



# U.S. NAVAL SEA CADET CORPS

CHART YOUR COURSE

## Welcome Aboard for Summer 2018 Rescue Swimmer Training!

The Aviation Rescue Swimmer training course is patterned after the actual Naval training curriculum. Meaning: **this will have a great deal of PT--** both on land and in the pool/ocean. It will also have scenario-based training such as is used by lifeguards, and preparation for the rescue of a downed aviator. This course provides personnel with initial training and hands-on experience in First Aid, CPR, Rescue Equipment, Waterborne Lifesaving Techniques, Day/Night Water Entries, Parachute Disentanglement, Search and Rescue Tactics, Night and Multiple Rescue Situations, and Helicopter Operations. This is going to be a very physically demanding training, just as the naval equivalent is. It's intended to give cadets a well-rounded and accurate picture of what Aviation Rescue Swimmers do and the training they go through.

**PHYSICAL READINESS TEST (PRT):** On check-in day one we will administer the "SEAL" PRT and first class swim test. Any cadet that doesn't pass will not be able to continue with the training. Because of the nature of the training and the tight timeline, we will not have any opportunity for remediation, so it is important that every cadet come prepared. Remember this is the minimum for entry and the physical requirements will only increase. It is recommended that you start conditioning NOW!"

*Students will also undergo rigorous physical training which consists of at least 90 minutes of extensive calisthenics and a minimum 2.3 - 3.0 mile run daily; Swim 800 meters in 20 minutes or less; Swim 400 meters buddy tow in 16 minutes or less; Swim 500 meters in 13 minutes or less, followed by a 400 meter buddy tow in 19 minutes or less (5 minute break between swims); Swim 500 meters in 11:30 minutes or less, followed by a 400 meter buddy tow in 17:30 minutes or less (3 minutes break between swims); and a 2000 meter swim in 50 minutes or less (Navy performs in open ocean/bay).*

We will be wearing dive style booties with the swim fins so, upon acceptance to the training, cadets will need to email the OIC (see email address at the end of this letter) with their shoe size. This is critical for planning the proper gear.

**This training requires written proof that the cadet has passed both SEAL and FIRST CLASS swim quals before we will approve orders. Please make sure to upload signed copies of both to Magellan or email to [admin@nscpsw.org](mailto:admin@nscpsw.org).**

### Location and Dates

**LOCATION:** Los Alamitos Joint Forces Training Center

#### **TRAINING DATES:**

- July 1 – 14, 2018
- Cadets traveling by private vehicle will arrive on Sunday, July 1st, at 10AM and depart on Saturday, July 14th.
- Cadets arriving by air, train, or bus will arrive the day before.
- Officers and staff cadets will arrive as directed by the OIC.

Go to page 3 (or click [here](#)) for more information on Arrival/Departure and travel.

### How to Register

1. Have your unit register you on Magellan.
2. Once we see the registration, we will confirm.
3. Within 48 hours of confirmation, you MUST do the following to be approved:
  - Submit the Additional Information Form on our website, [www.nscpsw.org](http://www.nscpsw.org). Click [here](#) to link directly to that form.
  - Pay for training and shuttle (if using) at our online store. Click [here](#) to link there.
  - **Submit signed SEAL and swim quals (must be dated within 3 months of registration).**
  - Submit the Medical Supplemental Form, if you will be taking meds at training (attached at the end of this letter).
  - Submit the ADA Accommodation Form, if you will need an accommodation at training.

Go to page 2 (or click [here](#)) for more information.

## INTERESTED IN STAFFING?

Officers wishing to staff this training must be approved by LCDR Manoogian and LCDR Welchons.

For more information on becoming a member of Rescue Swimmer Staff, go to page 5 (or click [here](#)).

Please make sure we have a valid parent email address for communications during training!

