



EWTGPAC USMC Training Newsletter

3rd Quarter 2020



Physical Fitness and Combat Fitness Tests

[MCO 6100.13A w/ Ch2](#) provides policy and procedural guidance on the PFT and CFT.

MARADMIN 260/20 waives the semiannual requirement for 2020 PFT. All Marines that owe a CFT from 2019 Code 5 Medical Waivers are suspended until the COVID-19 restrictions are lifted. Marines that require screening for special schools or special duty assignments will conduct the PFT/CFT.

Semi-annual Height and Weight

[MCO 6110.3A w/ Ch1](#) establishes procedures for the effective management of the Marine Corps Body Composition and Military Appearance Program. Every Marine will conform to established Marine Corps weight and body composition standards and present a suitable military appearance regardless of age, grade, gender, or duty assignment. Individual Marines may drop in to the N301 office to complete this requirement 1000-1400 Monday through Friday. Unit Training POC's may email or call ahead to schedule a group weigh-in for their Marines. Per MARADMIN 260/20:

- Marines are still required to conduct the semiannual weigh-in, but circumference measurements will not happen.
- Marines on BCP will not be measured, but will continue to weight in.
- Marines on BCP that make weight at the end of their period will be removed without circumference measurement.
- Marines on BCP that do not make weight will remain on BCP until restrictions are lifted. This is not an extension or second assignment.

Marine Corps Marksmanship Program

EWTGPAC is exempt from performing the annual rifle and pistol qualifications. For more information, contact N301.

Marine Corps Water Survival Training Program

[MCO 1500.52D](#) Provides procedural guidance on the MCWSTP. The MCIWS at MCRD SD can be reached at (619) 524-6054 and can answer specific questions pertaining to water survival training aboard MCRD San Diego.

Showtime is NLT 0730 every Friday, arrive wearing green on green USMC PT gear (bring 2 sets) and DOD ID card.

DO NOT SHOW UP WEARING CIVILIAN ATTIRE.

Participants will enter building 639, check in with the Training Tank Staff at the office window and enter their EDIPI and other required information on NAVMC 11209. All participants will execute Water Survival Basic (good for 2yrs), and may progress to Water Survival Intermediate (good for 3yrs). Check out with MCRD Training Tank Staff prior to departing.

It is the Marine's responsibility to obtain the completed NAVMC 11209 from MCRD SD Training Tank Staff/MCIWS and submit to EWTGPAC Operations N301 for entry via MCTIMS. MCRD SD MCIWS will provided a copy of the NAVMC to the senior Marine for each unit.

Battle Skills Test

The Battle Skills Test, per [MARADMIN 693/17](#), is a Calendar Year requirement for all Marines. The Training

Support Packages (TSPs) provide small unit leaders the required information, performance steps, and evaluation criteria to facilitate leader-led training. The training was designed to be conducted in any environment from garrison to field, on the flight line, in the motor pool, maintenance bay, or on ship. Units may find that many of these skills are already embedded in their unit training plan, thereby minimizing the impact of the BST Program.

Marines can locate the TSP's at the TECOM site (link provided below) **Submit all training rosters and scoresheets to ewtgpac_n301operations@navy.mil** for MCTIMS entry. For questions about BST, call SSgt Renfro. **The Marine Corps requirement is 100% completion by end of calendar year.**

Annual Training

Annual training for the Marine Corps total force is captured in Marine Corps Bulletin 1500 and [MARADMIN 188/17](#). The most recent bulletin was extended on 1 February 2019 per [MARADMIN 062/19](#). UMAPIT 3.0 Update in MARADMIN 044/20

Leader-led can be used for the following topics:

- Hazing Prevention (CY)
- Tobacco Cessation (CY)
- UMAPIT 3.0 (stress management and awareness of suicide, substance misuse, domestic abuse, and child abuse and neglect.) (CY)
- Violence Prevention (CY)
- Combating Trafficking in Persons (FY)
- Social Media Conduct (FY)

MarineNet will be used for the following topics:

