



DEPARTMENT OF THE ARMY
HEADQUARTERS
U.S. ARMY MANEUVER SUPPORT CENTER AND FORT LEONARD WOOD
FORT LEONARD WOOD, MISSOURI 65473-5000

FLW Regulation
No 385-4

8 August 2008

Safety
SOLDIER MOVEMENT ON FOOT

History. This is a revision of the Fort Leonard Wood Regulation 385-4, Soldier Movement on Foot.

Summary. This regulation establishes policy and procedures for using troop movement on foot at the United States Army Maneuver Support Center and Fort Leonard Wood (MANSCEN&FLW).

Applicability. This regulation applies to all military and Department of the Army civilian personnel at Fort Leonard Wood (FLW) and to all personnel operating vehicles on the installation.

Proponent and exception authority. The proponent agency of this regulation is the Maneuver Support Center (MANSCEN) Safety Office.

Supplementation. Supplementation of this regulation is prohibited unless specifically approved by Headquarters, MANSCEN&FLW.

Suggested Improvements. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) to the MANSCEN Safety Office, 261 19th Street, Bldg 1000, Suite 4, Fort Leonard Wood, MO 65473-8952.

Distribution. Electronic medium only and posted on the FLW Web site.

FOR THE COMMANDER:



THOMAS W. KULA
COL, GS
Chief of Staff

JESSE FRENCH
Adjutant General

*This supersedes FLW Reg 385-4, 14 January 2002.

Summary of Changes
to
FLW REG 385-4, Soldier Movement on Foot

- This major revision dated 8 August 2008.
- Clarifies all off-limits roads to any and all troop movement within Fort Leonard Wood (paragraph 4-3).
- Authorizes troop crossings and interim usage of designated off-limits roads within Fort Leonard Wood (paragraph 4-4).
- Identifies authorized roadways for troop movement and physical training activities (paragraph 4-5).
- Clarifies the Fort Leonard Wood “Safe and Secure” run routes (paragraph 4-6).
- Exceptions to policy for Command level road usage (paragraph 4-9)

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Chapter 1 INTRODUCTION

1-1. Purpose

This regulation prescribes limitations, requirements, and general safety precautions necessary to safely move Soldiers on foot, in order to decrease the possibility of accidents and injuries. The intent of this regulation is to set conditions for troop formations to safely march and conduct physical training (PT) runs without conflicts with vehicles.

1-2. References

The required and related publications are listed in appendix A.

1-3. Explanation of abbreviations

Abbreviations used in this regulation are explained in the glossary.

1-4. Responsibilities

a. Commanders (CDRs)/directors will—

(1) Ensure that all personnel in charge of formations know the standards contained in this regulation and comply with these standards.

(2) Ensure that all personnel know the standards when driving a vehicle approaching and passing a troop formation (paragraph 2-3 of this regulation).

(3) Ensure that road guards and safety personnel are properly selected and briefed on their duties.

(4) Use risk management in accordance with (IAW) FLW Reg 385-5.

(5) Ensure that proper safety equipment (reflective vests and flashlights) is provided for formations.

(6) Ensure that stragglers are controlled so they do not create or become a safety hazard.

b. The Directorate of Emergency Services will—

(1) Issue tickets to vehicle drivers that violate passing rules.

(2) Report violations by troop formations to the chain of command.

c. Directorate of Public Works (DPW) will provide adequate signs to alert drivers of 10 MPH speed limit when passing troop formations and no troop passing zones.

d. Directorate of Morale, Welfare, and Recreation (DMWR) will ensure that information on the standards for vehicles passing troop formations are included in the monthly newcomers orientation.

e. Public Affairs Office (PAO) will ensure that the rules for vehicles passing troop formations are publicized.

Chapter 2 General

2-1. Policies

a. Soldier movement on foot is considered to be training. All wet bulb and wind-chill command guidance remains in effect.

b. Soldiers in formation will make maximum use of existing troop trails even though the distance via troop trails will be greater than a more direct route.

c. Soldiers in formation will be marched on the far right side of the road on which vehicular traffic is expected.

