



**UNITED STATES MARINE CORPS**  
MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION  
MARINE CORPS BASE QUANTICO  
3250 CATLIN AVENUE  
QUANTICO, VIRGINIA 22134-5001

IN REPLY REFER TO:  
MCINCR-MCBQO 6100.2A  
B 031  
16 Sep 16

MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION-MARINE CORPS BASE QUANTICO  
ORDER 6100.2A

From: Commander, Marine Corps Installations National Capital Region-Marine  
Corps Base Quantico  
To: Distribution List

Subj: POLICY FOR PHYSICAL TRAINING ABOARD MARINE CORPS INSTALLATIONS  
NATIONAL CAPITAL REGION-MARINE CORPS BASE QUANTICO

Ref: (a) MCBO 1020.1H w/Ch 2  
(b) MCBO 3570.1A  
(c) MCBO 5090.4A  
(d) MCBO P5560.2D  
(e) MCBO 6200.1C  
(f) MCBO 1710.6

Encl: (1) Physical Training Road Network (Guadalcanal and TBS Area)  
(2) MCINCR-MCB Quantico Mainside Trail Network  
(3) Guidelines for Physical Activity Restrictions

1. Situation

a. Purpose. To establish policy for physical training (PT) aboard Marine Corps Installations National Capital Region - Marine Corps Base, Quantico (MCINCR-MCBQ), as supported by the references.

b. Cancellation. MCBO 6100.2 w/Ch 1.

c. Information

(1) This order is not intended to hamper or restrict PT; rather, it provides information, guidance, and direction to ensure that individuals and units are able to conduct PT safely and in harmony with the myriad activities that occur aboard the installation. Similarly, this order is not intended to interfere with the tenant training commands' physical training instruction.

(2) While most of the policy found in this Order is common to all of MCINCR-MCBQ, there are some specific rules that apply to either the mainside or the westside of the base. Reference (a) establishes policy with regard to appropriate military and civilian attire. Reference (b) is the Range Regulation that includes policy regarding roads and trails in the Guadalcanal Area. Reference (c) is the policy for the Mainside trails areas. Reference (d) establishes the installation Traffic Safety Program. Reference (e) is the Heat Injury Prevention Program policy, and reference (f) establishes policy for the use of Butler Stadium.

(3) Mainside MCINCR-MCBQ is the area east of I-95/Route 1. It is the most populated area, has the most traffic, and is characterized by numerous office buildings, barracks areas, schools, and housing. Westside MCINCR-MCBQ

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is the Guadalcanal area west of I95/Route 1 and is home to the Ranges and Training Areas (RTA), is much more remote, and is where virtually all live fire and maneuver training occurs.

2. Mission. MCINCR-MCBQ establishes policy for PT aboard MCINCR-MCBQ in order to facilitate the safe conduct of unit and individual PT aboard the installation.

3. Execution

a. Commander's Intent. MCINCR-MCBQ will implement reasonable and effective PT policy that will safely support unit and individual needs and facilitate compliance with Marine Corps Readiness Standards.

b. Concept of Operations. In general, military personnel, civilian employees, contractors, dependents, and authorized visitors may conduct individual and unit PT on any unscheduled athletic field, along most existing roads, and on designated unimproved roads and trails. Unit PT is not allowed in housing areas except while in transit to the trail network. Unless approved by the base commander, only military personnel are allowed to use obstacle and endurance courses and these courses must be scheduled through the owning command. All live fire range access roads and most trails in the RTA are off limits unless scheduled through Range Management Branch. Enclosure (1) is a map sheet depicting the roads and trails on mainside Quantico. Enclosure (2) provides a map sheet detailing the improved and unimproved roads and trails network throughout the Guadalcanal Area. Enclosure (3) is amplifying guidance for the physical training throughout MCINCR-MCB Quantico.

c. Tasks

(1) Assistant Chief of Staff, G-3. Update and maintain this policy.

