



UNITED STATES MARINE CORPS
CHEMICAL BIOLOGICAL INCIDENT RESPONSE FORCE
II MARINE EXPEDITIONARY FORCE
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3551

S-3

11 JAN 2011

POLICY LETTER 1-11

From: Commanding Officer, Chemical Biological Incident Response Force

To: All Sections

Subj: POLICY ON THE CBIRF OBSTACLE COURSE

Ref: (a) Quantico TBS SOP

Encl: (1) Quantico TBS Time chart

1. Purpose. The Obstacle Course is a physically challenging exercise comprised of several individual obstacles that serve as a critical component of a Marine Corps physical training program.

2. Cancellation. This letter will remain in effect until revision or when indicated by appropriate authority.

3. Individual/Organized PT. Small group and organized PT is authorized on the Obstacle Course with the following guidelines:

a. Participating Marine/Sailor will have at least the equivalent of two full canteens of water (one Camelback). The water can be staged while the Marines are negotiating the obstacles.

b. Small groups can run the Obstacle Course with no fewer than three Marines. In case of an injury, one Marine will remain with the casualty as the other Marine goes for assistance.

c. The Obstacle Course must be performed wearing utilities and boots. Marines will use only approved techniques for negotiating the obstacles.

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d. Marines running the Obstacle Course are responsible for inspecting and preparing the course prior to use.

(1) Participants will check the integrity of the obstacles, ropes, and hurdles.

(2) Participants will check for obstructions in the landing pits and under the ropes.

(3) Preparation of the course will include "softening" the material in the landing pits, wiping any moisture off the bars and vaults, and removing any foreign material from around or under the line of travel.

e. Marines will not use the Obstacle Course when any kind of precipitation is falling.

f. If the unit leader intends to time or evaluate the event, the requirements for Obstacle Course safety will be followed such as safety vehicles, medical personnel, communications, etc, as outlined in this policy letter.

g. When running the Obstacle Course after hours or on weekends, Marines will check in/out with the OOD or Staff Duty NCO upon their departure and return.

h. Familiarization runs of the Obstacle Course do not require the full support described below, provided the run is not being timed. A corpsman and safety vehicle will be on hand anytime a platoon or larger runs the Obstacle Course.

i. The purpose of the Obstacle Course Evaluation is to provide personnel with a challenging and physically demanding event which tests their physical condition.

j. One week prior to running the Obstacle Course, the OIC will inspect the course. The OIC will identify any problems with the course, paying particular attention to any condition that may render part of the course unsafe. All identified problems need to be recorded and reported to the S-4. If all deficiencies cannot be corrected, the S-3 will determine whether the course will be run or postponed to a later date.

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k. If running through the Obstacle Course with a platoon size element or larger, a training support request form must be submitted to the S-3 training chief.

l. The Obstacle Course is an event designed to evaluate the physical strength, agility, stamina, and self-confidence of the individual Marine. Participants are faced with a series of difficult obstacles, which must be negotiated within a prescribed time period, Encl (1).

(1) The OIC must ensure that all requirements are in place prior to the scheduled start of the course.

(2) When the participants arrive at the Obstacle Course, they will stage their water source.

(3) The runners will report to the OIC and receive a safety brief.

(4) The participants will cover down on the designated lanes. Time commences when the runner has touched the first low hurdle. Timing ends when the runner has touched the horizontal log timber atop the rope obstacle. When descending the rope obstacle, the runner must retain control of motion; if ordered to stop, the runner could unhesitatingly do so. Descending the rope in an unsafe manner (free fall, etc.) is forbidden and will result in a grade of 0.00 percent.

(5) All obstacles are to be negotiated using approved techniques. Use of the vertical support poles is not authorized.

(6) Females will use the inside lane and are required to use the ramps and assists.

(7) Timing is the responsibility of the OIC.

m. The uniform will be boots and utilities with no blouse required. Sweatshirts are at the discretion of the unit. A water source will be brought to the course and staged during execution. No jewelry (including wedding rings, dog tags, and POW/MIA bracelets) shall be worn while running the Obstacle Course.

