

THE ARMY STANDARD FOR SOLDIER PERFORMANCE READINESS CENTER

Description:

Holistic Health and Fitness (H2F) is a comprehensive, integrated, and immersive health and fitness system of governance, personnel, equipment/facilities, program, and leader education that generates lethal Soldiers who are physically ready and mentally tough to engage with and overmatch the enemy in multi-domain operations. H2F is an overarching framework (system) that focuses all aspects of human performance optimization (e.g., periodization, recovery, sleep, injury prevention, nutrition, mental training) to maximize individual and unit readiness. It is a lifecycle system that develops/improves/sustains Soldier readiness from pre-accession training, through an Army career, and as a Soldier for life. One component of this system will be the Soldier Performance Readiness Center (SPRC). The SPRC is a facility dedicated for the weekly training designed to generate lethal Soldiers who are physically fit and mentally tough to engage with and overmatch the enemy in multi-domain operations.

Applicability:

- This Army Standard applies to all new permanent SPRCs and to conversions.
- The Army Standard applies to active Army facilities. Planning criteria for sizing these facilities does not apply to the Reserve Component.
- All SPRC designs shall incorporate the mandatory design criteria described herein, and be closely coordinated with the USACE designated Center of Standardization (COS) for H2F.
- The primary source for determining unit allowances is the Real Property Planning and Analysis System (RPLANS).
- While criteria in this Army Standard (architectural and planning) may inform facility decisions within Army Special Operations, plans for facilities supporting the Army Special Operations units are controlled and approved by the Headquarters, Army Special Operations Command and the command's Deputy Chief of Staff – Engineering. Due to their unique mission and equipment, there are significant differences in the training methodology and equipment required to achieve the levels of health, fitness and wellness required for Special Operations Forces.

Waivers:

- Only the CG, AMC, has authority to approve exceptions to the Army Standards.
- Approval for exceptions and waivers from Army Standards must be requested in accordance with the AR 420-1. As the proponent, Army DCS G3/5/7 must validate the request.

- Garrison Army Standard waiver request submissions must be received in sufficient time to allow the HQDA Facility Design Team to complete review and development of recommendations or courses of action for the Army Facilities Standardization Committee to consider prior to implementation into project design.
- All waivers approved by Headquarters, Department of the Army (HQDA) shall be documented in installation master plans and, as applicable, must serve as the installation's modified standards for the facility type and unit type affected.
- Late submissions and/or project delays are NOT sufficient stand-alone justification for accelerated review or other dispensation to meeting the Army Standard contained herein.

Planning Criteria:

Army Standards are not intended to provide broader design criteria such as space allocation, functional layouts, or basic layouts more appropriately contained in the supporting and conforming Standard Design / Criteria. Nor are they intended to rigidly define collective facility authorizations more appropriately adjudicated by the Army Requirements Group.

This Army Standard, associated Standard Designs, and approved Army space criteria are applied together in an iterative and co-dependent way to provide a standardized but adaptable approach to facility standardization. Each serves a different purpose to ensure mandatory functions and operability are provided uniformly and at the right size. The primary source for determining authorized allowances, in every instance, is the Real Property Planning and Analysis System (RPLANS) which incorporates current criteria approved by the Army Requirements Group.