(2) Tenant Command and Activity Heads. Ensure all personnel are aware of and comply with this order.

d. Coordinating Instructions

(1) Base-Wide Regulations

(a) PT attire must be neat, clean, conservative in appearance, and reflect a professional image.

1. Shirts and bottom garments must be worn.

2. Shirts must completely cover the midsection. Skin or undergarments should not be visible between the shirt and shorts/pants.

3. Tank top type shirts are allowed but must be cut so that no portions of the pectoral or abdominal muscles are visible.

4. Shorts must provide full coverage of the buttocks.

5. Halter tops or strapless tops are not allowed.

6. Clothing which is sexually or violently offensive, obscene or suggestive, promotes illegal activities, or depicts derogatory messages is not allowed,

7. Wearing a sports bra as an outer garment is prohibited.

8. Clothing that is see-through or revealing is prohibited.

9. Head gear will not be worn indoors.

(b) Personnel conducting PT along MCINCR-MCBQO roadways must wear reflective vests or belts in the hours between sunset and sunrise.

(c) Pedestrians, other than military formations, will walk, jog, or run on the side of the roadway facing oncoming traffic and will not impede the flow of traffic. Sidewalks, paths or trails will be used where available. If there is no sidewalk but a road shoulder is available, use the road shoulder facing oncoming traffic and remain at least three feet off the traveled portion of the road used by vehicles. When jogging, running, or walking in groups there will be no more than two personnel abreast.

(d) Headphones may only be worn while running/walking along the trails situated off the roadway, or while utilizing the base athletic track. This policy is also applicable to all bicycle riders.

(e) Pedestrians will only utilize marked crosswalks when attempting to cross from one side of the street to the other.

(f) Hikes, conditioning marches, or formation runs along mainside roads during peak traffic hours should be avoided unless mission essential and scheduled in advance. For scheduling refer to section 3.d. (2) (b) 1. For details regarding the west side refer to section (3) (a) "Foot Marches." When conducted, the following apply:

1. At least two road guards, 50 yards to the front and rear of hike/formation run columns, are required to slow or halt traffic as necessary. The 50-yard distance will be expanded as required by terrain and visibility.

2. Along with wearing reflective vest road guards will carry flashlights during limited visibility. Additional road guards with vests and flashlights will be interspersed in the columns of a formation at least every 50 yards.

3. Hike formations without a trailing vehicle will normally march against the direction of traffic, as far to the left as possible, at least three feet off of the paved portion of the road. If there is not sufficient room to do this, the detail may form two ranks, one on each side of the road, as far out of traffic lanes as possible. In no case may vehicles proceed at speeds above 15 miles per hour through a hike formation.

4. Hike formations with a trailing vehicle will march either with the direction of traffic, or if there is not sufficient room, the detail may form two ranks, one on each side of the road. The trailing vehicle will remain behind the right-hand column, as far to the right as possible.

(g) Strollers, of any type, are prohibited from use on roads except in marked crossing areas.

(h) Bicycles

1. Bicycles will not be operated on sidewalks. When operated on paved roads the rider will travel in the direction of traffic, stay to the extreme right edge of the paved surface, keep a minimum of one hand on the handlebars at all times, obey all signs, traffic signals and orders given by the military police, signal all maneuvers, and yield to pedestrians.

2. The number of riders on a bicycle will not exceed the number of seats for which it was designed.

3. Bicyclists will wear a highly visible reflective belt or vest at all times. This belt or vest must be visible from the front and from the rear, and be seen from a distance of 300 feet when illuminated by headlights. In addition, operators must wear a helmet that is U.S. Consumer Product Safety Commission approved.

4. Bicycles will be equipped with a white headlight visible from 500 feet to the front and at least one red colored reflector or light visible from 300 feet to the rear when being operated between the hours of 30 minutes prior to sunset and 30 minutes after sunrise.