- Annual Cyber Awareness/PII Training [CYBERM0000, DONPII010A, DODCAC1000]
- Level I AT Awareness Training [JATLV10000]
- Marine Corps Operations Security (OPSEC) training [OPSECUS001]

Qualified Instructor required for the following topics:

- Marine Corps Equal Opportunity (EO)/Sexual Harassment training will be conducted as unit training by a trained EO Program Coordinator per MCO P5354.1D/APR 2003.
- Sexual Assault Prevention and Response training will be conducted for all Marines by a unit Victim Advocate (UVA) or Sexual Assault Response Coordinator (SARC) per MCO 1752.5B/MAR 2013 MARADMIN 234/13.
- Risk Management training will be conducted as unit training by a trained Risk Management Instructor per MCO 3500.27C.

Formal Schools

Marines requesting to attend schools within EWTGPAC must submit nominations to ewtgpacquotas@navy.mil.

Marines requesting to attend schools outside of EWTGPAC are encouraged to read the course memorandum found on MCTIMS. Most courses require that Marines submit their nomination into MCTIMS no later than 45 days prior to the course convene date. Before submitting your nomination, please ensure the Marine meets the course prerequisites per the course memorandum.

Operations Officer: LtCol Miles
Operations Chief: GySgt Huffman
Assistant Ops Chief: SSgt Renfro
BST/Annual training: <https://vcepub.tecom.usmc.mil/sites/directorates/mtesd/SitePages/AnnualTraining.aspx>

Contact Email: EWTGPAC_N301OPERATIONS@navy.mil
Contact Phone: 619-437-3222

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2020 Combat Fitness Test Schedule

Reserve a slot on our **Monthly CFT Roster** via your training POC (listed below) and email to EWTGPAC_N301OPERATIONS@navy.mil

Due to course restrictions, mandatory sign-ups are required to ensure the course is not overloaded.

Make your reservations early to secure your spot.

Info requirements are: Rank, Name (First MI Last), EDIPI, Age*, Gender, MCC, and PHA date.

Bring any Light Duty Chits for Partial PFT to the event.

CFT schedule for this semi-annual period will be as follows:

Location: **Turner Field** aboard NAB, Coronado.

July 9	Thursday	0730	Turner Field Helo Pad
August 6	Thursday	0730	Turner Field Helo pad
September 3	Thursday	0730	Turner Field Helo Pad
October 1	Thursday	0730	Turner Field Helo Pad
November 5, 19	Thursday	0730	Turner Field Helo Pad
December 3, 10, 17	Thursday	0730	Turner Field Helo Pad LAST CFT FOR THE YEAR

***If your **unit** OPTEMPO does not allow attendance on the published PFT/CFT calendar, Training POC's may contact N301 Operations to request an alternative day/time for training. Please EWTGPAC_N301OPERATIONS@navy.mil IOT establish a day/time for your section/department to train. Attendance rosters must be received 72 hours prior to execution. Individual Marines must identify a partner within +/- 10 lbs for the MANUF portion of the CFT.

Training POCs

Command	SENIOR MARINE	EMAIL	TRNG POC	EMAIL
EWTGPAC CMD	COL MONTI	michael.monti1@navy.mil	SSGT RENFRO	joseph.a.renfro1@navy.mil
CNATT	GYSGT COX	dylan.cox@navy.mil	SAME	
CNAP	COL HENGER	carl.c.henger@navy.mil	MGYSGT MCGOWAN	padraig.mcgowan@navy.mil
CNSP	LTCOL PIERCE	bradley.a.pierce@navy.mil	MSGT WELLS	brandon.wells@lhd2.navy.mil
CTG1/TR11/TR12	MAJ HAINES	aaron.r.haines@navy.mil	SAME	
VSWM	CAPT BUERGER	frank.buerger1@navy.mil	GYSGT WEINRICH	joseph.d.weinrich2@navy.mil
3RD FLEET	COL TUGGLE	jeffrey.d.tuggle2@navy.mil	SAME	
ESG-3	COL HOOPER	william.w.hooper@navy.mil	MSGT BANKS	brian.c.banks1@navy.mil
NORTHCOM	MSGT HOLT	kenneth.e.holt.mil@mail.mil	SAME	
SERE	CAPT GLEIS	anthony.c.gleis@navy.mil	GYSGT LYNXWILER	robert.lynxwiler1@navy.mil

*Medical Waivers and Partial PFT/CFT, read [MCO 6100.13A w/ Ch 1](#) Chapter 1 Section 5.

