



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

MCINCR-MCBQO 6100.2C

B 031

19 Jul 2019

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

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

Subj: POLICY FOR PHYSICAL TRAINING ABOARD MARINE CORPS BASE QUANTICO

Ref: (a) MCO 1020.34H
(b) MCBO 3570.1A
(c) MCBO 5090.4A
(d) MCINCR-MCBQO P5560.2E
(e) MCINCR-MCBQO 6200.1D
(f) MCBO 1710.6

Encl: (1) MCINCR-MCB Quantico Mainside Road and Trail Network
(2) MCINCR-MCB Quantico Geiger Ridge Trail Network
(3) MCINCR-MCB Quantico Westside roads authorized for PT
(4) MCINCR-MCB Quantico Westside roads and trails authorized for PT
(5) MCINCR-MCB Quantico area 6C trail network
(6) Guidelines for Physical Activity Restrictions

1. Situation

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

b. Cancellation. MCBO 6100.2B

c. Information

(1) This order applies to all MCINCR-MCBQ personnel, commands, and activities aboard MCBQ.

(2) 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.

(3) Reference (a) establishes policy with regard to appropriate military and civilian attire. Reference (b) is the Range Regulation that includes policy regarding the use of 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 order, and reference (f) establishes policy for the use of Butler Stadium. Enclosure (1) is a map sheet depicting the roads and trail network on mainside Quantico. Enclosure (2) is a map sheet depicting Geiger Ridge trail network on mainside Quantico. Enclosure (3) provides a map sheet detailing the roads authorized for PT on Westside

Quantico. Enclosure (4) is a map sheet depicting the roads and trails on Westside Quantico. Enclosure (5) is a map sheet depicting the trail network in training area 6C on Westside Quantico. Enclosure (6) is amplifying guidance for minimizing heat casualties during physical training.

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. The policies found in this order apply to all of MCINCR-MCBQ, however, there are specific rules that apply to either the mainside or the Westside of the base. The Mainside of the base is defined as the area east of I-95/Route 1. It is the most densely populated area, has the most traffic, and is characterized by numerous office buildings, barracks areas, schools, and housing. The Westside of the base (the Guadalcanal training area) is defined as the area west of I95/Route 1. It is home to several cantonment areas and the Ranges and Training Areas (RTA) where all live fire and maneuver training occurs.

c. Tasks

(1) Assistant Chief of Staff, G-3

(a) Update and maintain this policy.

(b) Manage and coordinate request for unit PT on Mainside, Quantico.

(c) Manage and coordinate requests for unit PT on Westside, Quantico.

(d) Monitor heat flag conditions and promulgate Black Flag and administrative Black Flag conditions.

(2) Commander, Security Battalion

(a) Enforce rules and regulation established by this order.

(b) Notify MCINCR-MCBQ Operations whenever administrative Black Flag conditions are warrented.

(3) Director, Marine Corps Community Service. Establish and maintain water points as required by this order.

(4) Director, Safety Division. For the safety of those engaging in physical training, post the appropriate signage on MCBQ roadways.

(5) Director, COMMSTRAT. Ensure heat flag conditions are posted to social media as appropriate.

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

d. Coordinating Instructions. This order is divided into three sections; Base-Wide regulations, Mainside specific regulations, and Westside specific regulations.

(1) Base-Wide Regulations

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

(b) Those engaging in PT along MCINCR-MCBQ roadways must wear reflective vests or belts between the hours of 30 minutes prior to sunset and 30 minutes after sunrise.

(c) Those engaging in PT will use sidewalks, paths and trails where available. When using road shoulders, PT will be conducted facing oncoming traffic and will not impede the flow of traffic. When road shoulders are unavailable, remain at least three feet off the traveled portion of the road used by vehicles. There will be no more than two personnel abreast when conducting PT in groups.

(d) Those engaging in PT will utilize marked crosswalks to the maximum extent practicable. Crosswalks are unavailable on the Westside of the base. Ensure roadways are clear prior to crossing.