(1) Formations travel in the same direction as traffic (when on two-way streets).

(2) Formations will not take up more than one traffic lane.

d. CDRs will select march routes which require a minimum of travel on major roads.

e. Marching troops have priority over all vehicles, except emergency vehicles on FLW.

f. It is imperative that all drivers obey all traffic signs and published traffic regulations regarding marching troops.

g. The officer and noncommissioned officer in charge (NCOIC) of marching Soldiers are responsible for enforcing traffic regulations as they pertain to marching Soldiers.

h. Speed marching is not authorized except as a part of a PT period.

i. Marches will be conducted IAW FM 21-18.

j. Under no circumstances will bullhorns be used for calling cadence while marching Soldiers in formation.

k. Units consisting of 50 troops or less will be marched in a column of two to eliminate crowding the road.

l. Soldiers will be thoroughly informed of their responsibilities as individuals and as road guards.

m. The number of persons marching on the road side of a marching unit will be kept to one per platoon, plus one cadence caller per company (see appendix B, figure B-1).

2-2. Crossing a road or moving into an intersection

a. Road guards will be positioned to stop vehicles before Soldiers are moved across a road or into an intersection.

b. Road guards will exercise extreme caution to avoid giving vehicle operators cause for abrupt stops or other actions which might result in accidents.

2-3. Vehicles passing formations

a. The speed limit when approaching or passing a troop formation from either the front or rear is 10 MPH.

b. Motorists will not jeopardize the safety of troop formations. If the potential exists where a vehicle operator is in doubt of safely passing a formation, the vehicle operator will stop and await instructions from the person in charge of the formation.

c. No passing of troop formations during PT in areas designated by posted signs.

d. Vehicle drivers must generally adhere to the provisions of FLW Reg 190-5.

e. Troop formations have right-of-way over all vehicles, except emergency vehicles.

f. Vehicle drivers are encouraged not to pass formations (when approaching from the rear) but to take an alternate route if possible.

Chapter 3 SAFETY

3-1. Safety personnel

a. Safety personnel will be employed to the front, rear, and flanks (when making a flanking movement) of all marching units (see appendix B, figure B-1).

b. All safety personnel will be equipped with the reflective vest.

c. Safety personnel and road guards will be designated in each element of a marching unit and will be positioned at all intersecting roadways in the direction of the march.

3-2. Safety guards

a. Front and rear safety guards will be positioned 30 meters to the front and rear at all times.

b. Road guards will be positioned in sufficient time to stop oncoming traffic prior to Soldiers entering an intersection.

3-3. Safety devices

a. Flashlights or other lighting devices will be carried at all times by personnel shown in appendix B, figure B-1, and utilized whenever light conditions are poor.

b. A flashlight, with a clear lens will be used with the baton, traffic directing (national stock number [NSN] 6230-00-691-1407).

c. They will be actively used to attract the attention of approaching vehicles.

d. For small formations (for example, squad) the person in charge will carry a flashlight. At a minimum, the Soldier at the front, middle, and the rear of the column will wear a reflective vest and carry a flashlight.

e. As a minimum all personnel marching to the left side of a formation will wear a reflective arm band on the left sleeve or a reflective vest. Reflective arm bands, (NSN 8465-00-177-4977) are available through unit supply channels. Reflective leg bands can be worn in lieu of the reflective arm band with the PT uniform.

Chapter 4 FORMATIONS

4-1. Soldier movements

a. Soldier movements within the installation will comply with the provisions of FM 22-5 and FM 21-18.

b. Personnel observing any unsafe acts, improper dress, poor posture, individuals out of step, or the improper carrying of weapons within a formation will take immediate action to correct the deficiencies.

c. Immediate action includes notifying the unit chain of command when senior personnel are controlling or participating in the formation.

d. Corrections should be presented in a positive manner.

4-2. Marching within the cantonment area

a. The cantonment area is defined as the area between the Main Gate (north) and Forney Airfield (south) and Indiana Ave (west) and the housing area (east) and Gas Street (east).

b. Tactical road marches are not authorized in the cantonment area.

c. Control of stragglers.