5. Bikers will observe all traffic regulations.

6. Bicycles will be parked in bicycle racks if such racks are available. They will not be left blocking sidewalks, roads, driveways, or parking areas. They will be locked to prevent theft when not in use. The regulations with regard to impoundment and towing of motor vehicles apply to bicycles except that they will be taken to a secure area by the Provost Marshal Office (PMO) aboard this base, and there will be no monetary expense to the owner. In addition, impoundment is authorized to prevent theft when the bicycle is found unsecured.

(i) Skateboarding, roller-skating, and skiing are permitted only on sidewalks except when doing so is unsafe to others such as in congested areas (e.g. The Marine Corps Exchange Mall, the steps of Little Hall).

(j) Use of motorcycles/ATVs on any base trails is prohibited except for those authorized for safety, range management, maintenance, natural resources management, and law enforcement.

(2) Mainside Specific Regulations

(a) Trail usage

1. Enclosure (2) provides the Mainside Trail maps. On multi-use trails shared by pedestrians and bicycles, the right-of-way remains with foot traffic. Bicyclists will yield to all other traffic and control their speed.

2. Stay on the designated/marked trails only.

3. Leave archeological and historical remains undisturbed. Unidentified metal objects should never be handled due to the potential for unexploded ordnance (UXO).

(b) Organizational PT, physical fitness tests (PFT), runs, and hikes.

1. Large PT formations, PFTs, and hikes are prohibited on Fuller Road, Barnett Avenue, Russell Road, and Purvis Road without prior notification and approval of the PMO. All training and organizational recreation hikes or marches will be coordinated through the TA-1 Manager, Operations Division, G-3, at 784-2860. An overlay and two week prior notification is required.

2. Small formations, in a column of twos and no larger than 10 individuals, may conduct PT formations on Fuller Road, Barnett Avenue, Russell Road, and Purvis Road if the formation does not impede or obstruct traffic.

3. When it is necessary to use paved roads or shoulders, the organization conducting the event will instruct personnel to face oncoming traffic and remain as far to the left side of the road as possible, except when organizations are utilizing a trailing safety vehicle.

4. When organizations are utilizing a trailing safety vehicle, the unit will march or run with the flow of traffic, immediately followed by the trail vehicle. The trail vehicle will utilize its emergency flashers at all times to alert any traffic approaching from the rear. If necessary to block roads or traffic lanes for safety, the organization conducting the PT/PFT will notify the PMO and the designated commander at least 24 hours prior to the event. The organization conducting the event will assign sufficient monitors and road guards along the road and at intersections to enforce safety and to alert motor vehicle traffic to the existence of personnel.

(c) The movement of troops, to include PFTs, on paved roadways will be avoided to the maximum extent practicable. Road guards with brightly colored vests will be utilized when necessary to move on paved roads. Movement in formation on the paved surfaces or shoulders of Fuller Road, Barnett Avenue, Russell Road, and Purvis Road except to cross at crossing areas is prohibited without approval of the PMO. PFTs and movements between 30 minutes prior to sunset and 30 minutes after sunrise, and at peak traffic hours should be avoided.

### (3) Westside Specific Regulations

(a) Foot marches. A foot march is defined as the organized foot movement of any distance by a unit of any size on the roads, trails or any training area within the Range Training Area (RTA). For more specific details regarding foot marches refer to reference (b).

1. The Basic School (TBS) is authorized to make administrative movements on Application Trail for the purpose of training at Weapons Training Battalion (WTBn).

2. Routes for foot marches will be included in the initial RTA request in the Range Facility Management Support System.

3. Foot marches in the immediate vicinity of primary roadways require traffic guards outfitted with reflective vests and stationed 50 meters in front of and to the rear of the column. During periods of reduced visibility, blinking lights will be positioned 100 meters to the front and to the rear of the column.

4. The Officer-in-Charge/Range Safety Officer will maintain communications with the Range Operations Control Center (ROCC) throughout the march.