(e) Non military personnel are prohibited from using any obstacle or obstacle-like courses unless approved by the base commander. Only military personnel are allowed to use the Endurance Course, Obstacle Course, Confidence Course, and the NATO Obstacle Course located on base and these courses must be scheduled through the owning command.

(f) 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, observe all traffic regulations, utilize appropriate hand and arm signals, 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 helmet that is U.S. Consumer Product Safety Commission approved when operating on MCBQ.

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

(g) Headphones, earbuds, or other listening devices may not be used on MCBQ roadways. This policy is also applicable to all bicycle riders.

(h) The use of skateboards, roller-skates/blades, roller-skis, and scooters are prohibited on MCBQ roads (except base housing).

(i) Use of recreational motorcycles/ATVs on any base trails is prohibited.

(j) Unidentified metal objects should never be handled due to the potential for unexploded ordnance (UXO). Possible UXO should be marked by placing a flag, stick or other visual cue nearby and the location reported to PMO or Range Control.

(k) There are many old homesteads, cemeteries, and historical artifacts located throughout MCBQ. Leave archeological and historical remains undisturbed.

(l) Physical Training events such as unit runs, forced marches, conditioning hikes, or running of obstacle or obstacle-like courses shall not be conducted the day that Marines will be released for extended holiday routine or block leave.

(2) Mainside Specific Regulations

(a) All PT formations, PFTs, unit runs, and command hikes are prohibited on Fuller Road, Barnett Avenue, Russell Road, and Purvis Road without prior coordination with MCBQ G3 and approval of PMO. Event requests will be coordinated through MCINCR-MCBQ Operations Division, G-3, at 784-2860. Event requests will be submitted two weeks in advance and include a scheme of maneuver. Once approval has been granted, the following will apply:

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

2. Road guards will wear reflective vests at all times. Additionally, road guards will carry flashlights during limited visibility and during hours of darkness. Large PT formations with multiple platoons will require extra road guards to be placed between the platoons.

3. Hike formations without a trailing vehicle will 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.

4. Hike formations with a trailing vehicle will march with the direction of traffic if possible. 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, flashers illuminated, as far to the right as possible.

(b) Unit PT is not allowed in housing areas except when required to access the trail network.

(c) Headphones are authorized for PT when using the base athletic track.

(d) Trail Usage

1. Enclosures (1) and (2) provide the Mainside Trail and Geiger Ridge 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. Headphones are authorized for PT when using the trail networks on mainside.

(3) Westside Specific Regulations

(a) All access roads and trails in the RTA are off limits unless scheduled through Range Management Branch or specifically identified as available for PT when gates are open.

(b) Headphones may not be used anywhere on the Westside of the base due to the possibility of tactical vehicles utilizing the trail network and roadways. This policy is also applicable to all bicycle riders.

(c) Foot marches. A foot march is defined as the organized foot movement by a unit on the roads, trails or training area within the Range Training Area (RTA). Foot marches include conditioning hikes, tactical marches, and administrative movements. All foot marches, unless otherwise stated below, must be scheduled through Range Control. For more specific details regarding foot marches on the Westside refer to reference (b).

1. The Basic School (TBS) is authorized to make administrative movements on Application Trail, Washboard Trail, and Smith Lake Road without prior scheduling.

2. Due to the live fire training conducted on the Westside, specific movement routes must be included with all requests for foot marches submitted to Range Control. Deviations from the planned route are not permitted unless prior coordination is made with range control.

3. Foot marches adjacent to 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, flashlights will be used and roadguards will be positioned 100 meters to the front and to the rear of the column.

4. An Officer-in-Charge/Range Safety Officer must be assigned for all foot marches on the Westside. The OIC/RSO will maintain communications with the Range Control throughout the march.

(d) Access to the Westside road/trail network is controlled by Range Control 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 (3) and (4) identify those specific roads and trails that are authorized for PT. However, these routes are only available for use when gates are open to provide access.

1. Unless specifically authorized by Range Control, personnel are prohibited from departing from the designated PT routes, even if gates to connecting trails are open.

