



UNITED STATES MARINE CORPS

MARINE CORPS BASE
QUANTICO, VIRGINIA 22134-5001

IN REPLY REFER TO:
1700
B 373
APR 07 2010

COMMANDER'S POLICY LETTER 1-10

From: Commander

Subj: UNAUTHORIZED PERSONAL TRAINING ABOARD MARINE CORPS BASE,
QUANTICO

Ref: (a) MCO P1700.29

Encl: (1) Warning Letter

1. Purpose. This policy letter implements regulations concerning unauthorized personal trainers providing services to patrons of the Barber Physical Activities Center (PAC), Marine Corps Base, Quantico (MCBQ).

2. Information. In accordance with reference (a), only Personal Training Instructors (PTIs) employed by the Semper Fit Division, Marine Corps Community Services (MCCS), Quantico are to provide personal training services at the Barber PAC. All MCCS PTIs possess current certifications from a national accrediting agency. In addition, all MCCS staff are certified in cardiopulmonary resuscitation (CPR) and first aid.

3. Policy

a. To ensure the safety and physical well being of all active duty, family members and all other authorized patrons of the Barber PAC, personal training services will not be provided by anyone other than authorized MCCS, Quantico employees.

b. The following behaviors will be considered as providing personal training services: Individuals not participating in an exercise routine, and are observed leading and directing others in organized workouts. An individual that is monitoring the participants, giving instruction in the use of equipment, setting workloads, documenting machine settings while not part of the exercise routine will also be considered as providing personal training services.

c. This guidance is not intended to disrupt the positive interactions between workout partners. There are several common

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examples of general assistance that will not be considered personal training services and which are in fact encouraged. They are:

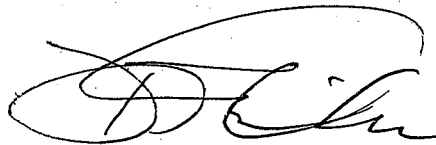
(1) Unit physical training sessions where instruction is provided by other unit members also participating in the exercise.

(2) Parent/child workout teams, where the child is at least 10 years old (in accordance with reference (a)) and the parent is giving instruction to his/her child on the proper use of equipment or training techniques.

(3) Partner/group workouts where one or more participants may demonstrate techniques or use of equipment where all participants are involved in the workout itself.

(4) Incidental assistance in which a customer asks another patron for help in spotting, technique, or operations/use of equipment.

4. Action. Any unauthorized personal training endangers the safety of those who use Barber PAC and may result in serious injury or permanent physical damage. In cases where unauthorized personal training is suspected, a signed copy of the enclosure will be issued to the trainer and participant. Personnel who continue to provide personal training services after a warning is given will have their fitness center privileges revoked by the Commander, Marine Corps Base, Quantico.



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Distribution: A