(b) Access to the road network is controlled by MCINCR-MCBQ, Range Management Branch (RMB) through the use of a gate system. Gates that are closed have been secured to protect non-associated personnel from hazardous training, to include live fire ranges. Bypassing locked gates for any reason is prohibited. Enclosure (1) identifies the roads that are available for PT within the populated areas near TBS, WTBn, the Military Department Investigative Agencies (MDIA) facility, the Federal Bureau of Investigation Academy (FBIA), and the Lunga Park Recreational Facility (Training Areas 5A, 5B, 5C, 6B, 6C, 7B, 7C, 8A, and 8B).

1. Leaving the road network for any reason is prohibited.

2. Personnel will wear safety equipment as prescribed in reference (a).

3. Personnel will oppose traffic when walking and running for individual PT. Bicyclists will ride with traffic.

4. Personnel conducting PT that encounter military training will immediately reverse course and vacate the area.

5. Units conducting PT will post road guards with reflective safety belts 25 meters to the front and rear of formations and to control traffic when crossing roadways or intersections. All road guards will carry flashlights during darkness and periods of reduced visibility.

6. Personnel requiring medical assistance will contact the ROCC at 784-5321 or 5322. Personnel without cell phones will signal the first approaching vehicle to ask for assistance contacting the ROCC.

7. Privately owned vehicles (POV) may be used to reach approved PT roadways. POVs may only operate on improved surface roads open to normal vehicular traffic. Any form of off-road recreational travel is strictly prohibited in the RTA. POVs will not block access to any gate or roadway within the RTA. Unrestricted access must be maintained for normal traffic and safety vehicles.

8. Use of the PT courses within the RTA is restricted to military personnel conducting approved training.

9. The identified road network indicated in enclosure (1) is authorized for PT only when it is not secured by locked gates.

10. Roads, tank trails, trails, or any other terrain feature not specifically labeled as a road is not authorized for PT within the RTA.

11. Roads labeled as improved (hardball) roads on the Quantico Military Installation Map (NAD 83/WGS84, 3-NGA, V734S, Quantico MIM) within the remainder of the RTA are authorized for PT when they are not secured by locked gates.

12. The only compatible PT activities within the RTA are running, walking, and bicycling.

13. Use of the identified road network for physical training does not close the surrounding training areas for military training and authorized recreational activities (i.e. hunting, scouting, trapping, etc.).

(c) The Endurance Course (a.k.a. "Yellow Brick Road"), Obstacle Course, Confidence Course, and the NATO Obstacle Course are all considered physical training courses. Military organizations will schedule these courses in accordance with reference (b).

(d) Although roadways are maintained, it is possible to encounter items of military ordnance. Do not touch or otherwise disturb anything resembling military ordnance. Such items should be treated as potential UXO and considered hazardous. Personnel encountering potential UXO items will report the location to the ROCC at the first available opportunity.

(e) Access to the three closed landfills is prohibited for any physical training. For more information, contact Natural Resources and Environmental Affairs, G-F, at 432-0537.

e. Controlling Heat Casualties

(a) Reference (e) establishes the guidelines for the use of the Wet Bulb Globe Temperature (WBGT) Index Meter to measure environmental conditions aboard the Base in various locations. The WBGT meter combines shade, air temperature, radiation, humidity, and wind into a single value to be used as a guide for monitoring training and other physical activities.

(b) Training during the period of 1 May to 30 September will be conducted per the heat/flag index located in enclosure (3) in accordance with reference (e).

(c) Flag conditions are posted at several locations throughout the base. These locations are noted in reference (e). For the period 1 May to 30 September, flag conditions will also be posted on the MCBQ website at [www.quantico.marines.usmc.mil](http://www.quantico.marines.usmc.mil).

