



UNITED STATES MARINE CORPS
MARINE CORPS INSTALLATIONS EAST-MARINE CORPS BASE
PSC BOX 20005
CAMP LEJEUNE NC 28542-0005

1710
MCCS
20 NOV 2012

COMMANDING GENERAL'S POLICY LETTER 012-12

From: Commanding General
To: All Tenant and Subordinate Commanders Aboard Marine Corps
Base, Camp Lejeune

Subj: POLICY ON UNAUTHORIZED PERSONAL TRAINING ABOARD MARINE
CORPS BASE, CAMP LEJEUNE

Ref: (a) MCO P1700.29

1. Purpose. This Policy implements regulations concerning unauthorized personal trainers providing services to patrons of fitness centers aboard Marine Corps Base, Camp Lejeune.
2. Cancellation. CO's Policy Letter 01-10 of 2 Mar 10.
3. Background. Per reference (a), employees or contractors of the Semper Fit Division, Marine Corps Community Services (MCCS), Camp Lejeune provide the sole authorized personal training services at each fitness facility aboard Camp Lejeune. All MCCS personal trainers possess current certifications as personal trainer instructors from a national accrediting agency. In addition, all staff are certified in cardiopulmonary resuscitation and first aid.
4. Policy
 - a. To ensure the safety and physical well-being of Marines, Sailors, family members, civilian Marines, and all other authorized users of these facilities, personal training services shall not be provided by anyone other than authorized MCCS employees or contractors.
 - b. The following behaviors shall be considered as providing personal training services: individuals observed routinely leading and directing others in organized workout routines in which one individual is monitoring the participants, giving instruction in the use of equipment, setting workloads, documenting machine settings, etc., and is not participating in the exercise routine itself.
 - c. This guidance is not intended to disrupt the positive interaction between workout partners. There are several common

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examples of general assistance that will not be considered personal training services.

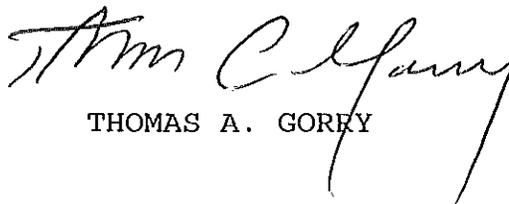
(1) Unit physical training sessions where instruction is provided by other unit members;

(2) Parent/child workout teams where the child is at least 10 years old, per reference (a), and where the parent is giving instruction to his or 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, but all participants are involved in the workout itself; or,

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

5. Action. Any unauthorized personal training endangers the safety of those who use Camp Lejeune's fitness facilities and may result in serious injury or permanent physical damage. In cases where unauthorized personal training is suspected, a letter of warning 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 Commanding General, Marine Corps Installations East-Marine Corps Base Camp Lejeune.


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