- c. 3rd Offense in 18 months: 6 months suspension.

8. Point of contact is the FRA Garrison CSM at 384-2175.

//Original Signed//
DAVID L. SHUTT
COL, AR
Commanding

DISTRIBUTION:
(A) FRA

USARAK Pamphlet 600-2



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
1060 GAFFNEY ROAD #6000
FORT WAINWRIGHT, ALASKA 99703-6000

IMPA-FWA-ZA

22 AUGUST 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: FWA Garrison Policy #10 - Excessive Stereo Noise from Privately Owned Vehicles (POV)

1. This policy establishes procedures for dealing with excessive stereo noise coming from privately owned vehicles (POV) operated on Fort Wainwright (FWA), Alaska.
2. This policy is applicable to the owners/operators of all POVs operated on FWA. All POVs operated on FWA are subject to the provisions established herein.
3. For this policy "Excessive Noise" is defined as: playing music, recordings or amplifying instruments generating loud sound or noises from a POV that can be heard beyond 50 feet of a vehicle.
4. The Military Police (MP) may cite individuals in violation of this policy under two provisions:
 - a. A ticket may be issued for "Disorderly Conduct" under Alaska Statute 11.61.110.
 - b. Under Article 134 of the UCMJ, "Disorderly Conduct/Disturbing the Peace," on a military installation.
5. Persons who accept the privilege of driving on a military installation must comply with the laws and regulations governing motor vehicle operations on the installation. If a person fails to comply with applicable laws and regulations, their driving privileges may be suspended or revoked by the FWA Garrison Commander as outlined in AR 190-5. Consideration will be given for location, time of day or night, and will be equally applied regardless of race, rank, gender, status (civilian, DoD or active duty), or the type of music being played in the POV.
6. Failure to comply with this policy can result in the violator being:
 - a. Issued a DD Form 1805 (Disturbing the Peace) by the MP.
 - b. Issued a warning letter from the FWA Garrison Commander through the Chain of Command.

USARAK Pamphlet 600-2

IMPA-FWA-ZA

SUBJECT: FWA Garrison Policy #10 - Excessive Stereo Noise from Privately Owned Vehicles (POV)

c. Suspension of driving privileges as follows:

(1) 1st Offense: warning letter from the FWA Garrison Commander.

(2) 2nd Offense in 12 months: 3 months suspension.

(3) 3rd Offense in 18 months: 6 months suspension.

7. Driving privilege suspensions will become effective when the FWA Garrison Commander or his representative gives the person a written notice and an opportunity for an administrative hearing.

8. POC is the FWA Garrison CSM, 353-7665.

//original signed//
RONALD M. JOHNSON
LTC, SF
FWA Garrison Commander

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A (FWA)

USARAK Pamphlet 600-2

Appendix J

U.S. Army Alaska (USARAK) Concealed Weapons Policy (CG/CofS Policy #0-20)



REPLY TO
ATTENTION OF:

APVR-RUPM

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY ALASKA
724 POSTAL SERVICE LOOP #5000
FORT RICHARDSON, ALASKA 99505-5000

20 Sep 2007

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Concealed Weapons Policy (CG/CofS Policy #0-20)

1. Carrying concealed deadly weapons by USARAK Soldiers represents a significant risk to the safety and welfare of this command. Accordingly, all Soldiers assigned or attached to USARAK are prohibited from carrying a concealed deadly weapon in public places off of all USARAK posts. All persons are prohibited from carrying concealed deadly weapons on USARAK posts IAW USARAK Regulation 190-1.
2. Definitions:
 - a. Carry means on or about the person, or uncased within the immediate vicinity of the person, so as to be available for immediate use, e.g. in the person's automobile.
 - b. Deadly weapon means any firearm or anything designed for or capable of causing death or serious physical injury.
 - c. Concealed means hidden from plain view.
 - d. Firearm means a weapon, including a pistol, revolver, rifle, or shotgun, whether loaded or unloaded, operable or inoperable, designed to expel a projectile by the action of an explosive charge or primer.
 - e. Public place means a place to which the public or a substantial group of persons has access. This includes locations involved in the sale of alcoholic beverages, highways, transportation facilities, schools, places of business, places of amusement, parks, playgrounds and prisons. It also includes hallways, lobbies, and other portions of apartment houses and hotels not constituting rooms or apartments designed for actual residence.
3. This policy is punitive. Soldiers who fail to comply with the requirements of this policy are subject to adverse administrative action and/or punishment under the Uniform Code of Military Justice.

A handwritten signature in black ink, appearing to read "S. Layfield".

STEPHEN R. LAYFIELD.
Major General, USA
Commanding

DISTRIBUTION:
A

USARAK Pamphlet 600-2

Appendix K

U.S. Army Alaska (USARAK/USAG-AK) Patron Dress Policy for Physical Fitness Facilities (Joint Policy Statement JP-04)



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY ALASKA
724 POSTAL SERVICE LOOP #5000
FORT RICHARDSON, ALASKA 99505-5000

APVR-CG

SEP 26 2007

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Patron Dress Policy for Physical Fitness Facilities (JP-04)

1. Fitness Centers are designed for exercise and recreation and appropriate exercise clothing will be worn to participate in programs and activities. Casual slacks, shorts, and jeans are considered non-exercise attire and are not to be worn.

a. During established physical training (PT) hours (0630 – 0745), Monday thru Friday, Soldiers will conduct PT in the Army Physical Fitness Uniform (APFU).

b. During established lunch hours (1130 – 1300), Monday thru Friday, Soldiers may conduct PT in their ACU's, BDU's, Flight Suits or normal duty uniform.

c. All objects hanging from or attached to waist belts, to include knives and work gear, must be removed before using the free weight or circuit weight areas (for safety and prevention of equipment damage).

d. Clean court shoes with non-marking soles must be worn on all racquetball and basketball courts.

e. Shirts and athletic shoes must be worn at all times with the exception of the pool area, and designated areas that allow no shoes (yoga, pilates and locker area).

f. Swimwear is required when using the pool facilities. Cut-off shorts and cotton shirts are not appropriate swimwear.

g. Clothing with inappropriate language or graphics will not be worn in the facilities.

h. Customers not wearing proper attire, as determined by facility management, will be asked to change into appropriate exercise clothing or leave the facility.

USARAK Pamphlet 600-2

APVR-CG

SUBJECT: Patron Dress Policy for Physical Fitness Facilities (JP-04)

i. Cell phones and portable music devices will not be used in the free weight or circuit weight areas for prevention of accidents.

2. POC's for this policy are Ms. Stephanie Jilek at 353-7274 (Fort Wainwright) or Mr. Dave Ryckman at 384-1313 (Fort Richardson).



STEPHEN R. LAYFIELD
Major General, USA
Commander
U.S. Army Alaska



DAVID L. SHUTT
COL, AR
Commander
U.S. Army Garrison-Alaska

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