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

3. Personnel conducting PT who encounter military training will immediately reverse course and depart the area.

4. Unit PT on the Westside must be scheduled with Range Control. Units will post road guards with reflective safety belts 50 meters to the front and rear of formations and to control traffic when crossing roadways or intersections. All road guards will utilize flashlights during the hours of darkness and periods of reduced visibility.

5. Medical Assistance. Due to the complex nature of training that occurs on the Westside, Range Control serves a key role in ensuring timely response to medical situations. Units conducting PT or foot marches on the Westside shall contact Range Control via radio, if issued, or by calling 784-5321 or 5322 when medical assistance is needed. Individuals conducting PT are encouraged to have the Range Control phone number programmed into their phone and to contact Range Control in case of medical need. Calling 911 will work, but generally has a slower response time. Personnel without cell phones should signal the first approaching vehicle for assistance.

6. 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 and must be parked so that they remain visible from the road but do not block access to any gate or roadway. Any form of off-road recreational travel is strictly prohibited in the RTA.

7. Roads, tank trails, trails, or any other terrain features in the RTA not specifically identified in enclosures (3) and (4) are not authorized for PT.

8. The only PT activities authorized within the RTA are running, walking, and bicycling.

9. When the roads shown in enclosures (3) and (4) are open for PT, the surrounding training areas may be scheduled for military training or authorized recreational activities (i.e. hunting, scouting, trapping, etc.) For that reason, those engaging in PT shall not depart the PT route surface.

(e) Although roadways are regularly maintained and travelled, it is possible to encounter items of military ordnance along these routes. 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 mark the item, if possible, and report the location to Range Control.

(f) Access to 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) Physical training during the period of 1 May to 30 September will be conducted per the MCBQ heat/flag index. Flag conditions are posted at several locations throughout the base. These locations are noted in reference (e) and defined in enclosure (6). When the base is designated black flag status, the black flag conditions will be posted to the base social media sites at www.facebook.com/marinecorpsbasequantico and www.twitter.com/mcb_quantico. Additional details on flag condition posts can be found on the MCBQ website at www.quantico.marines.mil/Resources/Weather.

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 <https://www.quantico.marines.mil/Offices-Staff/Adjutant/Orders/>.

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

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

d. Eleven Water Point Locations are provided by SemperFit, Marine Corps Community Services. They are staged annually starting on 1 May and will be 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)
 - (11) Barnett Field, across from Barber Physical Activities Center
- e. Points of Contact are:
- (1) Westside - Range Control Scheduling, 784-5507.
 - (2) Westside - Range Control Operations Center, 784-5321/5322.
 - (3) Mainside - MCBQ G-3, 784-2860.

(4) PMO - Desk Sergeant, 784-2252 or 784-2253.

5. Command and Signal

a. Command. This order is applicable to all MCINCR-MCBO and tenant activities.

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

A handwritten signature in dark ink, appearing to be 'DRW', with a long, sweeping horizontal line extending to the right.

