OUTCOME

GAINED
healthy coping skills for managing combat experiences

STRENGTHENED
unit cohesion

ENHANCED
awareness of COSC principles

EXPANDED
knowledge of outdoor recreational opportunities

For more information, contact:

OAR Coordinator
Outdoor Adventures
Bldg 1262
760-830-7235
omb29poutdooradv@usmc-mccs.org
mccs29palms.com

Assist
Marines with Reintegration

Maintain
Combat Readiness

Empower
Small-Unit Leaders

Enhance
Unit Cohesion
A tool designed to **assist** in unit-cohesion, **ease** transition to post-deployment, and **mitigate** high risk behavior.

**WHAT IS IT?**

**OPERATION ADRENALINE RUSH** is a high-energy program, focusing on small unit groups, designed to instill cohesion, build teamwork, and share esprit de corps in a supervised and controlled manner. The recreational activities foster both vertical and horizontal bonding while addressing risk management and safety vigilance.

**WHO PARTICIPATES?**

- **All Marine units returning from deployments**
  - **EXECUTED** at the platoon/squadron level
  - **FACILITATED** by MCCS Semper Fit Outdoor Recreation and Combat and Operational Stress Control (COSC) Trainers
  - **COORDINATED** by MCCS Semper Fit Outdoor Recreation and Combat and Operational Stress Control (COSC) Trainers

**PRE-EVENT TRAINING**

- **UNIT LEADER** (1-2 hours)
  - **REINFORCES** leader commitment
  - **REITERATES** COSC principles
  - **EXPLAINS** concept of Operation Adrenaline Rush

- **MARINE** (1 hour)
  - **INTRODUCES** COSC principles
  - **ILLUSTRATES** concept of Operation Adrenaline Rush

**EVENT (1 day)**

- **OPERATION ADRENALINE RUSH**

**LEADER LED POST-EVENT REVIEW**

- **FACILITATES** healthy discussion about the results of the activity
- **CONNECTS** challenges of adventure activity and Marine resilience
- **ADDRESSES** combat and operational stress during rigors of day-to-day military life