(1) Personnel unable to remain with the formation (such as stragglers) will immediately go to the extreme right side and or shoulder of the road and if possible, continue in the direction of the formation.

(2) Safeguard stragglers by one or both of the following methods:

(a) Use cadre/noncommissioned officers (NCOs), with appropriate safety equipment (such as reflective vests) to follow and control stragglers.

(b) Use a trail vehicle, with flashing lights, to pick up/follow stragglers.

(3) Stragglers will not remain in the roadway, placing themselves in danger of being struck by vehicles.

4-3. Outside the cantonment area

a. Units moving to range or training areas outside the cantonment area will conduct tactical road marches IAW FM 21-18.

b. Units engaged in tactical exercises may use formations that are commensurate with safety and cause the least interruption in traffic.

c. Safety precautions prescribed for day and night marches within the cantonment area apply with the following modifications:

(1) To preserve light discipline, lights for tactical road marches will be limited to front and rear safety guards.

(2) Road guards will carry and use flashlights during limited visibility to ensure safety.

(3) During tactical road marches outside the cantonment area, a minimum of two road guards (front and rear of the formation) will wear reflective vests and carry flashlights (turned on during limited visibility). While crossing any paved FLW lettered or numbered roads, all road guards controlling traffic will wear reflective vests and carry flashlights (turned on during limited visibility).

d. Trail vehicles will be provided by the march unit as outlined in FLW Reg 210-14.

(1) Trail vehicles will be used for all bivouac training periods and training marches conducted outside the cantonment area.

(2) A trail vehicle will follow marching units at a distance to maintain visual contact with the end of the unit.

(3) Trail vehicles will not bound ahead of the march unit.

(4) Vehicles will not be overloaded and safety precautions prescribed for the day and night marches within the cantonment areas apply.

e. Straggling will not be permitted in any formation. Individuals who drop out of formation due to injury or physical deficiency will be furnished transportation or be escorted to an assembly point by an NCO.

f. Units departing the cantonment area will establish radio communications IAW FLW Reg 210-14.

4-4. Physical training formations

a. For the purposes of this regulation, PT runs in formation are considered marching troop formations and all rules apply. **Note: Working road guards need not post at barricaded intersections.**

b. Initial entry training (IET) activities will have two drill sergeants per company. The company CDR, training officer or first sergeant must also be present.

c. A formation is considered to be any separate and distinct unit responding to the commands of one individual (for example, company, platoon, PT track,

or ability group, etc). Formations consisting of less than 20 personnel should run in no more than two files.

d. PT formations will not stop in the road to perform exercises or stretching.

e. When one formation passes another formation—

(1) The CDR or NCOIC of the passing unit is responsible for providing a cadre member to coordinate the pass with the CDR or NCOIC of the slower formation. This gives each unit time to adjust to the left and right as a matter of common courtesy.

(2) It is the responsibility of the slower moving formation to move their unit as far to the right, as the shoulder of the road will permit. This allows units running at a faster pace to pass on the left.

(3) It is the responsibility of the passing unit to ensure that there is adequate space to pass on the left without interfering with formations in the oncoming running lane.

f. Stragglers and fall-outs. Soldiers who fall out or are straggling behind their formations will move as far to the right as the shoulder of the road will permit. This will prevent them from hindering following formations and facilitate units in locating their Soldiers.

NOTE: For the purpose of this regulation, fall-outs and stragglers are any personnel who fall behind the rear road guards in their formation.

g. Injured Personnel.

(1) Injured personnel should be assisted by members of their unit off the paved surface and onto the grass or sidewalk for their safety.

(2) Common sense will determine if the Soldier can be moved. If the Soldier's injury prevents movement, the unit must provide road guards with reflective vests and flashlights to guide traffic around the injured Soldier.

(3) Road guards for injured Soldiers should post themselves at least 10 meters before and after the injured Soldier.

4-5. Road crossings and intersections

a. The unit will cross a major road/intersection at the double time pace.

b. Intersections will be crossed as follows:

(1) Right turn: Road guards will be posted on the left and forward side of an intersection (all sides of a road junction). Soldiers will be given column right in sufficient time to preclude extending the formation into the far lane of the intersection or road (appendix B, figure B-2).