The Army Standard

Item	Mandatory Criteria																				
Facility Size and Thru-put	<p>The SPRC is a Brigade asset and the hub for H2F services within the unit. The throughput for a full sized SPRC is based on an average company size of 160 soldiers and should accommodate up to three companies at once. This will allow for 3-5 90-minute training sessions every two weeks for each soldier. A medium SPRC is designed for a thru-put of two platoons per exercise zone; and a TRADOC SPRC, designed for a throughput of one battalion, will allow for 2-3 90-minute training sessions every two weeks for each soldier. The space of the exercise zones for the TRADOC SPRC is an unenclosed metal or other durable material canopy over athletic flooring and artificial turf. Sizing for a conversion is up to the discretion of the installation based on local conditions. It is necessary to be able to train at least two platoons across the three exercise zones, with Soldiers receiving one session per week, for minimum acceptable functionality. A facility has a staff of up to 37.</p> <p><u>Gross Square Footage (Full SPRC):</u></p> <table style="margin-left: 20px;"> <tr> <td>Main:</td> <td style="text-align: right;">41,938</td> </tr> <tr> <td>Zone 0 (1/2):</td> <td style="text-align: right;">1,251</td> </tr> <tr> <td>Total:</td> <td style="text-align: right;">43,189</td> </tr> </table> <p><u>Gross Square Footage (Medium SPRC):</u></p> <table style="margin-left: 20px;"> <tr> <td>Main:</td> <td style="text-align: right;">17,952</td> </tr> <tr> <td>Zone 0 (1/2):</td> <td style="text-align: right;">702</td> </tr> <tr> <td>Total:</td> <td style="text-align: right;">18,654</td> </tr> </table> <p><u>Gross Square Footage (TRADOC SPRC):</u></p> <table style="margin-left: 20px;"> <tr> <td>Exercise area:</td> <td style="text-align: right;">19,240</td> </tr> <tr> <td>Cognitive/Rehab/PT:</td> <td style="text-align: right;">3,900</td> </tr> <tr> <td>Zone 0 (1/2):</td> <td style="text-align: right;">780</td> </tr> <tr> <td>Total:</td> <td style="text-align: right;">23,920</td> </tr> </table> <p>This square footage will be located in one facility when new construction is feasible. The installation is authorized to identify excess facilities on post and determine if the functions can be accomplished with the excess square footage and facility configuration. While collocation of all functional areas in one building is not a requirement for conversion, collocation should be prioritized over maintaining size of functional areas in cases of conversion. GSF (Gross Square Feet) Deviation: Facility constructed gross area shall not exceed 105% of space allocation set forth in this document to accommodate site, construction, climatic, or environmental factors</p>	Main:	41,938	Zone 0 (1/2):	1,251	Total:	43,189	Main:	17,952	Zone 0 (1/2):	702	Total:	18,654	Exercise area:	19,240	Cognitive/Rehab/PT:	3,900	Zone 0 (1/2):	780	Total:	23,920
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<p>Fitness Module - Zones 1, 2, 3</p>	<p>This module consists of sufficient space to house the training equipment and to facilitate training for Resistance (Zone 1), Accessory (Zone 2), and Work Capacity/Agility (Zone 3). All three zones are critical for an SPRC and should be sized according to available space if there is a facility available for conversion. Zones 1-2-3 must be collocated in the same facility.</p> <ul style="list-style-type: none"> • Minimum dimensions for Zone 3 (8 lanes) is 34' x 130' • Minimum width for Zones 1 and 2 (each) is 33' <p>The ceiling clear height must be a minimum of 16'0" for Zone 3 and it is recommended that lighting fixtures be enclosed. A minimum 7'0" door height and 6' width door entrance is required for movement of equipment.</p> <p>Recommended criteria for design:</p> <ul style="list-style-type: none"> • Zone 2 adjacent to both Zone 1 and Zone 3 • Zone 3 located on an exterior wall, adjacent to Zone 2
<p>Fitness Module– Prep / Warm Up (Zone 0)</p>	<p>Warm-Up Area is the outdoor area and may be covered. Provide a minimum of 15 SF per Soldier using area for new construction. Average Soldier population using the area is approximately 160 or 1 Company for a large SPRC, 2 Platoons for a medium SPRC, and 1 Battalion for a TRADOC SPRC. Installations located in Climate Zones 7 and 8 according to the DoE Climate Regions Guide are authorized to enclose Zone 0.</p>

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Administration	<p>An administration area must be provided that includes work spaces, team room, break room, and copy/supply area. Security must be considered for offices where medical records maybe stored (either electronically or hardcopy). The maximum personnel space should be determined by AR 405-70 or AR 405-45 (upon rescission of AR 405-70) and may be constrained by space available in cases of conversion. It is desired but not required that the administrative space be collocated with the exercise zones. This function is not authorized in the Medium SPRC or in the TRADOC SPRC; existing space will be used. However, an open admin space is recommended. The staff will have equipment used for assessment and consultation. Sizing of each area should include storage for such equipment.</p> <p><u>Proposed Number of Areas (maximum):</u></p> <table data-bbox="548 831 974 974"> <tr> <td>Office</td> <td>7</td> </tr> <tr> <td>Cubicle</td> <td>21</td> </tr> <tr> <td>Team/Break Room</td> <td>1</td> </tr> <tr> <td>Copy/Supply</td> <td>1</td> </tr> </table> <p>Coordinate with MEDCOM to ensure proper medical network connections are provided for this area.</p>	Office	7	Cubicle	21	Team/Break Room	1	Copy/Supply	1
Office	7								
Cubicle	21								
Team/Break Room	1								
Copy/Supply	1								
Utilities - Electrical	<p>Provide dedicated space for electrical equipment. Size and locate rooms (including doorways) to allow equipment removal and maintenance. Provide floor openings as necessary. Electrical rooms will not be used for storage or other purposes; access to electrical rooms will be limited to authorized personnel.</p>								
Utilities - HVAC	<p>Provide dedicated interior spaces and exterior areas for HVAC equipment. Size and locate rooms (including doorways) to allow equipment removal and maintenance. Provide floor openings and vertical shaft spaces as necessary. HVAC rooms will not be used for storage or other purposes; access to HVAC rooms will be limited to authorized personnel. Provide for use of misters and infrared heaters as appropriate per climatic conditions.</p>								
Utilities - Water	<p>Provide for water bottle filling stations for new construction. Provide infrastructure for sinks (classrooms sink for new construction only); ice machine, washing machine, and hydroculator with water supply and drain for the rehab area.</p>								