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n. Most evaluated/timed Obstacle Courses are scheduled periods of instruction that occur as full or half company events. The number of participants, the nature of the event (physical stress), and the nature of Marines (pursuit of the maximum score) require that the OIC (and staff) remains alert to the fact that injuries are an ever-present danger. The following guidelines apply:

(1) The unit executing the Obstacle Course shall designate an OIC to supervise the evolution.

(2) The OIC will conduct a thorough safety brief with all course participants, support personnel and monitors. The OIC will ensure all monitors are familiar with the layout of the course, course obstacles, and all potential hazards along the course.

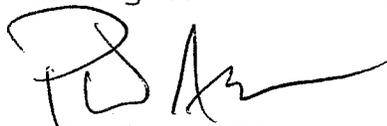
(3) The OIC will ensure all requirements of this policy letter are met and the Obstacle Course is executed safely and efficiently. The OIC assumes a position during the running of the course where he/she can best observe the course.

(4) The OIC will have continuous communications with the safety vehicles and safety personnel.

(5) The safety vehicles and corpsmen (w/ backboard) will be staged for the duration of the Obstacle Course.

o. The OIC may decide (as per the ORM process) to diminish the support required. For instance, if only three people are running a remedial timed Obstacle Course, two safety vehicles may be determined as unnecessary. However, at least one corpsman and one government safety vehicle must be on station during any and all remedial executions of the Obstacle Course.

4. Scope. This policy letter pertains to all military personnel assigned to Chemical Biological Incident Response Force.


P. W. AHERN

Quantico TBS Time Chart

Time	Score
3:00 or less	100
3:01-3:04	99
3:05-3:08	98
3:09-3:12	97
3:13-3:16	96
3:17-3:20	95
3:21-3:24	94
3:25-3:28	93
3:29-3:32	92
3:33-3:35	91
3:36-3:40	90
3:41-3:44	89
3:45-3:48	88
3:49-3:52	87
3:53-3:56	86
3:57-4:00	85
4:01-4:04	84
4:05-4:08	83
4:09-4:12	82
4:13-4:16	81
4:17-4:20	80
4:21-4:24	79
4:25-4:28	78
4:29-4:32	77
4:33-4:36	76
4:37-4:40	75
4:41-4:44	74
4:45-4:48	73
4:49-4:52	72
4:53-4:56	71
4:57-5:00	70
5:01-5:04	69
5:05-5:08	68
5:09-5:12	67
5:13-5:16	66
5:17-5:20	65
5:21-5:24	64
5:25-5:28	63
5:29-5:32	62
5:33-5:36	61
5:37-5:40	60
5:41-5:44	59
5:45-5:48	58
5:49-5:52	57
5:53-5:56	56
5:57-6:00	55
6:01 and greater	0

Table 1: Double Obstacle Course (Male)

Quantico TBS Time Chart

Time	Score
4:00 or less	100
4:01-4:10	99
4:11-4:20	98
4:21-4:30	97
4:31-4:40	96
4:41-4:50	95
4:51-5:00	94
5:01-5:10	93
5:11-5:20	92
5:21-5:30	91
5:31-5:40	90
5:41-5:50	89
5:51-6:00	88
6:01-6:10	87
6:11-6:20	86
6:21-6:30	85
6:31-6:40	84
6:41-6:50	83
6:51-7:00	82
7:01-7:10	81
7:11-7:20	80
7:21-7:30	79
7:31-7:40	78
7:41-7:50	77
7:51-8:00	76
8:01-8:10	75
8:11-8:20	74
8:21-8:30	73
8:31-8:40	72
8:41-8:50	71
8:51-9:00	70
9:01-9:10	69
9:11-9:20	68
9:21-9:30	67
9:31-9:40	66
9:41-9:50	65
9:51-10:00	64
10:01-10:10	63
10:11-10:20	62
10:21-10:30	61
10:31-10:40	60
10:41-10:50	59
10:51-11:00	58
11:01-11:10	57
11:11-11:20	56
11:21-11:30	55
11:31 and greater	0

Table 2: Double Obstacle Course Run (Female)