(2) Left turn: Road guards will be posted on the left, forward, and right side of an intersection. Soldiers will be marched into the intersection and given a column left, so as to move into the far right side of the right lane, precluding extension into the forward lane (appendix B, figure B-2).

(3) Straight crossings: Road guards will be posted on the left and right prior to entering an intersection. Movement through the intersection will be as rapid as possible to preclude halting traffic any longer than necessary.

(4) Extreme caution will be exercised by leaders when employing any movement outlined above. All Soldiers will be thoroughly instructed on road guard duties.

4-6. Conflicting formations

When more than one company is marching along the same route a minimum of 100 meters must be maintained between companies to preclude lengthening traffic delays at intersections.

4-7. Minimum standards for road guard briefing

a. Your primary duty as a road guard is to protect the formation from vehicles traveling along the route.

b. Your reflective vest must fit properly and reflective material must be visible from front and rear.

c. Ensure that the vehicles approaching the formation see you and the formation. Signal traffic to stop or slow down, as required.

d. Do not jump out in front of traffic. This may startle drivers and create an even greater hazard. Get driver's attention as soon as possible. Do not wait until last minute. Use flashlight or wave arms to get the driver's attention. Be prepared for unexpected hazards.

e. Stop traffic at all intersections. Position yourself so that vehicles can readily see you and recognize your function as a road guard. Ensure that the drivers positively recognize that you want

them to stop. Do not attempt to stop the vehicle with your body.

f. Do not assume the role of traffic control.

g. If you see a violation, record the vehicle license number and report it through your chain of command.

h. Do not leave your post until properly relieved. In battalion or brigade formations you may be relieved by another company's road guards. If you are the last person in the formation, resume your position once your unit has passed the danger zone.

i. Do not "horse around" in any formation. As a road guard, you must be especially alert for the safety of the formation.

j. Road guards are not responsible for stragglers.

4-8. Command and control

a. The march unit CDR/cadence caller will march on the road side of his/her unit, keeping to the right of the center line.

b. Platoon sergeants will march in a position where they can make necessary corrections and ensure the safety of the unit.

c. Trainee platoon guides will march to the left of their first squad leader where they can assist in controlling the unit.

Chapter 5 CANTONMENT RUN AREAS

5-1. General policies

a. Whenever possible troop formations or other group activities will limit movement on improved roadways.

b. Exceptions to use the above restricted/off-limits roads for the Commanding General (CG), Command Sergeant Major (CSM), brigade or battalion CDR runs will be approved by the Director of Plans, Training, and Mobilization and be announced to the public.

5-2. Family housing areas

a. PT formations will not enter housing areas.

b. Units will not march formations in the family housing areas, Post Exchange (PX) or Commissary

parking lots, except as authorized during the pre-EXODUS period.

5-3. Off-limits areas

The following roadways within the Fort Leonard Wood boundaries are off limits to any and all troop movement on foot (this includes individual and group/formation activities) (see appendix c, figure C-1):

a. Polla Road.

b. Missouri Avenue.

c. FLW 10 (East Gate Road/First Street) from the East Gate to Missouri Avenue. (Except the area between Minnesota Avenue and Nebraska Avenue from 0500 – 0645).

d. FLW 15 (Big Piney Road) from Nebraska Avenue south to the Ammo Supply Point (ASP).

5-4. Off limits to troop movement

a. The following streets will be off limits for troop movement except to cross (see appendix C, figure C-1) or for short distances (not more than 200 yards). This will ensure that any unit that is within an off-limits road-blocked area can access the "authorized" or "safe and secure" run route within the cantonment areas. Proper road guard procedures are required IAW this regulation during the crossing of any designated off-limits roads/areas. This will allow vehicles to travel the major arteries while troop formations are on less traveled roads (see appendix C, figure C-1).

(1) Piney Hills Drive.

(2) Pulaski Avenue.

(3) Water Intake Road.

(4) North Dakota Avenue.

(5) South Dakota Avenue.