4. Administration and Logistics

a. Directives issued by MCINCR-MCBQ are published and distributed electronically. Electronic versions of this and other MCINCR-MCBQ directives can be found at URL <http://www.quantico.usmc.mil/directives.aspx>.

b. Questions and comments regarding this instruction should be addressed to the Head, Current Operations, G-3, 703-784-3420.

c. Eleven Water Point Locations are provided by SemperFit®, Marine Corps Community Services. They are staged in early May and filled on weekdays until the Monday after the Marine Corps Marathon:

- (1) Butler Stadium,
- (2) Top of hill on John Quick, at the entrance of housing,
- (3) Russell Road & Catlin Avenue by the Chapel Annex,
- (4) Russell Road, opposite of the Marsh Center,
- (5) Russell Road, at the General Davis Building (both sides of street),
- (6) Purvis Road, near the Marine Corps Exchange by the mailbox,
- (7) Fuller Road & Purvis Road,
- (8) Fuller Road, just before it turns into Barnett Avenue (both sides of street),
- (9) Bauer Road, near gate to the air field,
- (10) Halyburton Street (Hospital Point), and
- (11) Broadway Avenue & Martin Street by the tunnel.

d. Regulations for the usage of Butler Stadium and Barnett Field can be found in reference (f).

e. Scheduling Points of Contact are:

- (1) West Side - Scheduling Chief, RMB/RTA, 784-5507.
- (2) West Side - ROCC, 784-5321/5322.
- (3) Mainside - Training Area One Manager, G-3, 784-2860.
- (4) PMO - Desk Sergeant, 784-2251.

5. Command and Signal

a. Command. This Order is applicable to all MCINCR-MCBQ and tenant activities.

b. Signal. This order is effective the date signed.

X 

R. V. BOUCHER  
Chief of Staff

Signed by: BOUCHER.ROBERT.VANCE.1037078529

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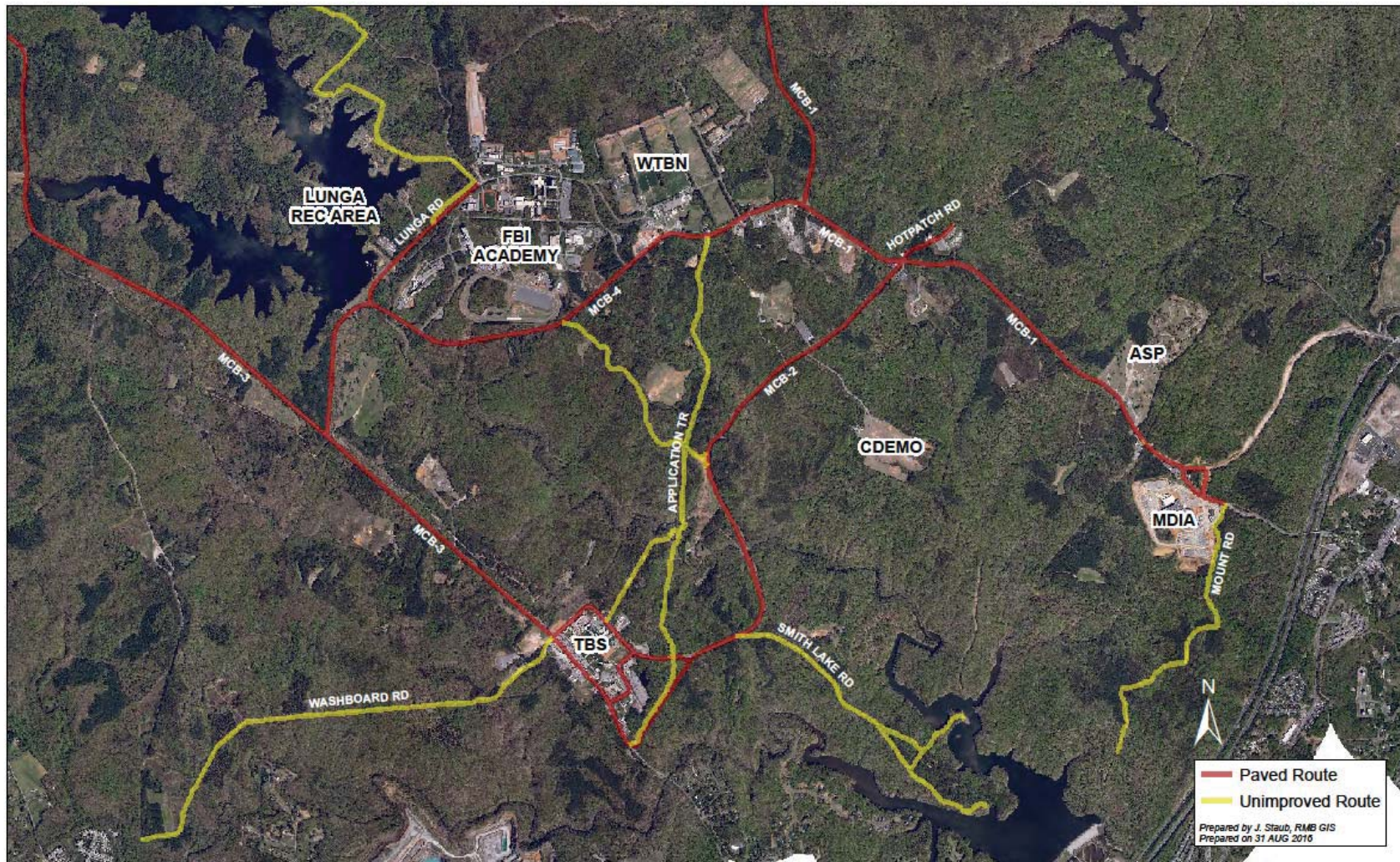