Donald R. Wright
By direction

DISTRIBUTION: A

MCINCR-MCB Quantico Geiger Ridge Trail Network

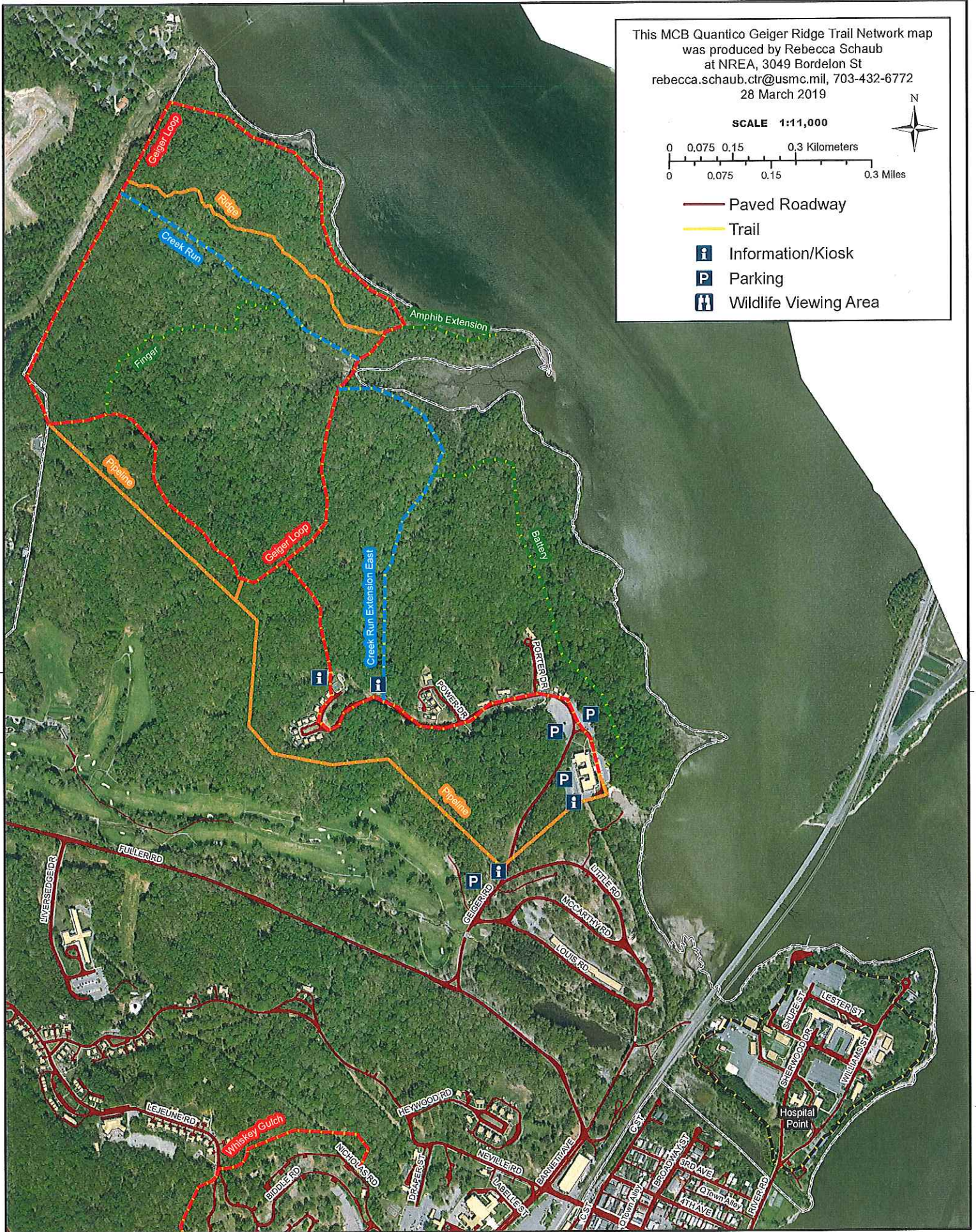
This MCB Quantico Geiger Ridge Trail Network map was produced by Rebecca Schaub at NREA, 3049 Bordelon St
rebecca.schaub.ctr@usmc.mil, 703-432-6772
28 March 2019