## ALL THE OTHER STUFF YOU NEED TO KNOW

- [TRAINING OBJECTIVES AND EXPECTATIONS](#) – page 5
- [PREPARING FOR TRAINING](#) – page 5
- [DURING TRAINING](#) – page 7

## REGISTERING FOR TRAINING

To get an APPROVED slot at the training, you **must**:

- Have your unit's training officer register you on the MAGELLAN system. We will confirm upon initial entry into Magellan if space is available but must receive the following **within 48 hours** or registration will revert to Submitted status:
  - Payment of fees made at <https://mkt.com/nscpsw>.
  - Completion of the SUPPLEMENTAL REGISTRATION FORM at [www.nscpsw.org](http://www.nscpsw.org).
  - Upload signed SEAL and swim quals (showing First Class Swimmer) to Magellan or email to [admin@nscpsw.org](mailto:admin@nscpsw.org). **Both quals must be dated within 3 months of registration.**
  - Submission of Medical Supplemental Form and/or Request for Accommodation if either are needed.

**NO ORDERS WILL BE APPROVED UNTIL ALL 4 PARTS ARE COMPLETE!!!**

**b.** Have your unit upload a copy of your completed and signed NSCTNG001 to MAGELLAN. The original should be placed in your service record, which you will bring to training.

**c.** If you will be taking any medication, scan/email (or upload to MAGELLAN) a copy of the Page 7/8 Medical Supplemental Form. Your unit's officers will help with this. **We will not approve your space until your meds have been approved as appropriate for this training.**

**d.** Send us any ADA Request for Accommodation well in advance for review, subject to

approval. An approved Request for Accommodation at the home unit **does not automatically apply at the training.** Your unit's officers will help with this. **Your request must be approved before we can approve you in your training.**

**PAYMENT:** Payment for training fees, as well as airport shuttle fees, can be made at our website, [www.nscpsw.org](http://www.nscpsw.org). Click on Summer Training and then follow Step 4 to connect to our online store.

**Important!** Please include the following information as a note when completing your payment: Cadet's first and last names and the name of the unit they belong to. Parents often have last names that are different from the cadets; how are we to know for whom you are paying if you don't tell us in a note? For this reason, we encourage you to complete payment on a computer, not a phone, so that you don't miss this important step. Please submit one payment at a time with the requested information.

In accordance with NSCC regulations, training deposits are **non-refundable**.

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## **REPORTING AND TRAVEL**

**REPORTING UNIFORM** is **WORKING UNIFORM** (civilian clothes if traveling by plane, train, or bus).

### **REPORTING TIMES:**

- **CADETS ARRIVING BY PERSONAL VEHICLE:**

Cadets arriving by personal vehicle should report at **10:00 AM on Sunday, July 1, 2018.** **Please allow about at least an hour for the check-in process. PARENTS MUST REMAIN ONSITE UNTIL THEIR CADET HAS CLEARED ADMIN!!!!**

- **CADETS ARRIVING BY COMMERCIAL CARRIER:**

All cadets flying to training should plan to arrive at Long Beach Airport **on Saturday, June 30th, NO LATER THAN 3:00 PM, and depart on Saturday, July 14th, no earlier than 1:00 PM (unless other arrangements have been made).**

- **OFFICERS:**

Staff Officers should arrive as directed by the OIC.

### **GUIDELINES FOR COMMERCIAL TRAVELERS:**

**ALL PERSONNEL TRAVELING BY COMMERCIAL CARRIER ARE TO REPORT IN CIVILIAN CLOTHES.**

**YOU MUST PROVIDE A COPY OF YOUR FLIGHT/TRAIN/BUS ITINERARY** to [admin@nscpsw.org](mailto:admin@nscpsw.org) no later than 16 Jun 18 but it is not necessary to provide this information when you register.

Airline travelers will be transported by shuttle service to and from Los Alamitos for a \$20 fee each way (fee should be included with registration – if you didn't include with registration or want to add, please see shuttle note below for how to pay or contact [admin@nscpsw.org](mailto:admin@nscpsw.org) with any questions). You might have a bit of a wait, so please plan accordingly in order to minimize your wait time until the shuttle leaves.

**PLEASE NOTE:** We cannot accommodate cadets traveling "unaccompanied minor," which is a term the airlines use that means that a specifically named adult would have to meet the cadet at their gate. If this was your intention, please contact LCDR Manoogian at [srd@nscpsw.org](mailto:srd@nscpsw.org) to discuss **PRIOR** to booking any tickets.

