



UNITED STATES MARINE CORPS
CAMPS FOSTER AND LESTER
MARINE CORPS INSTALLATIONS PACIFIC-MARINE CORPS BASE CAMP BUTLER
UNIT d5002
FPO AP 96373-5002

CampO 6200.1G
Camp

02 AUG 2018

CAMP ORDER 6200.1G

From: Camp Commander, Camps Foster and Lester, Marine Corps
Installations Pacific-Marine Corps Base Camp Butler

To: Distribution List

Subj: EXERTIONAL HEAT INJURY PREVENTION PROGRAM

Ref: (a) NAVMED P-5010
(b) MCBJO/III MEFO 6200.1B

Encl: (1) Heat Conditions and Limitations of Activities
(2) Fluid Replacement Guidelines for Warm Weather Training
(3) Daily WBGT Reporting/Recording Log

1. Situation. The Wet Bulb Globe Temperature (WBGT) index reading is the standard used as an indicator of external heat stress on the human body. The WBGT index system is the primary tool used to determine weather heat and humidity conditions. This information is crucial for preventing heat casualties aboard Camp Foster, Camp Lester, and Plaza Housing areas. The Automated Heat Stress System (AHSS) will be the primary system used to calculate the WBGT. The system will be in effect annually during the period of 1 May through 31 October when heat and humidity conditions are historically high on Okinawa.

2. Cancellation. CampO 6200.1F.

3. Mission. To establish procedures to automate the notification and tracking process for heat conditions aboard Camp Foster, Camp Lester, and Plaza Housing areas, and provide tenant commands with instructions on the prevention of Exertional Heat Injury (EHI).

4. Execution

a. Commander's Intent and Concept of Operations.

(1) Commander's Intent. Provide guidelines to tenants of Camp Foster, Camp Lester, and Plaza Housing in order to prevent EHI.

(2) Concept of Operations. To monitor the WBGT and pass the information hourly to the tenants for dissemination.

b. Tasks

(1) Tenant Unit Commanders and Officers In Charge

(a) Ensure all Marines and Sailors within your unit are thoroughly familiar with the references and enclosures to the point that they can describe the causes and symptoms of heat casualties.

(b) Ensure annual EHI awareness training and education is obtained from medical personnel, per references (a) and (b).

(c) Ensure that Marines and Sailors assigned to the Remedial Conditioning Program (RCP), Body Composition Program (BCP), and newly joined personnel are closely monitored during periods of physical activity. Newly joined personnel and units returning from cooler climates will be given a minimum of 30 calendar days of gradual physical conditioning before any activity involving one or more persons are administered to include the Marine Corps Physical Fitness Test (PFT), Combat Fitness Test (CFT), water survival training/swim qualifications, Marine Corps Martial Arts Program, and other platoon size and larger unit training.

(d) Ensure that prior to conducting strenuous activity during hot and humid weather, plans are made for rapid treatment and evacuation of heat casualties.

(e) Ensure that to the maximum extent possible, hikes, running, and other strenuous activities are conducted during the cooler periods of the day or during the evening hours.

(f) Supervise planning and execution of unit activities in accordance with the current heat conditions as set forth in references (a) and (b).

(g) Ensure all hands are aware that the heat condition flags are displayed aboard Camp Foster at Building 1 and Building 494. The Commanding Officer, Headquarters and Support Battalion, Marine Corps Installations Pacific-Marine Corps Base Camp Butler is responsible for displaying the appropriate flag at Building 494 on Camp Foster.

(h) Ensure that all hands are aware of the website to check current flag conditions,
<https://www.med.navy.mil/sites/nhoki/SitePages/default.aspx>.

(i) Ensure the WBGT index reading and precautions are immediately disseminated to all subordinate units. Enclosure (1) is a guide to heat conditions and the limitations placed on activities.

(j) Ensure that while conducting a PFT, CFT, or company and above unit runs, a safety vehicle is available. This vehicle will

trail the runners during the run and be on hand for all other physical training sessions aboard the camps.

(k) Ensure during hot and humid weather that Marines and Sailors are:

1. Provided with adequate drinking water (up to one gallon per person per day).

2. Encouraged by unit leaders to drink water at frequent intervals. Enclosure (2) is a guide for fluid replacement.

(1) Ensure CDOs/SDOs are:

1. During the period of 1 May through 31 October, obtain hourly reading of the WBGT index beginning at 0400 and ending at 2000. The primary form for recording the WBGT index readings will be by utilizing the following website, <https://www.med.navy.mil/sites/nhoki/SitePages/default.aspx>. Enclosure (3) will be used for recording the WBGT index.

