



REPLY TO  
ATTENTION OF

DEPARTMENT OF THE ARMY  
UNITED STATES ARMY GARRISON KAISERSLAUTERN  
UNIT 23152  
APO AE 09227-3152

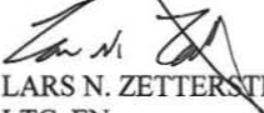
FEB 28 2012

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MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: United States Army Garrison Kaiserslautern (USAG-K) Command Policy Letter #6,  
Wearing of Headphones in USAG-K Physical Fitness Centers

1. References.
  - a. Army Regulation (AR) 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005.
  - b. AR 383-10, The Safety Program, 7 November 2008.
2. Purpose. To define and establish the USAG-K Commander's policy on the wearing of headphones or earphones in uniform at USAG-K physical fitness centers.
3. Applicability: This policy applies to all patrons of physical fitness centers in USAG-K.
4. Headphones or earphones are authorized for wear with the improved physical fitness uniform (IPFU) while utilizing the treadmills, elliptical machines, stair climbers or stationary bicycles in USAG-K fitness centers.
5. These devices are not authorized for wear with the IPFU at any other time to include: while utilizing free weights or weight machines; while engaged in any other physical fitness activity while inside or outside a fitness center; or while moving through or around a fitness center from one activity to another.
6. The use of headphones or earphones while walking, jogging, skating and bicycling (including pocket bike) motorcycle or moped on Army installation roads and streets is prohibited.
7. Post this policy on the bulletin board within every physical fitness center within the USAG-K area of operations and incorporate it in the fitness centers standard operating procedure.
8. Proponent for this policy is the USAG-K Command at DSN: (314) 493-4135.

  
LARS N. ZETTERSTROM  
LTC, EN  
Commanding

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