(6) Alabama Avenue.

(7) Nebraska Avenue.

b. Iowa Avenue (EXCEPT between the hours of 0500 to 0645 Monday through Saturday. Iowa Avenue will be open for physical training running formations from 4th Street South to South Dakota Avenue). **NOTE: Iowa Avenue, north of 4th Street and south of South Dakota Avenue are unauthorized troop formation areas.**

- c. Replacement Avenue from the area of Nebraska Avenue to Iowa Avenue.
- d. Buckeye Avenue from Indiana Avenue to Alabama Avenue.
- e. Headquarters Avenue.
- f. Illinois Avenue.
- g. Hawaii Avenue.
- h. Minnesota Avenue from (FLW 10) First Street to Oklahoma Avenue.
- i. Oklahoma Avenue from Piney Hills Drive to Minnesota Avenue.
- j. Constitution Avenue from North Dakota Avenue to Replacement Avenue.
- k. Third Street.
- l. FLW 1 (Iowa Avenue) from South Dakota to the FLW South Gate.
- m. FLW 25 from the FLW East Gate to the Quarry area.
- n. FLW 15 (Big Piney Road) from E 19th Street to Nebraska Avenue.

5-5. Authorized running areas

The following streets are authorized running areas within the cantonment of FLW. Unit trail vehicles will be kept at a minimum within the authorized running area (see appendix C, figure C-1).

- a. Ordnance Drive.
- b. Railroad Street.
- c. Quartermaster Street.
- d. Louisville Avenue.
- e. Oklahoma Avenue (except for the off-limits area between Piney Hills Drive and Minnesota Avenue).
- f. Michigan Avenue.
- g. Minnesota Avenue from Oklahoma Avenue to Nebraska Avenue.
- h. East Second Street.

- i. East Forth Street.
- j. East Fifth Street.
- k. MP Drive.
- l. Army Avenue.
- m. Elm Street.
- n. Sycamore Street.
- o. Replacement Avenue from First Street to Nebraska Avenue.
- p. Cooley Avenue.
- q. East Nineteenth Street from Nebraska Avenue to Iowa Avenue.
- r. Buckeye Avenue (except for the off-limits area between Indiana Avenue to Alabama Avenue).
- s. Oak Street.
- t. Virginia Street.
- u. West Forth Street.
- v. West Sixth Street.
- w. West Seventh Street.
- x. West Eleventh Street.
- y. West Twelfth Street.
- z. West Sixteenth Street.
- aa. West Twentieth Street.
- bb. Caisson Drive.
- cc. New Battery Street.
- dd. Arkansas Avenue.
- ee. Colorado Avenue.
- ff. Minnesota Avenue from Alabama Avenue to Iowa Avenue and from Nebraska Avenue to Oklahoma Avenue.
- gg. Big Piney Road from Nebraska Avenue to East Nineteenth Street.

Comment [A1]:

hh. First Street/FLW 10 (Only during the hours of 0500 – 0645 between Minnesota Avenue and Nebraska Avenue).

5-6. Safe and secure areas

The following areas/roads are within the FLW safe and secure run routes. Vehicles are unauthorized within the safe and secure running area, except during emergency situations (see appendix C, figure C-1).

a. Iowa Avenue from Replacement Avenue to South Dakota Avenue.

b. Constitution Avenue from Replacement to South Dakota Avenue.

c. Minnesota Avenue from Nebraska Avenue to Iowa Avenue.

d. Kansas Avenue from Iowa Avenue to Nebraska Avenue.

e. South Demolition Road.

Appendix A REFERENCES

a. Required references.

(1) FM 21-18 (Foot Marches).

(2) FM 22-5 (Drill and Ceremonies).

(3) FLW Reg 190-5 (Fort Leonard Wood Vehicle Code).

(4) FLW Reg 210-14 (Range and Training Area Regulations).

(5) FLW Reg 385-5 (Risk Management).

b. Related references.

(1) FM 21-20 (Physical Fitness Training).

(2) TRADOC Reg 385-2 (TRADOC Safety Program).