Parents are reminded that training dates can change depending on the needs of the military and should book airfare as "refundable/changeable." This is also advised in case we have to send your cadet home early. We recommend that, should you choose not to purchase refundable fares, you purchase travel insurance. We cannot be responsible for fare increases due to unforeseen changes in the training schedule.

**SHUTTLE NOTE FOR AIRLINE TRAVELERS:** This is a privately scheduled shuttle for our cadets and staff only. You **MUST** reserve a space through us and pay in advance for the shuttle as the driver will **NOT** accept cash the day of arrival. Payment can be made at our website at the same place where you pay for training.

Upon arrival at the airport, please collect your seabag at Baggage Claim. Once we know when all our travelers will be arriving, we will notify you when the shuttle will run and where to wait. If you should encounter delays en route, please call 818-822-6818 and let us know.

**WHEN YOU ARRIVE:** In your possession should be your service record, valid ID and a complete Sea Bag. **No cadet may report aboard without a complete service record** with all signatures properly executed on all relevant portions of the NSCADM001 form (Cadet Application, Medical History, Medical Exam) and NSCTNG001 (Request for Orders). Also, a SUPPLEMENTAL HEALTH HISTORY (Page 7/8 of NSCADM001) form should be included if taking or using over-the-counter or prescription medications.

**INDIVIDUALS SHOULD CARRY THEIR OWN SERVICE RECORD.**

**DEPARTURE:** All cadets who are not commercial travelers will be available for pick-up at 10:00 AM on the last day of training, Saturday, July 14th.

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## **INTERESTED IN STAFFING?**

Officer inquiries should be directed to LCDR Vahan Manoogian at [srd@nscpsw.org](mailto:srd@nscpsw.org) or LCDR Welchons at [swelchons@seacadets.org](mailto:swelchons@seacadets.org). Please contact us to have a conversation prior to applying for the training or booking flights.

Upon notification that you have a confirmed billet on the staff, you'll receive separate instructions with details for your arrival and other useful information.

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# **TRAINING OBJECTIVES AND EXPECTATIONS**

**TRAINING OBJECTIVES:** Our objectives and purpose for offering this training evolution are:

- To provide training in a specific subject(s) for those Cadets attending training.
- To provide professional training to NSCC Officers and NSCC Staff Cadets so as to allow them the opportunity to utilize their abilities in a supervised military environment.
- To promote the highest level of training that is consistent with NLCC/NSCC National Goals with an atmosphere of respect, support, and esprit de corps.

**SAFETY:** Safety is our #1 priority. The success of this evolution depends on the safety of all personnel. This will be accomplished by the following methods:

- Accountability – This is achieved by knowing where our people are at all times and what they are doing. Each individual will act in a responsible manner.
- By always being alert to possible hazards and taking appropriate action to prevent possible harm to any personnel under our care.
- By making safety everyone's responsibility, from the cadet to the Commanding Officer. If any person feels their safety is about to be compromised, that person will bring it to the attention of the chain of command.

**CODE OF CONDUCT/HAZING/FRATERNIZATION:** Please review the attached CODE OF CONDUCT. This code will be the basis for a quality training experience. Furthermore, there is a **ZERO TOLERANCE** for hazing and/or fraternization. This includes bullying, use of foul language, and any negative behavior that takes away from a safe and positive training environment.

**TRAINING LOCATION:** Due to ongoing military operations, our training barracks and areas have not been assigned yet. We will send notification and maps two weeks prior to training. This is an active military base with all the facilities and amenities for quality training. We will be using the galley and classroom facilities. Regular bathroom and shower facilities are available.

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## **PREPARING FOR TRAINING**

**HAIRCUTS:** All hair must conform to NSCC standards. **Cadets may not check-in without a proper haircut.**

**CADET PREPARATION:** All cadets need to understand that this is a TRAINING evolution. To prepare for this evolution, each person should:

- Do physical training. Push-ups, sit-ups, and running are a good way to start. Physical training is included in the cadet-training curriculum.
- Pack their sea bag. This will help in knowing what has been brought to training. Each cadet will be 100% responsible for their own belongings.
- Break-in footwear. There will be a lot of walking during this training and boots are more comfortable if they have been broken in.