LIGHT DUTY

A Marine may be placed in light duty status for a maximum of 90 days when a competent medical authority determines that a medical condition exists and interferes with the performance of duties. If a Marine is not expected to return to full duty in those 90 days a limited duty board should be initiated at 60 days.

PHYSICAL EVALUATION BOARD (PEB)

The PEB is a fact-finding board that evaluates all cases of physical disability on behalf of the Marine or Sailor and the Service in accordance with SECNAVINST 1850.4E. The PEB investigates the nature, cause, degree of severity, and probable permanency of the disability concerning the service member referred to the board.

MEDICAL EVALUATION BOARD (MEB)

The MEB is an informal process before a board comprised of at least three physicians, who compile, assess, and evaluate a service member's medical history and current condition. The MEB process begins when a service member's optimum medical care has been reached or when a service member's physician determines that, even with further treatment, he or she is able to return to duty.

Administrative matters for Light Duty/LIMDU will be handled via the Senior Marine POC of your respective MCC and the Command LIMDU Coordinator.

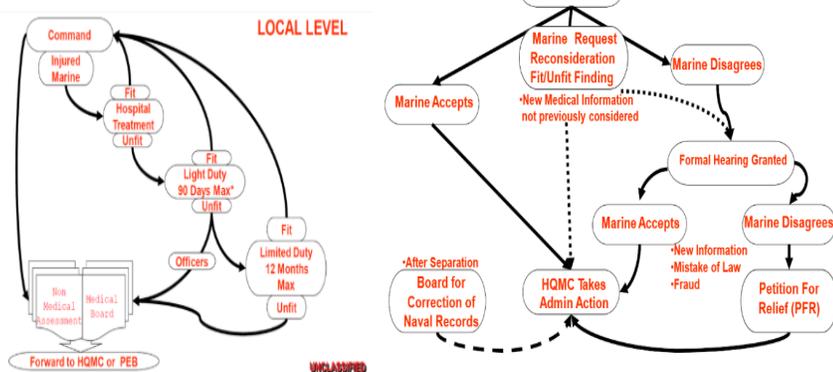
CWO2 Mariajose J. Borja

☎: (619) 437-3211

☎: (760) 889-5664

mariajose.borja@navy.mil

PROCESS TIMELINE



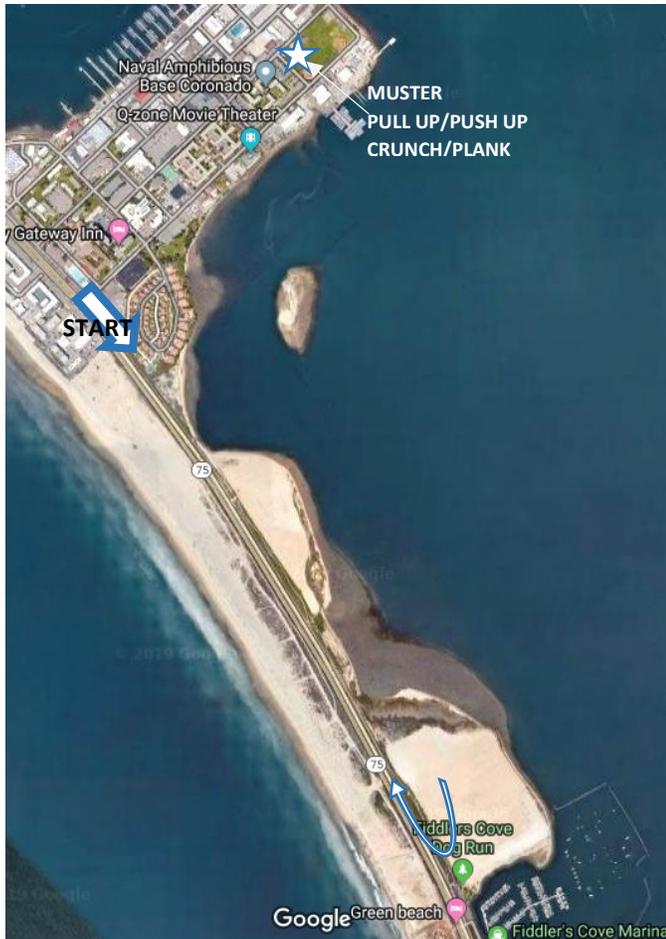
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PFT Map Chip



