

DEPARTMENT OF THE ARMY
HEADQUARTERS FIFTH U.S. ARMY AND FORT SAM HOUSTON
Fort Sam Houston, Texas 78234-5000

FSH Regulation 385-5
Change 1

22 June 1990

Safety
RUNNING SAFETY

This change states policy for calling cadence in or near the Family Housing Areas.

1. FSH Regulation 385-5, 1 April 1990, is changed as follows:

Page 4, paragraph 7. Add subparagraph f:

f. Formations will not call cadence in or near Family Housing Areas. Housing Areas will be defined as any family dwellings occupying one or both sides of the road. Cadence may resume when last element of formation has cleared Housing Area.

2. File this change in front of the regulation.

The proponent of this regulation is the Safety Office. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) to the Commander, U.S. Army Garrison, ATTN: AFZG-SF, Fort Sam Houston, Texas 78234-5000)

FOR THE COMMANDER:



GEORGE A. FINLEY
Director of Information
Management

MICHAEL F. MERRILL
Deputy Director of Information
Management

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DEPARTMENT OF THE ARMY
HEADQUARTERS FIFTH U.S. ARMY AND FORT SAM HOUSTON
Fort Sam Houston, Texas 78234-5000

FSH Regulation 385-5
Change 2

9 October 1990

Safety
RUNNING SAFETY

This change cancels the policy for calling cadence in or near the Family Housing Areas.

1. FSH Regulation 385-5, 1 April 1990, is changed as follows:
Page 4, paragraph 7. Delete subparagraph f:
2. File this change in front of the regulation.

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DEPARTMENT OF THE ARMY
HEADQUARTERS, FIFTH U.S. ARMY AND FORT SAM HOUSTON
Fort Sam Houston, Texas 78234-5000

FSH Regulation
No. 385-5

1 April 1990

Safety
RUNNING SAFETY

Issue of supplements to this regulation is prohibited unless specifically approved by Headquarters, Fifth U.S. Army and Fort Sam Houston, ATTN: AFZG-SF.

1. PURPOSE. This regulation sets policy, responsibilities, and procedures for carrying out Fort Sam Houston's Running Safety Program.

2. REFERENCES

- a. AR 385-55, Prevention of Motor Vehicle Accidents, Mar 87.
- b. FSH Reg 190-5, Motor Vehicle Traffic Supervision and Administration, 10 Oct 89.

3. OBJECTIVES.

- a. The objective of the Running Safety Program is:
 - (1) To reduce the risk of death or injury to personnel due to accidents involving motor vehicles and individual joggers or troops running in formation.
 - (2) To minimize problems in traffic flow and congestion on installation roads caused by individual joggers and troops in formation.
- b. Enhancement of present effectiveness of the Army Motor Vehicle Safety Program while encouraging individual and unit efforts to maintain high standards of physical fitness.

4. RESPONSIBILITIES.

- a. Commander, HQ, Fifth U.S. Army and Fort Sam Houston will:
 - (1) Establish an effective program of safety for individual joggers and troops in formation.

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(2) Commanders of other installation activities will assist in enforcing the policies established by this regulation.

(3) All Fort Sam Houston Commands will ensure that supervision of this program is properly integrated in the overall installation safety program.

b. Provost Marshal, Headquarters, USAG, Fort Sam Houston will:

(1) Conduct traffic surveys periodically and provide input to the Safety Office for use in determining and establishing appropriate safety programs/policies.

(2) Provide input to the Safety Office to alert it of changed traffic conditions which may require the Safety Office to develop and disseminate policies concerning joggers and/or troop running formations.

(3) Issue traffic citations to personnel when deemed necessary.

(4) Provide assistance in traffic control during special pre-approved group events.

(5) Support safety investigations, as necessary, to include providing accident information from completed DA Forms 3975 and 3946 to the Safety Office.

c. Safety Office, Headquarters, USAG, Fort Sam Houston will participate in, develop, and disseminate running safety initiatives in support of the installation safety and traffic problems.

d. Public Affairs Officer, Headquarters, USAG, Fort Sam Houston will disseminate these policies to civilian employees and family members through publication of occasional running safety articles in the News Leader.

e. Unit commanders will:

(1) Enforce installation policies and regulations regarding safety for troops running in formation.

(2) Ensure all personnel are aware of where to run and what to wear.

(3) Coordinate with the Provost Marshal not later than two weeks prior to a special running event for which traffic support has been approved by the Garrison Commander.

5. Individual joggers will use parade and physical training (PT) fields when possible.

6. When running on roads, joggers will observe the following:

a. Will wear appropriate bright colored clothing and/or fluorescent or reflecting personal protective equipment during periods of reduced visibility. Will not use headphones or earphones.

b. Will not run on roads when/where running is prohibited (see appendix A).

c. Will use sidewalk areas, where available, and will not obstruct traffic flow by running on the roads where sidewalks are available.

d. Will cross intersections and roads at the location of traffic control devices or marked crosswalks when available. When signals and crosswalks are not available, will yield to traffic.

e. Will observe all pedestrian control signals described in FSH Reg 190-5.

f. Will run in the opposite direction of traffic flow when not running as part of a formation.

g. Roads which are prohibited from use by joggers at all times from Monday through Friday are:

- (1) Stanley Road.
- (2) Dickman Road.
- (3) Artillery Post Road.
- (4) Wilson Road.
- (5) Scott Road.

