# THE ARMY STANDARD FOR SOLDIER PERFORMANCE READINESS CENTER

Record of Changes (changes over previous edition dated 04 June 2021 are indicated by **1**\ ... /**1**/)

## 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 \1\permanent/1/ conversions.
- The Army Standard applies to active Army facilities. Planning criteria for sizingthese facilities does not apply to the Reserve Component.
- All SPRC designs will 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 Planningand Analysis System (RPLANS).
- While criteria in this Army Standard (architectural and planning) may inform facilitydecisions 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 ArmyStandards.
- 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) will 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.
- \1\The Guidance section provides instructions and definitions necessary for the mandatory requirements contained in the tabular section of the Army Standard. As such, they are used in conjunction with the Army Standard to ensure the intent and embedded functionality contained herein will meet the Army's mandatory requirements set forth by this standard./1/

## 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 rigidlydefine collective facility authorizations more appropriately adjudicated by the Army Requirements Group. \1\This Army standard allows consolidation of buildings when determined to be the best planning alternative by stakeholders./1/

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 butadaptable 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 RealProperty Planning and Analysis System (RPLANS) which incorporates current criteria approved by the Army Requirements Group.

# The Army Standard

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| Facility Size and Thru-put | The SPRC is a Brigade asset and the hub for H2F services within the unit. \1\For new construction,/1/ the throughput for a Full SPRC is based on an average company size of 160 soldiers \1\and should accommodate up to three companies at once./1/ This will allow for \1\three to five (3-5)/1/ 90-minute training sessions every two \1\(2)1/ weeks for each soldier.<br>A Medium SPRC is designed for a \1\throughput/1/ of two platoons per exercise zone. \1\Three (3) TRADOC Advanced Individual Training (AIT) & One Station Unit Training (OSUT) units will utilize the Full or Medium SPRC. A TRADOC Basic Combat Training (BCT) SPRC is designed for a throughput of one battalion and will allow for three to four (3-4) 90-minute training sessions every two (2) weeks for each soldier./1/ The space of the physical training zone for the TRADOC \1\BCT/1/ SPRC is an unenclosed metal or other durable material canopy\1\,/1/ \1\including tensile fabric,/1/ over \1\/1/ artificial turf.<br>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 \1\(2)/1/ platoons \1\/1/ \1\in each of the physical training zones,/1/ with Soldiers receiving one \1\(1)/1/ session per week for minimum acceptable functionality. A facility has a staff of up to 37.<br><br><u>Gross Square Footage (Full SPRC):</u><br>Main: 41,938<br>Zone 0 (1/2): 1,251<br>Total: 43,189<br><br><u>Gross Square Footage (Medium SPRC):</u><br>Main: 17,952<br>Zone 0 (1/2): 702<br>Total: 18,654<br><br><u>Gross Square Footage (TRADOC BCT SPRC):</u><br>Physical Training Area (1/2): 20,000<br>Cognitive/Rehab/PT: 3,900<br>Total: 23,900<br><br>This square footage will be located in one facility when new construction is feasible. \1\Units are authorized to split the requirement between different installations in |

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| | the case of dispersed units./1/ 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.<br>GSF Deviation: Facility constructed gross area will not exceed 105% of space allocation set forth in this document to accommodate site, construction, climatic, or environmental factors.<br>\1\Installations are authorized to combine multiple SPRCs in one building./1/ |
| Physical Training Module - Zones 1, 2, 3 | 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 \1\a Full and Medium/1/ 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; \1\however, if climate conditions permit, Zone 3 may be located outside, adjacent to Zone 2 and with adequate flow. If Zone 3 is outside, Zone 3 equipment must be housed in a protective shelter or stored inside and carried outside daily./1/<br><br>Minimum dimensions for Zone 3 (8 lanes) is 34' x 130'<br>Minimum width for Zones 1 and 2 (each) is 33'<br><br>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.<br><br>Recommended criteria for design:<br><br>Zone 2 adjacent to both Zone 1 and Zone 3<br>Zone 3 located on an exterior wall, adjacent to Zone 2<br>\1\Zone 3 requires a full-height reinforced wall equivalent to the width of the lanes to execute training exercises./1/<br><br>\1\The TRADOC BCT SPRC physical training module |