CFT Map Chip



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EWTGPAC is providing opportunities to execute the Battle Skills Test at NAB Coronado Building 401 in the Inchon auditorium after the last All Hands Call of the month. All Hands Call begins at 0900 and usually lasts +/- 15 minutes. The BST Training will commence at immediately after the sailors depart the Inchon. Any changes will posted to the Command Calendar on the EWTGPAC Sharepoint. If you are an outer MCC desiring to attend this training, please contact the N301 Operations office and send a list of the Marines that will be attending to ensure there is space available.

Battle Skills Test

Events list

Basic Infantry skills:

1. Conduct observation
2. Defend a position
3. Describe the use of deadly force
4. Employ a map and compass
5. Handle detainees
6. Identify anomalies
7. Perform actions with a service rifle
8. Perform immediate action upon contact with the enemy
9. Perform weapons handling procedures with a service rifle
10. Search an individual
11. Stand a sentry post
12. Visually identify indicators of improvised explosive devices

Communications:

1. Communicate using hand and arm signals
2. Operate a VHF radio
3. Submit a message

First Aid:

- Apply a tourniquet
- Describe phases of tactical combat casualty care
- Treat a cold weather injury
- Treat a heat injury

History:

- Identify significant events in Marine Corps history
- Identify the historical significance of Marine Corps uniform items

Leadership:

1. Apply the components of the decision cycle (OODA loop)
2. Describe Marine air-ground task force organizations
3. Describe operational security
4. Describe stresses of combat
5. Describe The Code of Conduct
6. Describe rights of a prisoner of war
7. Prepare for combat

Uniform Code of Military Justice:

- Describe Article 15, Non-Judicial Punishment
- Describe Article 31, Rights of the Accused

Battle Skills Training Dates

24 January 20 min SSgt Renfro

History:

1. Identify significant events in Marine Corps history
2. Identify the historical significance of Marine Corps uniform items

Uniform Code of Military Justice:

1. Describe Article 15, Non-Judicial Punishment
2. Describe Article 31, Rights of the Accused

21 February 15 min SSgt Renfro

Leadership(1):

1. Describe Marine air-ground task force organizations
2. Describe operational security
3. Describe The Code of Conduct
4. Describe rights of a prisoner of war

20 March 25 min N31 GySgt Lightfoot

Leadership(2):

1. Apply the components of the decision cycle (OODA loop)
2. Describe stresses of combat
3. Prepare for combat

17 April 30 min N33 Sgt Brown

Basic Infantry skills(1):

1. Employ a map and compass

29 May 20 min SSgt Renfro

Basic Infantry skills(2):

1. Conduct observation
2. Identify anomalies
3. Defend a position

26 Jun 30 min SSgt Renfro

Basic Infantry skills(3):

1. Perform actions with a service rifle
2. Perform weapons handling procedures with a service rifle
3. Perform immediate action upon contact with the enemy
4. Visually identify indicators of improvised explosive devices

24 July 25 min SSgt Renfro

Basic Infantry skills(4):

1. Describe the use of deadly force
2. Handle detainees
3. Search an individual
4. Stand a sentry post

21 August 25 min SSgt Renfro

Communications:

1. Communicate using hand and arm signals
2. Operate a VHF radio
3. Submit a message

25 Sep 25 min HM2 Spears

First Aid:

1. Apply a tourniquet
2. Describe phases of tactical combat casualty care
3. Treat a cold weather injury
4. Treat a heat injury

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