



OFFICE OF THE
BRIGADE COMMANDER

UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES
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MEMORANDUM FOR ALL MEMBERS OF THE USU BRIGADE

SUBJECT: Brigade Commanders Physical Fitness Safety Policy

To enhance overall safety, the following mandatory steps will be taken while exercising outdoors:

1. All Brigade Personnel will wear reflector clothing while exercising outdoors during periods of limited visibility, between dusk and dawn, and during hours of darkness.
2. In accordance with NNMC Base policy, members of the USU Brigade will NOT use any sort of headphones (i. e. walkman style) that will impair hearing in any way. (NNMC police will stop you if you are in violation of this regulation.)
3. Members of the Brigade are encouraged to exercise (whether running, lifting weights or any other activity) with a partner, especially if the activity takes personnel out of the limits of the NNMC compound.

This policy is for the protection of each and every member of the Brigade, and will be enforced. Refer questions and concerns to the HQ Company Commander, CPT Sean Tyler at 295-9652.

TANIS M. BATSEL STEWART
CAPT, MC, USN
Brigade Commander