



## HEADQUARTERS IOWA NATIONAL GUARD

Office of the Adjutant General

*Camp Dodge*

7105 NW 70<sup>th</sup> Ave

Johnston, Iowa 50131-1824

JFHQ-IA-Z

1 Oct 05

MEMORANDUM FOR All Units / Organizations / Activities, Iowa Army National Guard

SUBJECT: Physical Fitness Program Policy Memorandum, Iowa Army National Guard

1. This policy applies to all Iowa Army National Guard personnel or employees conducting physical fitness activities during normal duty hours or while in military duty status under the control of the Iowa Army National Guard, regardless of location. This policy does not apply to civilian employees of the Military or Homeland Security and Emergency Management Divisions of the Iowa Department of Public Defense.
2. Full-time Iowa National Guard personnel and employees, including military personnel, dual status technicians, and competitive technicians, are authorized three hours of normal duty time for physical fitness activities. In general, physical fitness activities should begin and end at the installation or facility where the individual's place of duty is located. For safety, operational, or other reasons, supervisors may designate certain locations or routes as approved for physical fitness activities under this policy. Supervisors may also restrict the locations or routes upon which physical fitness activities may be performed for safety, operational, or other reasons.
3. The scheduling of time for physical training will be coordinated by each supervisor. Supervisors will insure normal mission support is not interrupted and allow up to three hours per week for physical fitness activities. This policy allows ample time in which to dress, warm-up, workout, and shower. Additional duty time for preparatory tasks before or after the workout is not authorized. The authorized three hours per week is not cumulative and cannot be carried over from one workweek to the next. Supervisors will monitor participation in the program and compliance with this memorandum.
4. Military personnel, including dual status technicians, are encouraged to perform physical fitness activities that promote the ability to pass military physical fitness tests. However, individuals need to tailor their activities based upon their individual physical condition. Individuals who have military physical profiles will strictly adhere to the profile.
5. Personnel subject to this memorandum shall comply with JFHQ-IA-Z memorandum, dated 1 October 2005, Wear of Reflective Belt or Vest for Physical Fitness Activities, Iowa Army National Guard.

AGIA-Z

SUBJECT: Physical Training Program Policy letter, Iowa Army National Guard

6. This memorandum supersedes AGIA-Z memorandum, dated 16 January 2002, Physical Training Program Policy Letter, Iowa Army National Guard and AGIA-CSAR memorandum, dated 18 August 2003, Physical Training Program Policy letter, Iowa Army National Guard.

7. Point of contact for this memorandum is JFHQ-IA-DCSOPS at (515) 252-4401.



RON DARDIS

Maj Gen., Iowa National Guard  
The Adjutant General

DISTRIBUTION:

"A" Army