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| | only contains open training space. Open training space will meet the requirements of a 16-lane ACFT field per ATP 7-22.01./1/ |
| Physical Training Module–Prep / Warm Up(Zone 0) | Warm-Up Area is the outdoor area and may be covered. Provide a minimum of 15 SF per Soldier using area for new construction.<br>Average Soldier population using the area is approximately 160 or 1 Company for a \1\Full/1/ SPRC \1\and/1/ 2 Platoons for a Medium SPRC. \1\/1/<br>Installations located in Climate Zones 7 and 8 according to the DoE Climate Regions Guide are authorized to enclose Zone 0. \1\Zone 0 is not authorized in the TRADOC BCT SPRC./1/ |
| Administration | 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 may be 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 physical training zones. This function is not typical in the Medium SPRC or in the TRADOC BCT SPRC. Existing space will be used as available. However, an open admin space is recommended.<br>The staff will have equipment used for assessment and consultation. Sizing of each area should include storage for such equipment.<br>Installations where outside physical training is an option may use the physical training zone for administrative space. No extra square footage will be authorized.<br><br><u>Proposed Number of Areas (maximum \1\; reference Standard Design for admin space per tier):/1/</u><br>-Office 7<br>-Cubicle 21<br>-Team/Break Room 1<br>-Copy/Supply 1<br><br>Coordinate with MEDCOM to ensure proper medical network connections are provided for this area. |
| Utilities - Electrical | Provide dedicated space for electrical equipment. Size and locate rooms (including doorways) to allow equipment removal and maintenance. Provide floor |

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| | openings as necessary. Electrical rooms will not be used for storage or other purposes; access to electrical rooms will be limited to authorized personnel. |
| Utilities - HVAC | 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 in covered training areas. |
| Utilities - Water | Provide for water bottle filling stations for new construction. Provide infrastructure for sinks (classrooms sink for new construction only); ice machine and washing machine \1\/1/ with water supply and drain for the \1\reconditioning/1/ area. |
| Utilities - Communications | Provide dedicated interior spaces with exterior access for communications equipment.\1\/1/ Provide \1\conduits, cable trays,/1/ floor openings and vertical shaft spaces as necessary \1\in accordance with AR 25-1, AR 25-13, AR 405-45, and AR 420-1./1/ Communications rooms will not be used for storage or other purposes; access to communications rooms will be limited to authorized personnel. \1\/1/ \1\ ARCYBER and/or the Network Enterprise Center will have tenant specific telecommunications and UC requirements. i.e. Hardline network access to DHA Medical Community of Interest (Med-COI) systems./1/ |
| Reconditioning and Cognitive Performance | Provide injury management offices, injury management spaces with curtains, a supply area, a laundry room, and open injury management area. Each office should be a minimum of 100-150 SF and each injury management space should be a minimum of 120 SF. SF based on DoD Space Planning Criteria Chapter 390: Physical Therapy.<br>Sink and water supply and return for the EIP contained in this area. EIP may consist of an ice maker, 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 injury management/reconditioning space may be assigned according to space available for conversions contingent upon collocation with exercise |

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| | zones. It is desired but not required that the office and admin cubicle space be collocated with the Reconditioning and Cognitive Space in cases of conversion, however injury management cubicles in the reconditioning and cognitive performance area are mandatory for all options. Office and admin cubicles are not typical in the Medium SPRC or in the TRADOC BCT SPRC; existing space will be used as available. However, an open admin space is recommended.<br><br>Number of Areas \1\(maximum; reference Standard Design for admin space requirements per Tier):/1/<br>-Office 6<br>-Admin Cubes 1<br>-Injury Management Cubes 3<br>-Re-conditioning 1<br>-Cognitive 1<br>-Laundry 1<br><br>Coordinate with MEDCOM to ensure proper medical network connections are provided for this area. |
| Bathroom/Showers | Provide a separate American Barriers Act compliant men's and women's Bathroom/Shower area for staff having temporary impairments. Bathroom/shower area will be sized for staff use only. |
| 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 | 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 typical in the Medium SPRC or in the TRADOC BCT SPRC; existing space will be used as |

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| | available. Installations where outside physical training is an option may use the exercise zone for classroom space. No extra square footage will be authorized. |