2. Notify their unit when the WBGT index reaches 80 degrees or at 0700, whichever occurs first.

3. Ensure an appropriate flag color is flown in accordance with enclosure (1).

(2) Naval Hospital Okinawa

(a) Coordinate the maintenance and operation of the AHSS site to include the retention of the historical database for the WBGT heat index.

(b) While the heat index reading is in effect from 1 May through 31 October for Okinawa based units, ensure that the link to the AHSS is maintained year round on the Marine Corp Base Camp Butler website.

c. Coordinating Instructions

(1) The point of contact for questions regarding flag conditions aboard Camp Foster, Camp Lester, and Plaza Housing area is Camp Services at 645-7316 or 645-7317.

(2) The points of contact for all other MCIPAC and tenant commands are listed in enclosure (4).

4. Administration and Logistics. The heat condition signal flags can be purchased through the regular supply system with the following information:

a. Nomenclature: Flag set four feet by six feet heat condition set.

b. National Stock Number: 8345-01-237-4073.

5. Command and Signal

a. Command. This Order is applicable to all tenant commands on Camp Foster, Camp Lester, and Plaza Housing areas.

b. Signal. This Order is effective as of the date signed.



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HEAT CONDITIONS AND LIMITATIONS OF ACTIVITIES

Condition IV

WBGT Index: 80 Degrees - 84.9 Degrees - Green Flag

Action: Heavy exercises for unacclimatized personnel should be conducted with caution and under constant, responsible supervision. Organized PT evolutions in boots and utilities are allowed for all personnel.

Condition III

WBGT Index: 85 Degrees - 87.9 Degrees - Yellow Flag

Action: Strenuous exercise such as marching at a standard cadence should be suspended for unacclimatized troops, and shall be suspended for unacclimatized troops in their first two or three weeks of training. Avoid outdoor classes in the sun.

Condition II

WBGT Index: 88 Degrees - 89.9 Degrees - Red Flag

Action: All physical training should be halted for those troops who have not become thoroughly acclimatized. Those troops who are thoroughly acclimatized may carry on limited activity not to exceed six hours per day. Personnel will not be burdened with body armor, field marching packs, or similar equipment during this condition.

Condition I

WBGT Index: 90 Degrees - Above - Black Flag

Action: All strenuous nonessential outdoor physical activity will be halted for all units. Essential activities are defined, as those activities associated with scheduled exercises or other major training evolutions where the disruption would cause undue burden on personnel or resources, be excessively expensive or significantly reduce a unit's combat readiness. Essential outdoor physical activity will be conducted at a level that is commensurate with personnel acclimatization as determined by reference (a) and in conjunction with the unit's commanding officer, coordinating with the unit's medical officer and/or medical personnel. All efforts should be made to reschedule these activities during cooler periods of the day. Performance of personnel and elective outdoor physical fitness training shall also observe the same strict guidance.
Note: Physical activity maybe be conducted at the individual's own pace with caution once acclimatized.

FLUID REPLACEMENT GUIDELINES FOR WARM WEATHER TRAINING

Flag Condition	WBGT Degrees Fahrenheit	Easy Work		Moderate Work		Strenuous Work	
		Work/Rest	Water per Hr.	Work/Rest	Water per Hr.	Work/Rest	Water per Hr.
Green	80-84.9	No Limit	1/2 Qt.	50 / 10	3/4 Qt.	40 / 20	1 Qt.
Yellow	85-87.9	No Limit	3/4 Qt.	40 / 10	3/4 Qt.	30 / 40	2 Qt.
Red	88-89.9	No Limit	3/4 Qt.	30 / 30	3/4 Qt.	20 / 40	3 Qt.
Black	90-Above	50 / 10	1 Qt.	20 / 40	1 Qt.	10 / 50	4 Qt.

Note 1: Rest means minimal physical activity (sitting or standing) and should be accomplished in the shade, if possible.

Note 2: For Mission Oriented Protective Posture gear, Personal Protective Equipment, or body armor, add ten degrees Fahrenheit to the WBGT index.

Note 3: Work/Rest times and fluid replacement volumes will sustain performance and hydration for at least four hours of work in the specified heat category. Individual water needs will vary, increase or decrease quarter per hour.

DAILY WBGT REPORT / RECORDING LOG

Date: _____

WBGT Index Degrees Fahrenheit	Flag Color
80-84.9	Green
85-87.8	Yellow
88-89.9	Red
90-Above	Black

Time	WBGT Index	Flag Condition	Rank	Print Full Name	Signature
0400					
0500					
0600					
0700					
0800					
0900					
1000					
1100					
1200					
1300					
1400					
1500					
1600					
1700					
1800					
1900					
2000					