**PHYSICAL READINESS TEST (PRT):** On check-in day one we will administer the “SEAL” PRT and 1<sup>st</sup> class swim test. Any cadet that doesn’t pass will not be able to continue with the training. Because of the nature of the training and the tight timeline, we will not have any opportunity for remediation so it is important that every cadet come prepared. Remember this is the minimum for entry and the physical requirements will only increase. **It is recommended that you start conditioning NOW!**

**MEDICAL RESTRICTIONS:** Trainees with pre-existing medical conditions that will affect a safe training environment cannot be allowed to participate. While we want cadets to complete their training, safety is our first concern.

Medications prescribed or over-the-counter **are** permitted. **If your cadet will need to take ANY medications, a Supplemental Medical History (Page 7/8) which is included in this packet must be completed and approved prior to registering for training.** Please bring medications in the original container and place them in a baggie and include a copy of this form, which **MUST** be signed by a medical professional if any of the medications are prescription. **Discontinued use of required medication is not advised.**

**The final determination of participation in training due to a medical condition lies with the Commanding Officer, based on NSCC Regulations.**

**SEABAG:** Review the sea bag list. In addition to a standard seabag (seabag inspection will be held day one), you will need to have additional white or brown t-shirts, as we will be PT’ing and swimming in them every day. Cadets will be wearing white or brown t-shirts while the staff officers will be wearing blue or gold. They will be required to have two pair of UDT shorts (minimum) with black compression shorts worn under (females please wear one-piece swim suits as well). You will be allowed, and are encouraged, to wear compression shorts for all PT and swimming activities but they must be black.

**ALL CADETS MUST BRING A WATER SYSTEM (canteen w/web belt or Camelback is OK).** All items must be marked with the cadet’s last name and first initial (all underwear and socks look the same after a while). A sea bag inspection will be conducted on the first day of training. If required items are not in sea bag, attempts will be made to obtain the item for the cadet and the parent/guardian/unit will be billed. **IF IT IS NOT ON THE LIST, LEAVE IT AT HOME.** Commercial travelers should bring money and cell phone for their trip to/from Camp Pendleton; they will turn cell phones in at check-in.

**ADVANCED TRAINING CADETS:** You will receive an e-mail from your training Officer-in-Charge with specific instructions for your training. Please note that, unlike recruits, you will also be allowed to keep money and a watch, at your own risk.

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## **DURING TRAINING**

**CADET MAIL:** Due to anticipated limited e-mail access, we will not be able to take any mail (electronic or regular) during this evolution.

**NO CELL PHONES ALLOWED FOR ANY CADETS.** Cadets traveling by commercial carrier may bring a cell phone to stay in contact with family until arrival. These cell phones will be secured during training and

returned to cadets for their return travel. Failure to turn in cell phones or using cell phones during training will be grounds for dismissal.

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**QUESTIONS/CONCERNS:** Your unit CO is the first person who may be able to answer questions or concerns. They have been sent a copy of this information letter. If you still have questions, please e-mail to [question@nscpsw.org](mailto:question@nscpsw.org).

We look forward to your cadet having a positive training experience. Welcome Aboard!

LCDR Vahan Manoogian, NSCC  
Commanding Officer  
[srd@nscpsw.org](mailto:srd@nscpsw.org)

LCDR Scott Welchons, NSCC  
Rescue Swimmer Training OIC  
[swelchons@seacadets.org](mailto:swelchons@seacadets.org)

Attachments:

- a) Sea Bag List
- b) Code of Conduct
- c) Standing Orders
- d) Medical History Supplemental for Training Authorization, Consent and Release

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## SEA BAG LIST - RESCUE SWIMMER TRAINING

**NOTE TO PARENTS:** Your cadet is responsible for packing his/her sea bag. Please inspect their sea bag for the following items. ALL SEABAG ITEMS MUST BE MARKED WITH CADET'S NAME!