(A map with highlighted roads is provided in appendix A)

h. Schofield Road, from Binz-Englemann Road to Dickman Road, is closed to joggers and running formations between 0700-0800 and 1600-1700, Monday through Friday.

7. Groups of six or more will be considered as a formation, and will observe the following:

a. A minimum of two front and two rear road guards wearing reflective equipment will be employed in all formations. Persons

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in charge of formations are responsible for ensuring road guards are properly posted to the front and rear of running formations, astride the formation, halting the traffic, as roads are crossed

b. All road guards and/or personnel running outside the mass of a formation will be equipped with functioning flashlights during all runs conducted during the hours of darkness or other times of reduced visibility. The hours of darkness are established as the time between 1/2 hour before sunset and 1/2 hour after sunrise the next day.

c. Formations will occupy no more than one lane of traffic and run with the direction of traffic flow. While running, unit formations will ordinarily utilize a four man front. For special events or when the mass of troops dictate, a larger front will be used. In all cases, the formation, to include all runners along the sides of the massed formation, may occupy no more than the right half of the roadway.

d. Personnel in charge of each formation are responsible for directing and assisting vehicles to pass the formation from the front or the rear.

e. Requests for special events or other deviations from the policies established by this regulation will be submitted to the USAG Safety Office for staffing and approval by the Garrison Commander.

f. Formations will not call cadence in or near Family Housing Areas. Housing Areas will be defined as any family dwellings occupying one or both sides of the road. Cadence may resume when last element of formation has cleared Housing Area.

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TROOP ORGANIZATIONS

NO.	FACILITY	BUILDING			
1	HQ, FSH Garrison	300	35	Museum	123
2	5th Army HQ	16/44	36	NCO Club	1395
3	HQ Co., Garrison	2266	37	Officers Club	407
4	90th ARCOM	1520	38	Post Engr's	126
5	Provost Marshal	2244	39	Post Office	2300
6	BAMC HQ	1029	40	Post Exchange/Beauty Salon	2420
7	BOQ	1384/592	41	Shoe Store	2400
8	Sam Houston House	48	42	Military Sales	332
9	SEBQ	590/591	43	Red Cross -	2650
10	AHS	2840/2841	44	Brigade PX/	1290
11	Transportation Motor Pool	2430		Refreshment Center	
12	41st Cmbt Spt Hosp	2265	45	Snack Bar/Shopette	890
13	3rd Bn AHS	2264	46	Sports Arena	2520
14	Student Billets	900/1300	47	Self-Help Classroom	1178
	Area &	1772	48	Snack Bar	365
69	CIS	1461	48	Theaters	2270/1396
74	USAISC-FSH Printing		68	Acad Bde HQ (A Co/	902
	Reproduction Branch	230	72	187th)	2263
				Personnel/Finance	

FAMILY TROOP FACILITIES

15	HQ HSC	2410
16	Roadrunner Community Center	2797
17	Bev & Package Store	2434
18	Branch Exchange (Shopette)	890
19	Barber Shop	366/2420
20	Bowling Lanes	2521
21	In/Out Processing	367
22	Chapels	1398/1050/2200
23	Commissary/ Commissary Annex	372/1545
24	Child Care Center	2195
25	Eisenhower Bank	2302
26	Legal Asst.	134
27	Garden Shop Toyland	4014
28	SACU	2750
29	Golf Course Pro Shop	2901
30	Guest House	1002
31	Hacienda Rec Center	1462
32	Harlequin Dinner Theatre	2652
33	Main Library	2247
34	Laundry Pick-Up	376
71	NATO Track	

MEDICAL SERVICES

49	BAMC	1000
50	Beach Pavilion	2376
51	Adolescent Clinic	1001
52	Eye Clinic (Glasses)	2013
53	Rhodes Dental Clinic	2375
54	Troop Medical Clinic	1279
55	Troop Dental Clinic	1278

MISCELLANEOUS

56	Staff Post 6 (Pershing House)	6
57	Civilian Personnel Office	197
58	Swimming Pools	407/3300
59	Cemetery Office	3001
60	Reserve Center	1699
61	Skill Development Center	1222
62	Cole Junior/Senior High School	1900
63	Elementary School	3370
64	Gas Station (PX)	2610
65	Training Support Center	2016
66	Nulsen Preschool	452
67	Auto Craft Shop	2410
70	Hernandez Tailors	
73	Parade Field (MacArthur)	

The proponent of this regulation is the Safety Office, AFZG-SF, U.S. Army Garrison, Fort Sam Houston. Users are invited to send comments and suggested improvements on DA Form 2028, Recommended Changes to Publications and Blank Forms, to the Commander, USAG, ATTN: AFZG-SF, Fort Sam Houston, TX 78234-5000.

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