



**U.S. NAVAL
SEA CADET CORPS**

CHART YOUR COURSE

Welcome Aboard for 2019-20 Winter NLCC Orientation!

*** RECRUITS ***

Location and Dates

LOCATION: YMCA Camp
Marston, 4761 Pine Hills Rd.,
Julian, CA

TRAINING DATES:

- Dec. 29, 2019 – Jan. 4, 2020
- Recruits arriving by air, train, or bus will arrive on Dec. 28th no later than 4:00 PM.

Go to page 2 (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. 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 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.

**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 4
- **PREPARING FOR TRAINING** – page 4
- **DURING TRAINING** – page 6

REGISTERING FOR TRAINING

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

a. 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:

- 1) Payment of fees made at <https://squareup.com/store/us-naval-sea-cadet-corps>.
- 2) Completion of the ADDITIONAL INFORMATION FORM at www.nscpcsw.org.
- 3) Submission of Medical Supplemental Form and/or Request for Accommodation if either are needed.

NO ORDERS WILL BE APPROVED UNTIL ALL 3 PARTS ARE COMPLETE!!!

Please note that, if you do not complete all items within the 48 hours, you will revert to Submitted status. We only confirm and hold a space for you once, so if you are un-confirmed, you must submit all items and we will then confirm and approve, if space is available once all items are received.

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 can be made at our website, www.nscpcsw.org. Click on NLCC 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 and we want to make sure that your payment is posted correctly. 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:

- **RECRUITS ARRIVING BY PERSONAL VEHICLE:**

Recruits arriving by personal vehicle should report to Camp Marston at **10:00 AM on Sunday, December 29, 2019**. Please allow about an hour for the check-in process. **PARENTS MUST REMAIN ONSITE UNTIL THEIR CADET HAS CLEARED ADMIN!!!!**

- **RECRUITS ARRIVING BY COMMERCIAL CARRIER:**

All recruits flying to training should plan to arrive at **SAN DIEGO INTERNATIONAL AIRPORT on Saturday, Dec. 28th, NO LATER THAN 4:00 PM, and depart on Saturday, January 4th, no earlier than 2:00 PM (unless other arrangements have been made)**.

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 nlccadmin@nscpsw.org no later than 12 DEC19 but it is not necessary to provide this information when you register.

Airline travelers will be transported by shuttle service to and from Camp Marston for a \$30 charge each way. We will have someone to meet arrivals at the airport baggage claim area and this person will make sure that cadets get on the shuttle. The shuttle will depart Baggage Claim at the San Diego airport at 5:00 pm on Dec. 28th, so please plan accordingly in order to minimize your wait time until the shuttle leaves.

Depending on the time of your arrival, you could have a long wait so be prepared! **MAKE SURE THAT WE KNOW YOUR TRAVEL PLANS!!!** If you should encounter delays en route, please call 818-822-6818 and let us know.

PLEASE NOTE: We will 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. Please contact LCDR Manoogian at ymanoogian@seacadets.org to discuss **PRIOR** to booking any tickets.

Parents are reminded that we sometimes have to send cadets home and should book airfare as "refundable/changeable." 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 in advance.

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.

GRADUATION AND DEPARTURE: Graduation events will take place on Saturday, Jan. 4th, at 10:00 AM. We will send an email invitation midway through the training, so please make sure we have a correct email that will be checked during the Training.

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TRAINING OBJECTIVES AND EXPECTATIONS

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

- To provide basic indoctrination to Cadets in the fundamentals of barracks life, military standards, naval traditions, and responsibilities to enable them to enhance their fulfillment as a cadet, and to perform and excel during their tenure with the Corps.
- 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.

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PREPARING FOR TRAINING

HAIRCUTS: All Cadets - haircuts must conform to NSCC Grooming Standards. Males: Tapered (no steps), clean around neck and ears.

YOU MUST GET YOUR HAIRCUT PRIOR TO TRAINING. Each session we have cadets who actively choose to not get their haircut because they have been told it will be done at training – **THIS IS NOT THE CASE.** **Cadets may not check-in without a proper haircut.**

CADET PREPARATION: All cadets need to understand that this is a TRAINING evolution. They are participating to learn more about being in the NSCC program. Each individual will be asked to do things that

are challenging and different from “the way I’ve always done it.” 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 own 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): All recruits attending Orientation MUST PASS THE PRT.

This is a requirement to attend and receive credit for training. A copy of the minimum requirements has been attached and the PRT STANDARD ACKNOWLEDGEMENT must be on file.

PRT will be conducted during the first few days of training. This gives all cadets an opportunity to get acclimatized to the environment. Those cadets who DO NOT PASS the PRT will have their parents and unit CO notified. At that point, a decision will be made on a case-by-case basis as to whether a cadet will remain in training. The end-state is that: 1) everyone is provided the standards, 2) the cadets know what they need to do to pass the PRT, and 3) it is ultimately THEIR RESPONSIBILITY to pass.

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. **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; they will turn cell phones and money in at check-in.

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DURING TRAINING

OUTSIDE PARTY CONTACT: To create and maintain the most productive military environment needed for a successful training, it is necessary to isolate trainees from outside influences that may prove distracting. To this end, it is essential for parents, relatives, and friends to understand:

- Visits from parents, relatives, and friends will be prohibited.
- Visits from home unit staff not attached to the training are not allowed, unless approved in advance by the Commanding Officer.
- Trainees are not allowed to place or receive phone calls. In case of family emergencies parents are to contact the unit CO, who will then contact the Training Site. If there is an emergency regarding a cadet, a call will be placed to the parents and the unit CO.
- Cadets may send mail to family and friends.