Utilities - Communications	<p>Provide dedicated interior spaces with exterior access for communications equipment. Real Property for communications is limited to conduits and cable trays. Cables and accoutrements are Equipment-In-Place (EIP). Size and locate rooms (including doorways) to allow equipment removal and maintenance. Provide floor openings and vertical shaft spaces as necessary. Communications rooms will not be used for storage or other purposes; access to communications rooms will be limited to authorized personnel.</p> <p>For SPRCs with open admin areas, Wi-Fi is acceptable and recommended. Wireless equipment is EIP.</p>
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Rehabilitation and Cognitive Performance	<p>Provide treatment therapist offices, treatment spaces with curtains, a supply area, a laundry room, and treatment area. Each office should be a minimum of 100-150 SF and each treatment space should be a minimum of 120 SF. SF based on DoD Space Planning Criteria Chapter 390: Physical Therapy. Sink and water supply and return for the EIP contained in this area. EIP may consist of an ice maker, hydroculator, and washing machine and dryer as required. Dedicated electrical outlets are required for equipment. There is also a requirement for lockable cabinets (either personal property or installed fixtures) to be used for supplies. Existing facilities with treatment/rehab space may be assigned according to space available for conversions contingent upon collocation with exercise zones. It is desired but not required that the office and admin cubicle space be collocated with the Rehab and Cognitive Space in cases of conversion, however treatment cubicles in the rehab and cognitive performance area are mandatory for all options. Office and admin cubicles are not authorized in the Medium SPRC or in the TRADOC SPRC; existing space will be used. However, an open admin space is recommended.</p> <p><u>Number of Areas:</u></p> <table data-bbox="527 1077 966 1297"> <tr> <td>Office (maximum)</td> <td>6</td> </tr> <tr> <td>Admin Cubes (maximum)</td> <td>1</td> </tr> <tr> <td>Treatment Cubes</td> <td>3</td> </tr> <tr> <td>Re-conditioning</td> <td>1</td> </tr> <tr> <td>Cognitive</td> <td>1</td> </tr> <tr> <td>Laundry</td> <td>1</td> </tr> </table> <p>Coordinate with MEDCOM to ensure proper medical network connections are provided for this area.</p>	Office (maximum)	6	Admin Cubes (maximum)	1	Treatment Cubes	3	Re-conditioning	1	Cognitive	1	Laundry	1
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Bathroom/Showers	Provide a separate American Barriers Act compliant men's and women's Bathroom/Shower area for staff and soldiers having temporary impairments.												
General Storage	Provide dedicated interior space for general storage that supports the needs of the facility.												
Janitor's Closet	Provide a minimum of one janitor's closet.												
Personal Storage Lockers	Provide small storage space or lockers for personal items including, but not limited to, hats and jackets. The lockers should be sized according to gear required for that particular climate or region.												

Classrooms	<p>Provide space for AV and technology enabled group training classrooms intended for general lecture accommodating up to 25 students per classroom using moveable tables and chairs permitting flexibility to adapt to different teaching modes. The AV and technology used will be EIP. Include a sink and counter space in one classroom for new construction. Size according to Army GIB Standard, which allows a minimum of 20 NSF per person. The minimum number of classrooms is two for new construction. If space is not available within a facility identified for conversion, other classroom facilities within the Brigade area may be used. This function is not authorized in the Medium SPRC or in the TRADOC SPRC; existing space will be used.</p>
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