



UNITED STATES MARINE CORPS
11TH MARINES
BOX 555503
CAMP PENDLETON, CA 92055

AreaO 5000
CO

FEB 24 2021

AREA ORDER 5000

From: Commanding Officer
To: Distribution List

Subj: PHYSICAL TRAINING (PT) ABOARD 43 AREA

Ref: (a) MCO 1020.34H Marine Corps Uniform Regulations
(b) MCO 5100.29C Recreation and Off-Duty Safety Program
(c) MCIWEST-MCB CAMPEN ORDER 5000.2W Base Regulations
(d) MCIWEST-MCB CAMPEN ORDER 11014.1B Area Commander Responsibilities

1. Purpose. To establish physical training (PT) standards of safety and professionalism aboard the 43 Area.

2. Policy

a. PT activities, as groups or individuals, will conform to the professional appearances commonly associated with the United States Armed Forces. The application of risk management is continuous.

b. Any form of organized PT (i.e. unit led or by a unit leader), regardless of location will be conducted in the proper PT uniform associated with the individual's military organization. Unit shirts are authorized.

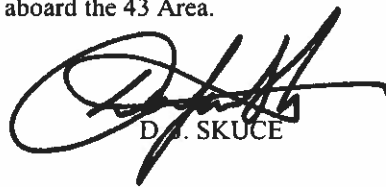
c. Running in formation or groups larger than (10) personnel on Pulgas Road is prohibited. All personnel will always run against the flow of traffic. Pulgas Road and Basilone Road is off-limits to the physical fitness test and combat fitness test. Both individual and group PT is unauthorized on Basilone Road.

d. Individual PT may be in 'rainbow' gear. Identification cards are required to use 43 Area Training Tank and 43 Area Fitness Center when individuals are in 'rainbow' gear. No headgear will be worn indoors while in rainbow PT gear.

e. Headphones will not be worn while conducting any form of organized PT. Personnel may wear headphones during individual PT. Wearing headphones, earphones or other listening devices in both ears while jogging, walking, bicycling, or skating on paved roads in the 43 Area is prohibited; this does not apply to running trails.

f. All personnel will wear a reflective belt around the waist when running on any paved or unimproved road between evening colors and morning colors.

3. Scope. This policy applies to all personnel aboard the 43 Area.



D. SKUCE