



DEPARTMENT OF THE NAVY
NAVAL AIR STATION
JOINT RESERVE BASE
FORT WORTH, TX 76127-6200

IN REPLY REFER TO

5100
N00
15 Jul 11

From: Commanding Officer, Naval Air Station Fort Worth, Joint Reserve Base

Subj: POLICY AND GUIDANCE FOR SAFE JOGGING ONBOARD NAS FORT WORTH JRB

Ref: (a) OPNAVINST 5100.12H

1. Reference (a) provides policy and guidance for the implementation of a Navy Traffic Safety program. Pedestrian safety must receive emphasis as a part of the overall traffic safety program. This policy pertains to the safety of joggers onboard NAS Fort Worth JRB. The following shall be adhered to while jogging onboard NAS Fort Worth JRB:

- a. All joggers using the roadways will run facing traffic. Where sidewalks and/or jogging lanes are available, (i.e., Military Parkway and Carswell Ave) joggers will not jog in the roadway.
- b. Formation running is authorized, however road guards shall be used and they must wear reflective vests or reflective belts.
- c. Commands conducting Physical Fitness Tests shall notify Security 48 hours in advance.
- d. When jogging during dawn, dusk or reduced visibility conditions, personnel shall wear at least one of the following: reflective vests, reflective belts, or reflective arm bands. Reflective vests are available at the base gym.

R. A. Bennett
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Distribution: (NASFTWJRBINST 5215.3F)
Lists I, II