SCALE 1:11,000

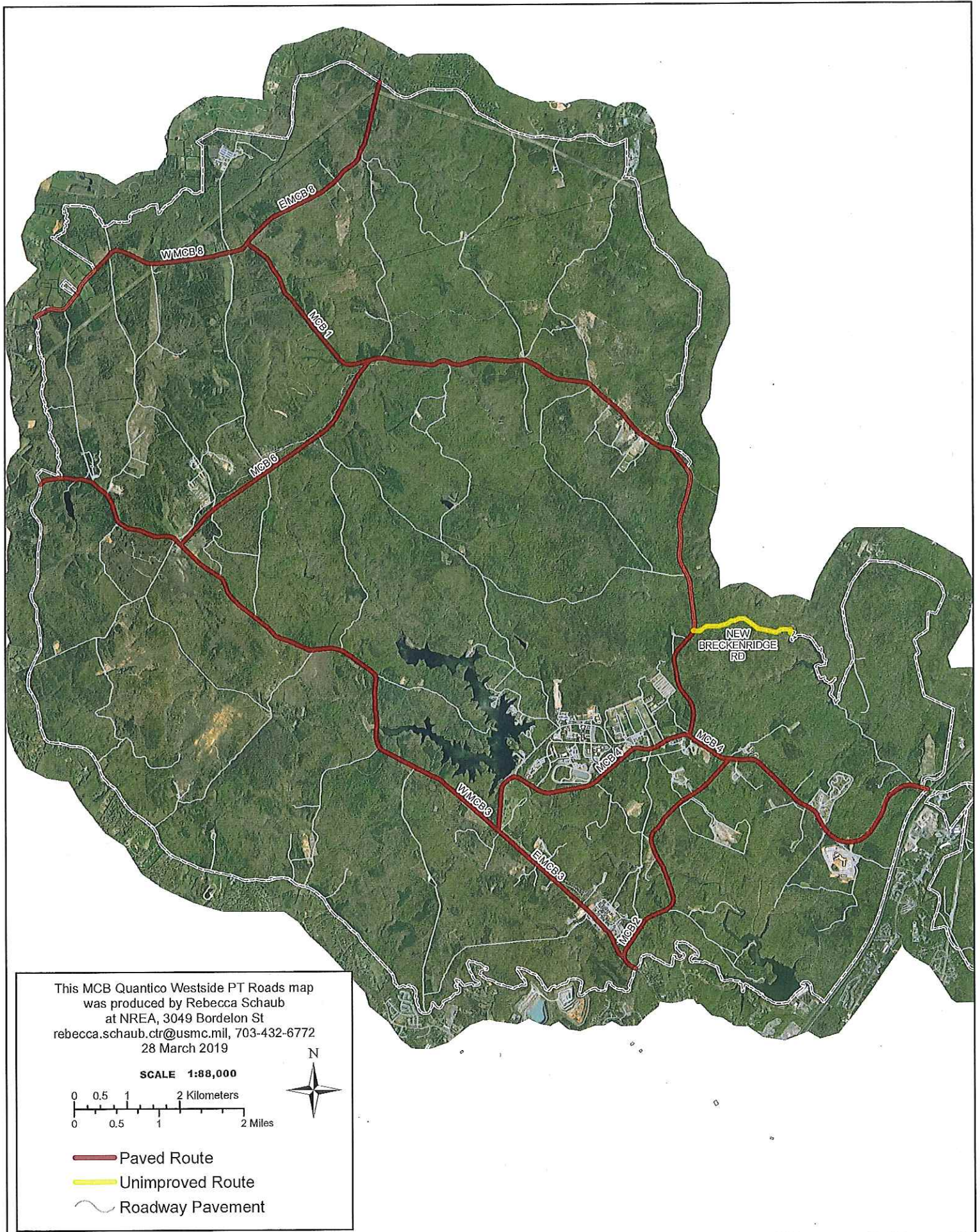
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- Paved Roadway
- Trail
- Information/Kiosk
- Parking
- Wildlife Viewing Area