X	AMT	ITEM	X	AMT	ITEM
		<b>WORKING UNIFORM</b>			
		NWUs	OR		BDUs
	2	Sets of uniforms		2	Sets of uniforms
	8	Navy Blue T-shirts		8	Brown T-shirts
	1	Navy Blue Blousing straps		1	Green Blousing straps
	8	Pairs of black socks		8	Pairs of black socks
	1	Uniform jacket (or anything that will keep you warm at night)		1	Uniform jacket (or anything that will keep you warm at night)
	1	Pair of working uniform boots		1	Pair of working uniform boots
	1	Matching cover		1	Matching cover
		<b>MISC. CLOTHING ITEMS</b>			<b>PRT CLOTHES</b>
	8	Sets of underwear (Males: Boxers OK)		2	Pairs PT shorts
	1	Bathrobe/shower wrap (optional)		2	Pairs black compression shorts (minimum)
	1	Pair of shower shoes		5-7	White or brown T-shirts
	1	Rain poncho		2	Pairs UDT swim shorts (minimum)
	1	Pair small silver ball earrings (optional, females only)		6	Pairs of white athletic socks
				1	Pair of athletic shoes
		<b>OTHER</b>		1	Swimsuit (females: one-piece only)
	1	Canteen with belt or Camelback water system		2	Athletic bras (females)
	1	Sea bag			Any braces (knee, ankle, etc.) you currently use
	1	Sleeping bag and pillow		1	Pair of sweats
	1	Padlock with 2 keys (one in service record)			
	1	Blanket (OPTIONAL, if you get cold)			<b>HYGIENE ITEMS</b>
	1	Chain to wear lock key around neck		1	Tube of SPF 15 or greater sunscreen

X	AMT	ITEM	X	AMT	ITEM
	1	Black ballpoint pen		1	Chapstick
	4	#2 pencils		2	Towels
	1	Composition notebook		2	Washcloths
	1	Sewing kit		1	Hand soap (small pump bottle)
	1	Mesh laundry bag		1	Hand sanitizer (kept in uniform pocket)
	1	Small flashlight		1	Shampoo
		Religious materials (optional)		1	Toothbrush/toothpaste
		Spending money		1	Soap
				1	Shaving gear
				1	Deodorant
				1	Comb/brush
					Feminine products (females)
					Pins, rubber bands, gel to secure hair (females)
					Moleskin (VERY IMPORTANT!)

**CONTRABAND!!! THE FOLLOWING ARE PROHIBITED (DO NOT BRING):**

Make-up and perfumes/colognes

Controlled substances

Pornographic materials

Electrical appliances

Aerosol cans (e.g., hairspray, shave cream)

Weapons

Matches/lighters

Tobacco products

Glass containers

Jewelry (exc: small silver ball earrings for females)

**\*\*NOTE: Any contraband items brought by mistake must be turned back to the adult escorting to training.**

**\*\*NOTE: CELL PHONES – commercial travelers may turn in during check-in; these will be returned on departure day.**



UNITED STATES NAVAL SEA CADET CORPS  
Headquarters & Service Company  
Summer Training Command  
Marine Corps Base, Camp Pendleton, CA

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CODE OF CONDUCT

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So that this command and all its personnel may effectively work together as a team in a safe environment conducive to learning and esprit de corps, we have established the following Code of Conduct. It will govern all our behavior, from the Commanding Officer to the most junior Cadet. All personnel, cadets, and staff:

1. Will conduct themselves in a professional and military manner so as to bring credit to themselves, their home unit, the United States Naval Sea Cadet Corps, and the United States Navy.
2. Will not use vulgar, profane, humiliating, or racially/ ethnically slanted language or address to one another.
3. Will not threaten, or attempt to do bodily harm to one another.
4. Will not take, obtain, or withhold by any means, the property, money, or other articles of value from another.
5. Will not introduce with the intent to use, sell, transfer, or distribute any amount of illicit drugs or paraphernalia, alcoholic beverages, or tobacco products.
6. Will not engage in collection, soliciting, or distributing funds of any kind except as authorized by the command.
7. Will not willfully damage or destroy any government or personal property.
8. Will refrain from physical contact, hand-passed notes, or romantic interludes that are prejudicial to good order and discipline.
9. Will speak to or about each other in a respectful manner. There is to be no arguing, gossiping, backbiting, teasing, or other language deemed unacceptable.