**Appendix B
PERSONNEL POSITIONS**

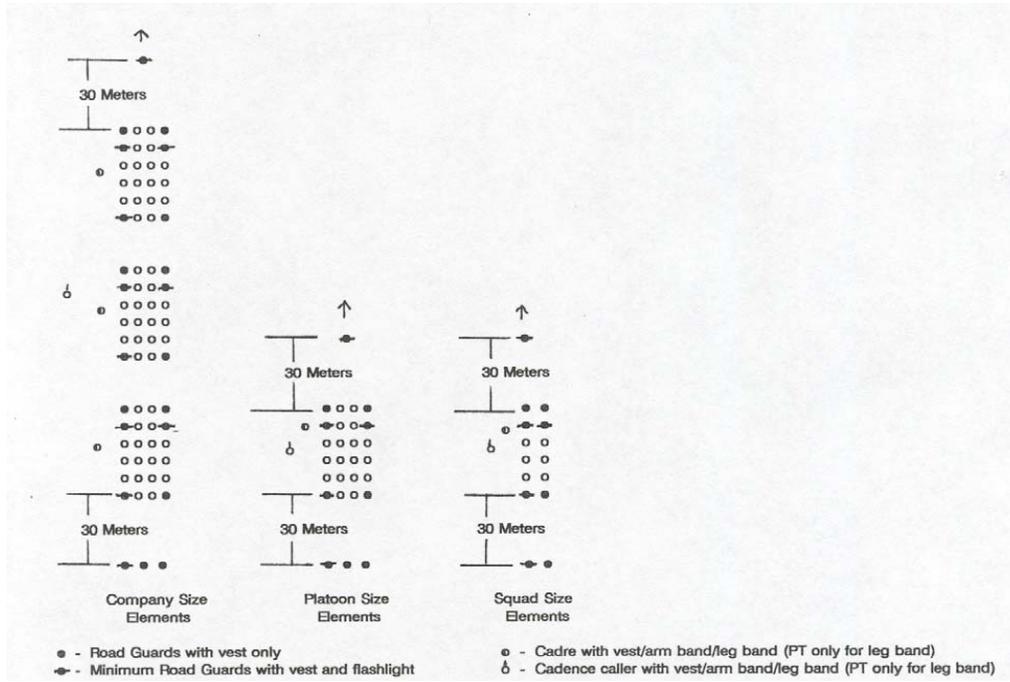


Figure B-1. Road Guard, Cadre, and Cadence Caller Positions

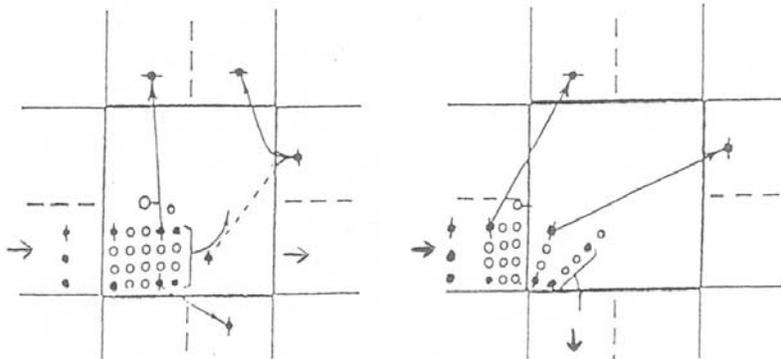


Figure B-2. Road Guard Positions at Intersections

**Appendix C
AUTHORIZED AND OFF-LIMITS AREAS**

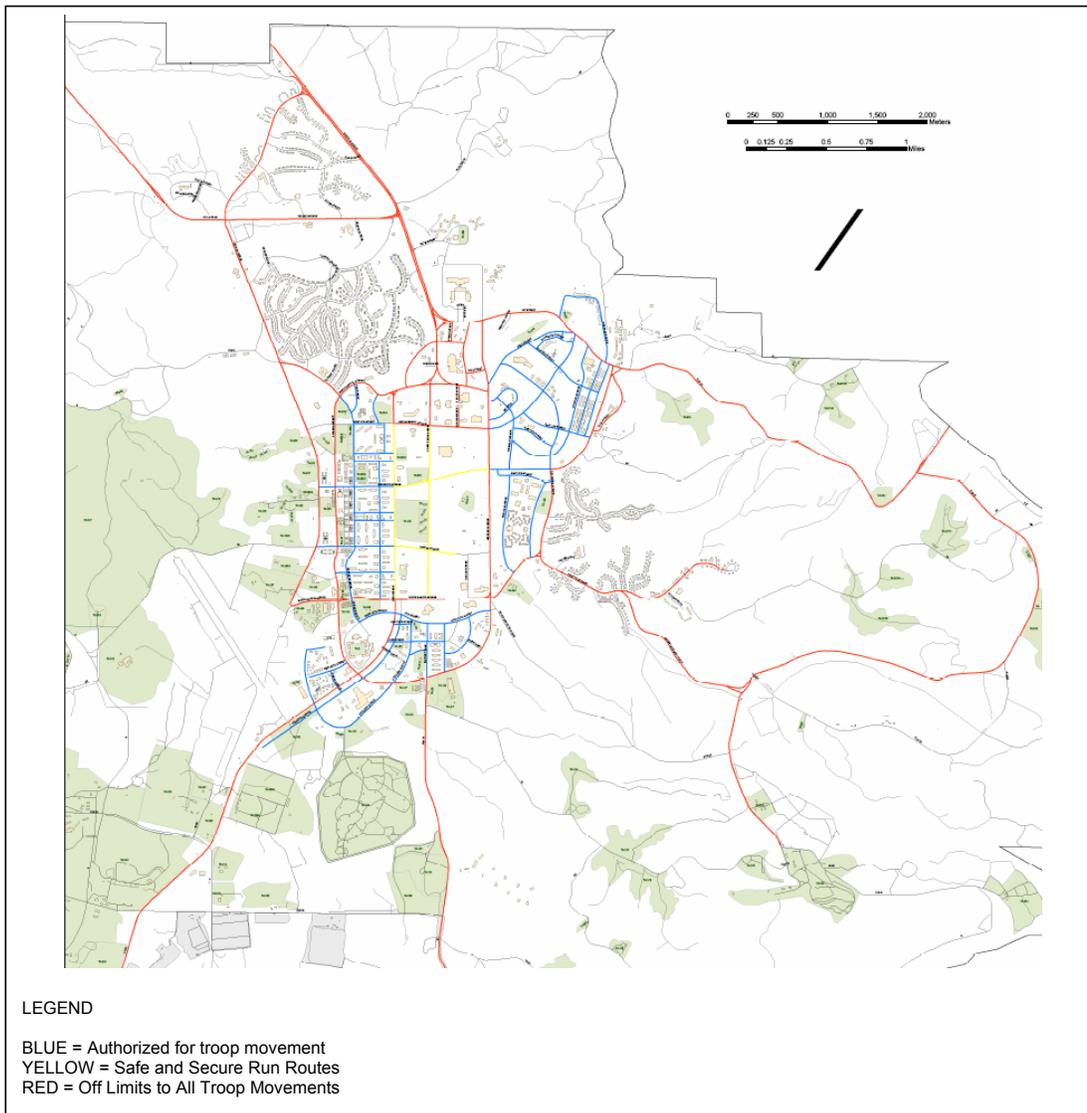


Figure C-1. Authorized and Off-Limits Areas for Troop Movement

Glossary

ASP Ammo Supply Point	MANSCEN&FLW United States Army Maneuver Support Center and Fort Leonard Wood
CDR commander	MPH miles per hour
CG commanding general	NCO noncommissioned officer
CSM command sergeant major	NCOIC noncommissioned officer in charge
DA Department of the Army	NSN national stock number
DMWR Directorate of Morale, Welfare and Recreation	PAO Public Affairs Office
DPW Directorate of Public Works	PT physical training
FM field manual	PX Post Exchange
FLW Fort Leonard Wood	Reg regulation
IAW in accordance with	TRADOC United States Army Training and Doctrine Command
IET initial entry training	
MANSCEN Maneuver Support Center	