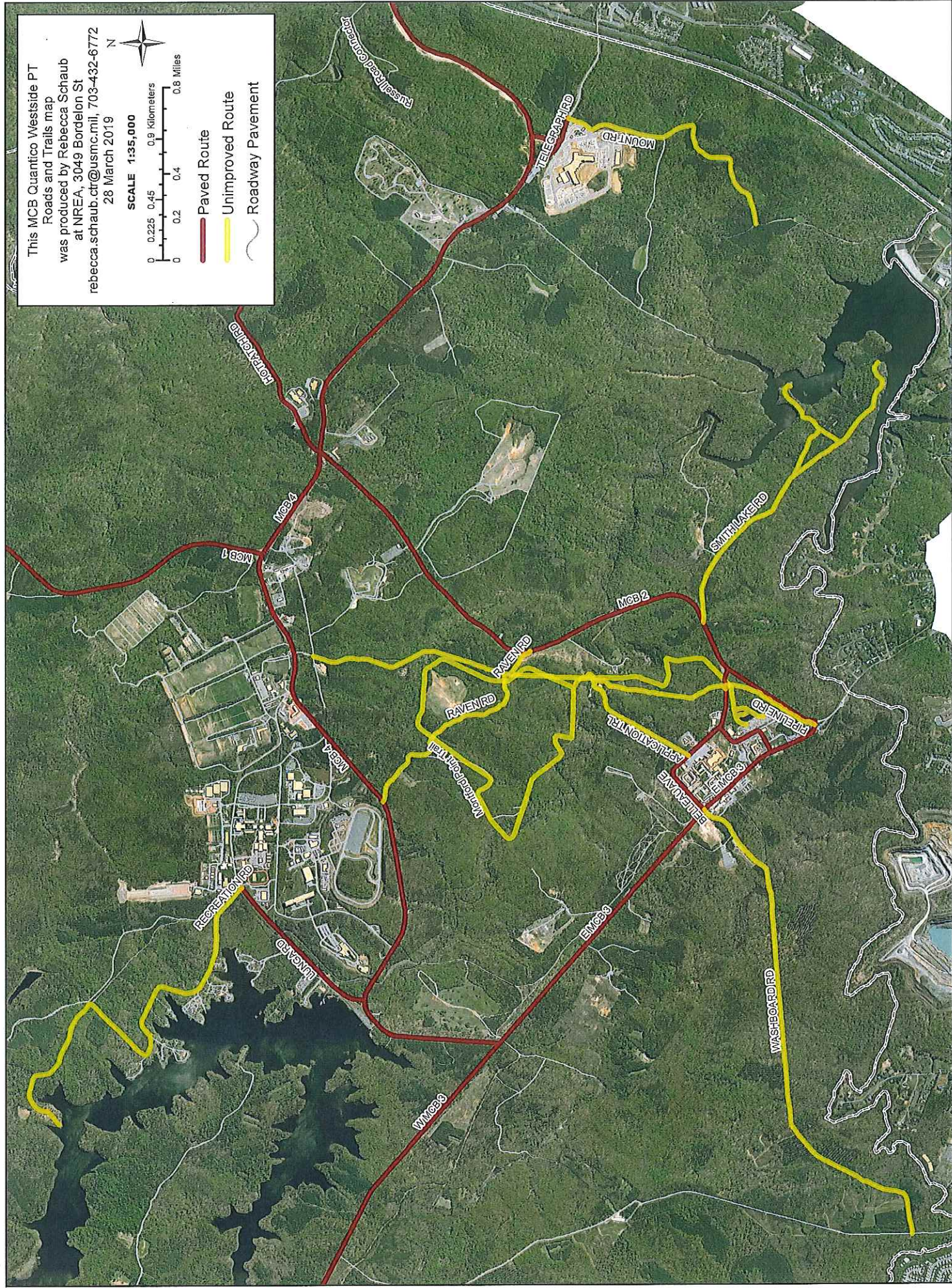
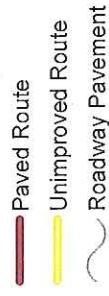
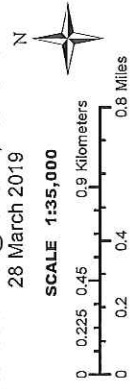