Failure to abide by this Code of Conduct and other guidelines established by the Commanding Officer may result in disciplinary action, extra military instruction (EMI) or dismissal from training.

All reported violations of this Code of Conduct will be investigated. Accusations determined to be knowingly false will carry the same penalty as the violation itself. Summer Training Command, Camp Pendleton, CA is \*not\* the place to joke around. Don't forget where you are and what you're here for.

This command has a ZERO TOLERANCE policy concerning hazing, sexual harassment, and fraternization. This includes bullying, use of foul language, and any negative behavior that takes away from a safe and positive training environment. Transportation costs for anyone dismissed from training rest with the parents or home unit.

V. Manoogian, LCDR, NSCC  
Commanding Officer

U. S. NAVAL SEA CADET CORPS  
PACIFIC SOUTHWEST REGION

**Standing Orders**

These orders are to remain in effect for the duration of the training unless modified by competent authority. Failure to obey them will be regarded as a breach of discipline and will subject you to disciplinary action.

1. All cadets will rise at reveille. You will rise promptly and put on the uniform of the day. You will clean and square away your company area in preparation for morning inspection. You will be ready for muster at the appropriate time. Staff Cadets and Officers will rise 10 minutes prior to trainees.
2. You will be present at every muster and in the proper uniform of the day unless excused by the proper authority.
3. You will maintain proper military bearing at all times and observe all military customs and courtesies.
4. You will stand all assigned watches in a military and seamanlike manner.
5. You will not leave the assigned training area or berthing area without the approval of proper authority.
6. You will observe the chain of command. You will initiate requests and reports by addressing your squad leader.
7. You will at all times display due regard for the health, welfare, and safety of yourself and your shipmates.
8. You will not pretend to be ill or injured.
9. You will not embarrass or degrade another person.
10. There will be no smoking.
11. You will not fight or engage in skylarking.
12. The use of illegal or controlled substances is prohibited.
13. You will not leave any electrical appliances unattended while plugged into a circuit.
14. No trainee will be out of their bunks between lights out and reveille unless they are on watch, using the restroom (head) or with approval of proper authority. Staff Cadets will observe lights out one hour after trainees.
15. Staff will remain in uniform while in a duty status.
16. All trainees will respect and observe "out of bounds" notices and "off limits areas" throughout the barracks.
17. Trainees may not use phones.
18. You will not loiter on the quarterdeck. All trainees on the quarterdeck will be in the uniform of the day.
19. All meals will be eaten as a company unless excused by proper authority.
20. Forms of address:
  - \*The Commanding Officer will be addressed as Captain, Skipper, or by rank and name.
  - \*The Executive Officer will be addressed as Commander or by rank and name.
  - \*All other officers will be addressed by rank and name. (EX: LCDR O'Riley, Ensign Collins, Instructor Gorman)
  - \*Chief Petty Officers will be addressed as CHIEF.
  - \*Company Commanders will be addressed as CC.
  - \*Assistant Company Commanders will be addressed as ACC.
  - \*All other staff cadets will be addressed by rank and name. (EX: Petty Officer Brown, Seaman Smith)
  - \*Recruits will be addressed as Recruit (last name) (EX: Recruit Johnson)

**NOTICE**

This form, used as a supplement to the Report of Medical History, is **MANDATORY** for all Cadets who are currently taking medication and will report to training with prescription and/or non-prescription (over the counter) medications. Cadets may bring prescription and non-prescription medication to training as long as the medication is not for a contagious illness or physical condition that would normally preclude his/her full participation in rigorous physical activity. Medication must NOT have expired. This form is to be used in conjunction with the current report of Medical History when screening cadets prior to attending "ALL" trainings for those taking medications.

**THE INFORMATION YOU PROVIDE MUST BE ACCURATE AND COMPLETE.** If the cadet is taking prescription medications, a qualified medical provider must endorse this document in Section 10, confirming the accuracy of the prescription information provided. Medical provider signature for OTC medications is NOT REQUIRED; parent signature is sufficient for OTC medications.