MCINCR-MCBQ Westside Roads Network





MCINCR-MCBQ Westside Trail Network



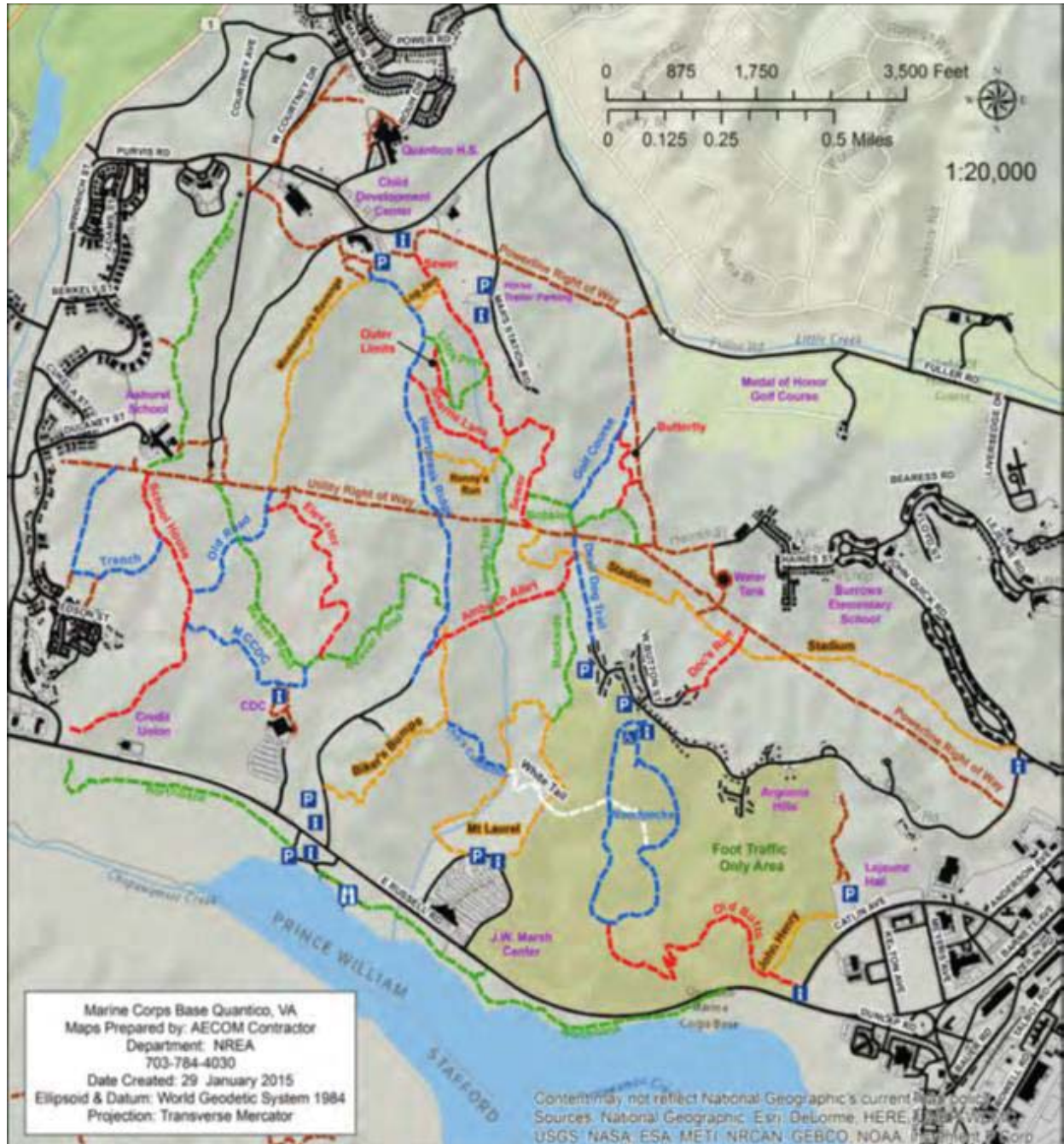


MCINCR-MCB Quantico Mainside Trail Network



NOTE: Mainside Trail Network maps such as above are provided in Tri-Fold format and on kiosk at the head of each trail.

MCINCR-MCB Quantico Mainside Trail Network



NOTE: Mainside Trail Network maps such as above are provided in Tri-Fold format and on kiosk at the head of each trail.

**GUIDELINES FOR PHYSICAL ACTIVITY RESTRICTIONS**

1. Controlling Heat Casualties. The Wet Bulb Globe Temperature (WBGT) Index combines shade, air temperature, radiation, humidity, and wind into a single value used as a guide for monitoring training and other physical activities. Training during the period of 1 May to 30 September will be conducted per the following heat/flag index:

FLAG CONDITION	WBGT INDEX	PHYSICAL ACTIVITY RESTRICTIONS
Green	80.0- 84.9	Heavy exercise for un-acclimatized personnel should be conducted with caution and under constant supervision.
Yellow	85.0- 87.9	Strenuous exercises, such as hikes, close order drill, and obstacle courses suspended for un-acclimatized personnel. Outdoor classes in direct rays of the sun shall be avoided.
Red	88.0- 89.9	All physical training halted for those personnel not thoroughly acclimatized. Those thoroughly acclimatized may perform limited activity not exceeding 6 hours.
Black	90.0+	All strenuous nonessential outdoor physical activity will be halted as outlined per reference (a).
Administrative Black Flag		All training activities must halt. No emergency response personnel available to respond or Ray Hall "heat deck" is at maximum capacity.

NOTE: Essential activities are defined as those activities associated with scheduled exercises or other major training evolution where the disruption would cause undue burden on personnel or resources, be excessively expensive, or significantly reduce a unit's combat readiness. Essential outdoor physical activity will be conducted at a level that is commensurate with personnel acclimatization as determined by the unit's Commanding Officer (CO) in coordination with the unit's medical officer or medical personnel. All efforts should be made to reschedule these activities during cooler periods of the day.

2. Curtailment of Training. As flag conditions progress from green to black, cumulative restrictions are placed on training. Violation of restrictions reduces the margin of safety beyond a permissible limit and results in the creation of heat casualties. COs will ensure all personnel exercise sound judgment in adjusting activities during all flag conditions.