



UNITED STATES MARINE CORPS

MARINE CORPS BASE

PSC BOX 20004

CAMP LEJEUNE NC 28542-0004

3000

S-3

JUN 22 2011

COMMANDING OFFICER'S POLICY LETTER 03-11

From: Commanding Officer

To: Distribution List

Subj: APPROPRIATE ATTIRE, USE OF HEAD SETS, AND WEAR OF
REFLECTIVE BELT/VEST WHILE CONDUCTING PHYSICAL TRAINING

1. Shirts must be worn at all times while aboard Marine Corps Base, Camp Lejeune. Individuals conducting physical training (PT) must wear a shirt.
2. The only exceptions to the above policy are PT and recreation activities conducted at training tanks, pools, and at Onslow Beach.
3. Tank tops, sleeveless shirts, and jog tops for women are appropriate while conducting PT out-of-doors. These garments ARE NOT permitted inside Marine Corps Community Services facilities (e.g. Marine Corps exchange, Marine Marts, bowling alley, library etc.), or other Base facilities (e.g. commissary) due to safety, sanitation, and appearance reasons.
4. Use of Head Sets and Ear Buds. Unless on an off-road trail or path, or on a closed road, persons conducting PT, to include running and biking, must remove headphones or ear buds for safety reasons. This is especially true while conducting physical training in areas with heavy vehicular traffic and in housing areas.
5. Wear of Reflective Belt of Vest. A reflective belt or vest MUST be worn while conducting PT before morning colors (0800) and after evening colors (sunset). This requirement applies to bicyclists.
6. These policies apply to all personnel aboard Marine Corps Base, Camp Lejeune, both military and civilian. This policy is punitive. Failure to comply with the requirements of this may result in adverse administrative action, or punitive action.


D. J. IECCE

DISTRIBUTION: A

DISTRIBUTION STATEMENT A: Approved for public release; distribution is unlimited.