Commanding Officers of Training Contingents (COTC) and Senior Escort Officers (SEO) retain the obligation and right to deny acceptance for training to any Cadet if upon review of the Report of Medical History and this document, it is determined that the Cadet is not physically and/or medically qualified (without ADA accommodation). This includes a determination that they do not have sufficient or qualified personnel to administer required medications. Parents/Legal Guardians should be consulted before making these type determinations.

**1. PERSONNEL INFORMATION**

<b>1a.</b> Last Name	<b>1b.</b> First Name	<b>1c.</b> MI	<b>1d.</b> Social Security Number
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**2. TRAINING INFORMATION**

<b>2a.</b> Training Code	<b>2b.</b> Training Start Date	<b>2c.</b> Training End Date	<b>2d.</b> Training Days	<b>2d.</b> Training Location
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**3. PACKAGING AND LABELING REQUIREMENTS**

<b>3a. Prescription Medication</b> <ul style="list-style-type: none"> <li>Must be in the original container from the pharmacy or manufacturer.</li> <li>Must have a complete prescription label attached to the container.</li> <li>The container will only contain the medication it is labeled for.</li> <li>The Cadet must be the person prescribed the medication and his or her name must appear on the prescription label.</li> </ul>	<b>3b. Non-Prescription Medication (Over the Counter)</b> <ul style="list-style-type: none"> <li>Must be in the original container from the manufacturer.</li> <li>Must have a complete manufacturer's label attached to the container identifying the contents and directions for use.</li> <li>The container will only contain the medication it is labeled for.</li> </ul>
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**4. PRESCRIPTION OR NON-PRESCRIPTION MEDICATION** *(Use additional documents if more than three medications are provided)*

<b>4a.</b> Name of Medication	<b>4b.</b> Strength	<b>4c.</b> Total Quantity Required	<b>4d.</b> Total Quantity Sent
<b>4e.</b> Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	<b>4f.</b> Frequency and Dosage (check one) <input type="checkbox"/> As needed, as labeled <input type="checkbox"/> On schedule, as labeled <input type="checkbox"/> Other: See Block 4l and/or Block 7		
<b>4g.</b> Prescribing Provider Name	<b>4h.</b> Prescribing Provider Phone Number	<b>4i.</b> Prescribing Provider Phone Number (alternate)	
<b>4j.</b> Reason for medication <i>(Describe in detail if necessary)</i>			
<b>4k.</b> Relevant side effects to be observed if any: <i>(Such as reactions to food, dehydration, sun sensitivity, hives, other medication restrictions, decreased balance/motor skills, hyperactivity, concentration, drowsiness, lethargy, etc.)</i>			
<b>4l.</b> List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
<b>4m.</b> Expected effects if medication is not taken as directed.			

**5. PRESCRIPTION OR NON-PRESCRIPTION MEDICATIONS** *(Use additional documents if more than three medications are provided)*

<b>5a.</b> Name of Medication	<b>5b.</b> Strength	<b>5c.</b> Total Quantity Required	<b>5d.</b> Total Quantity Sent
<b>5e.</b> Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	<b>5f.</b> Frequency and Dosage (check one) <input type="checkbox"/> As needed, as labeled <input type="checkbox"/> On schedule, as labeled <input type="checkbox"/> Other: See Block 5l and/or Block 7		
<b>5g.</b> Prescribing Provider Name	<b>5h.</b> Prescribing Provider Phone Number	<b>5i.</b> Prescribing Provider Phone Number (alternate)	
<b>5j.</b> Reason for medication <i>(Describe in detail if necessary)</i>			
<b>5k.</b> Relevant side effects to be observed if any: <i>(Such as reactions to food, dehydration, sun sensitivity, hives, other medication restrictions, decreased balance/motor skills, hyperactivity, concentration, drowsiness, lethargy, etc.)</i>			
<b>5l.</b> List any other important information about this medication since access to medical information or facilities could be delayed due to training activates or location.			
<b>5m.</b> Expected effects if medication is not taken as directed.			