MCINCR-MCB Quantico Westside Authorized PT Roads

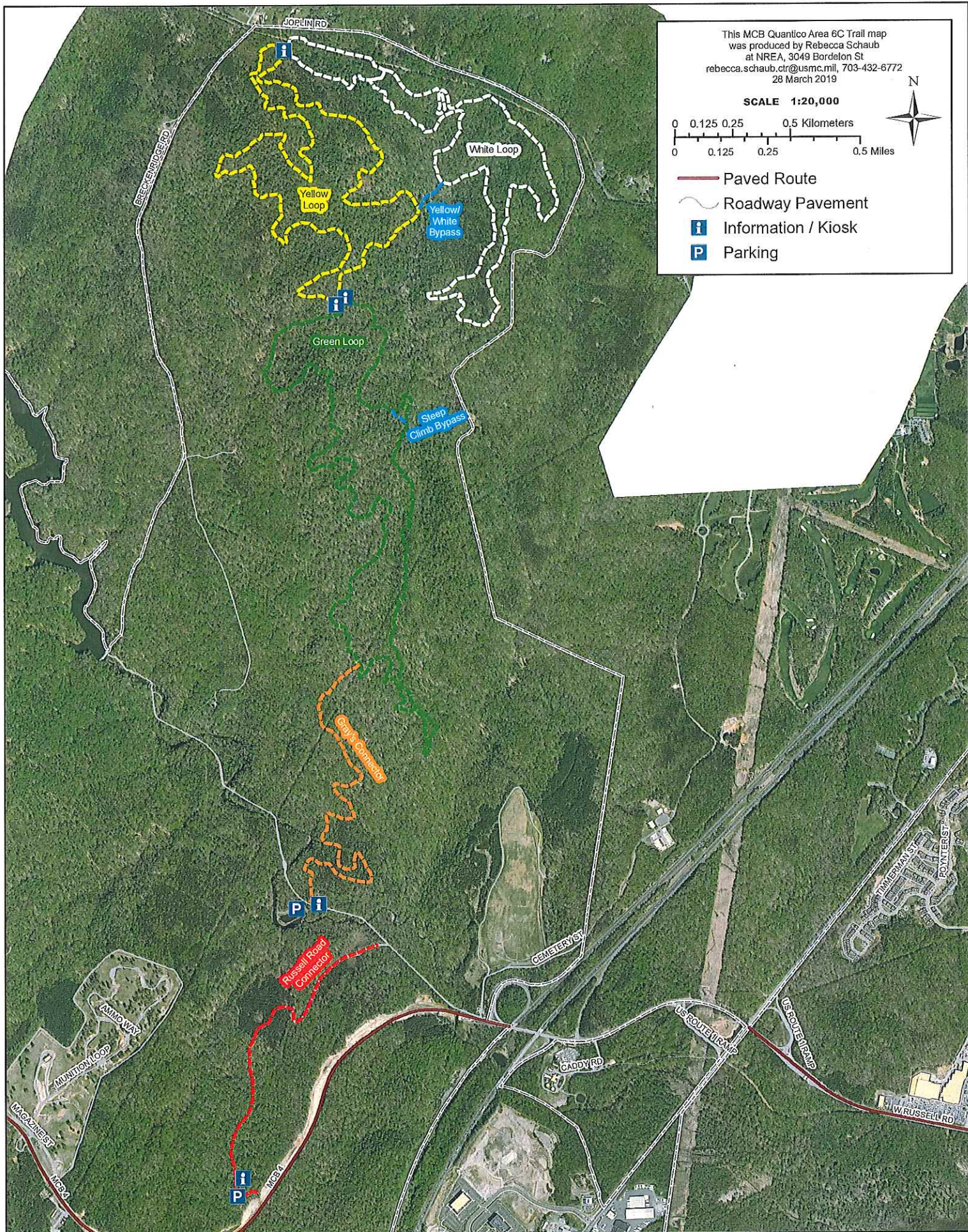


MCINCR-MCB Quantico Westside Authorized PT Roads and Trails

This MCB Quantico Westside PT
Roads and Trails map
was produced by Rebecca Schaub
at NREA, 3049 Bordelon St
rebecca.schaub.ctr@usmc.mil, 703-432-6772
28 March 2019 N



MCINCR-MCB Quantico Area 6C Trail Network



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 (e).
Administrative Black Flag		All training activities must halt. No emergency response personnel available to respond.

NOTE: Essential activities are defined as those activities associated with scheduled exercises or other major training evolutions where the disruption would cause undue burden on training, resources, 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) and medical personnel.

2. Curtailment of Training. As flag conditions progress from green to black, cumulative restrictions are placed on unit training. Violation of restrictions often results in the creation of heat casualties. COs will ensure all personnel exercise sound judgment in adjusting activities during all flag conditions. The PT restrictions apply to unit training and do not apply to individual PT. However, individuals exercising during heat flag conditions will use caution, sufficiently hydrate, limit their exercise time, and be properly acclimatized to local weather conditions.