## MEDICAL HISTORY SUPPLEMENTAL

<b>6. PRESCRIPTION OR NON-PRESCRIPTION MEDICATION</b> <i>(Use additional documents if more than three medications are provided)</i>			
<b>6a.</b> Name of Medication	<b>6b.</b> Strength	<b>6c.</b> Total Quantity Required	<b>6d.</b> Total Quantity Required
<b>6e.</b> Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	<b>6f.</b> Frequency and Dosage (check one) <input type="checkbox"/> As needed, as labeled <input type="checkbox"/> On schedule, as labeled <input type="checkbox"/> Other: See Block 6l and/or Block 7		
<b>6g.</b> Prescribing Provider Name	<b>6h.</b> Prescribing Provider Phone Number	<b>6i.</b> Prescribing Provider Phone Number (alternate)	
<b>6j.</b> Reason for medication <i>(Describe in detail if necessary)</i>			
<b>6k.</b> Relevant side effects to be observed if any: <i>(Such as reactions to food, dehydration, sun sensitivity, hives, other medication restrictions, decreased balance/motor skills, hyperactivity, concentration, drowsiness, lethargy, etc.)</i>			
<b>6l.</b> List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
<b>6m.</b> Expected effects if medication is not taken as directed			
<b>7. REMARKS</b> (please include comments as required by Blocks 4, 5 and/or 6. Also provide any other medical history that you or your physician deems important)			
<b>8. STATEMENT OF UNDERSTANDING AND CONSENT</b>			Parent/Guardian Initial Below
<b>8a.</b> During the NSCC/NLCC training evolution, NSCC medical personnel on duty and/or assigned NSCC staff members have my permission to administer the medication listed in Block 4, Block 5 and/or Block 6. I understand that all medications provided to the NSCC training contingent staff, must be in the original medication bottle containing all of the information required by Block 4, 5, and/or 6.			
<b>8b.</b> I give consent to the NSCC staff to contact the medical provider as needed for clarification with regard to medications listed and the conditions for which the medication is prescribed. The medical provider has been notified that the NSCC is authorized to obtain medical/prescription information if necessary.			
<b>8c.</b> I understand that all medications will be collected at the beginning of training and administered to the Cadet based on dosing instructions on the medication bottle/package. In no instance will Cadets be allowed to self-medicate with any medication whether it is over the counter or prescription. I understand I must provide the required amount of medication needed for the entire duration of the training evolution.			
<b>8d.</b> I understand that the Commanding Officer of the Training Contingent (COTC), and/or National Headquarters (NHQ) retains the authority to not accept and/or terminate Cadet's training at any time due to medical/other reasons. If terminated, parent agrees to immediately pick up their son/daughter upon notification by the COTC and/or training staff.			
<b>9. AUTHORIZATION AND RELEASE</b>			
I certify that, to the best of my knowledge, the information provided is true and accurate and I have disclosed all pertinent medical history. Furthermore, I authorize the Naval Sea Cadet Corps, its agents, officials, and training staff members, to dispense medication listed on this authorization and I "Hold Harmless" the Naval Sea Cadet Corps from any and all liability, actions, or causes of action for damages or injury that may arise, directly or indirectly, from my child's use of medication while participating in Naval Sea Cadet Corps activities. I understand that training staff members may not be medical professionals and that medication will be dispensed according to the manufacturer's instructions and/or the instructions I provided on this authorization.			
<b>9a.</b> Name of Parent/Guardian (Type or Print)	<b>9b.</b> Signature	<b>9c.</b> Date (DD MMM YY)	
<b>10. ENDORSEMENTS</b>			
I have reviewed the medical record of this cadet and certify that the medications listed on this form are true and correct as prescribed and that this cadet is physically able to attend the listed training evolution.			
<b>10a.</b> Name of Medical Provider (Type or Print)	<b>10b.</b> Signature	<b>10c.</b> Date (DD MMM YY)	
I certify that I have reviewed the above information and the Cadet listed on this form is physically able to attend the listed training evolution.			
<b>10d.</b> Name of Commanding Officer (Type or Print)	<b>10e.</b> Signature	<b>10f.</b> Date (DD MMM YY)	