We also try to post online pictures taken by our Photojournalism Training as staff time and internet capacity allows. Photos can be found at our Navy League Facebook page: **US Navy League Cadet Corps - Pacific Southwest Region 11.**

CADET MAIL: Due to anticipated limited e-mail access, we will not be able to take inbound e-mails for the cadets. If you would like to send a letter, please address to:

(Cadet's Name)
 (NLCC Orientation, including Division number if you know it)
 US Naval Sea Cadet Corps
 YMCA Camp Marston
 P.O. Box 2440
 Julian, CA. 92036

Please note that this is for incoming cadet mail during the period of Dec. 29th to Jan. 4th. To ensure delivery, we recommend that you **send your letter no later than Tuesday, Dec. 31st**, to ensure that it arrives during training. Any mail received after training is done will be marked "Return to Sender."

Parents, be aware that the regimented military lifestyle at recruit training is *very different* from what your cadets have experienced in the civilian world. Please discount the first letter home from your cadets; wait until you receive the second letter home and you'll find they've adjusted well, and very quickly, and are actually enjoying themselves.

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@nscpcsw.org.

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

LCDR Vahan Manoogian, NSCC
 Commanding Officer
vmanoogian@seacadets.org

LCDR Pete Wright, NSCC
 NLCC Orientation Training OIC
pete.wright.usnsc@gmail.com

Attachments:

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

SEA BAG LIST - NLCC ORIENTATION 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!

Please also note that there is NO dress uniform required for this training!

X	AMT	ITEM	X	AMT	ITEM
		WORKING UNIFORM			
		NWUs	OR		BDUs
	2	Sets of uniforms		2	Sets of uniforms
	6	Navy Blue T-shirts		6	Brown T-shirts
	1	Pair navy Blue Blousing straps		1	Pair green Blousing straps
	6	Pairs of black socks		6	Pairs of black socks
	1	Uniform jacket (or any short jacket that will keep you warm at night) - black or navy color preferred		1	Uniform jacket (or any short jacket that will keep you warm at night) - black or navy color preferred
	1	Pair of black working uniform boots		1	Pair of black working uniform boots
	1	Matching 8-point cover with NLCC flash - no "recruit" ballcaps		1	Matching 8-point cover with NLCC flash - no "recruit" ballcaps
		HYGIENE ITEMS			PT CLOTHES
	1	Tube of SPF 15 or greater sunscreen		2	Pairs PT shorts - black or navy preferred, no inappropriate logos
	1	Chapstick		2	T-shirts - yellow or gold preferred, no inappropriate logos
	2	Towels		1	Pair athletic/running shoes
	2	Washcloths		6	Pairs of white athletic socks
	1	Hand soap (small pump bottle)		1	Swimsuit (females: one-piece only)
	1	Hand sanitizer (kept in uniform pocket)		2	Athletic bras (females)
	1	Shampoo			Any braces (knee, ankle, etc.) you currently use
	1	Toothbrush/toothpaste		1	Pair of sweats - black or navy preferred, no inappropriate logos

X	AMT	ITEM	X	AMT	ITEM
	1	Soap			
	1	Shaving gear, if needed			
	1	Deodorant		1	Canteen with belt or Camelback water system
	1	Comb/brush		1	Sea bag
		Feminine products (females)		1	Pillow with pillowcase (white preferred)
		Pins, rubber bands, gel to secure hair (females)		1	Blanket - blue, gray or olive preferred
		Moleskin (VERY IMPORTANT!)		1	Set twin bed sheets - 1 flat, 1 fitted (white preferred)
				1	Lock with 2 keys (one in service record)
				1	Chain to wear lock key around neck
		BECAUSE IT CAN BE COLD AND WET		1	Black ballpoint pen
	1	Rain poncho		4	#2 pencils
	1	Watch cap (beanie)		1	Composition notebook
	1	Pair of warm gloves		1	Sewing kit
				1	Mesh laundry bag
				1	Small flashlight
				1	Black shoeshine kit (paste only)
				6	Clothes hangers
					Religious materials (optional)

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)

2.09 CURL-UPS

(a) **Proper form.** For a video demonstration of the proper form of a curl-up, see the U.S. Navy's video at this link: <https://youtu.be/cey3sVwrvjQ>, or read the full description of this exercise below.

(b) **Starting position.**



(1) Another cadet of the same sex as the exercising cadet holds the cadet's feet. Curl-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used, however the cadet must be entirely on or off the padding, *i.e.*, the cadet's upper body cannot be on the padding with feet off.

(2) The cadet begins by lying flat on his/her back with knees bent, and heels about 10 inches from buttocks. Arms shall be folded across and touching chest with palms of hands touching upper chest and shoulders (thumbs touching clavicle (collarbone)).

(3) Feet shall be flat on the deck and held by partner's hands. If preferred the partner may use their knees (on the side of the feet only) in addition to their hands to secure the cadet's feet. Any other means of securing the cadet's feet is not authorized.

(c) **Repetitions.**



(1) The cadet curls his/her upper body up, touching elbows to thighs (anywhere between the knees and hips) while keeping hands held firmly against the chest and shoulders (thumbs remaining in contact with clavicle (collarbone)). After touching elbows to thighs, the cadet returns to starting position, ensuring lower back and shoulder blades touch the deck. Repeat as many times as possible before the event ends.

(2) The cadet may rest in either the up or down position.

(3) Count only the number of *correctly performed* curl-ups. Curl-ups performed incorrectly shall not be counted.

(d) **Time.** Each cadet will perform as many correct repetitions as possible **within one minute**. The OIC gives a warning and, once all cadets are in position, announces the command of execution (“EXERCISE!”).

(1) The curl-up event ends when the cadet:

- (i) Lowers legs;
- (ii) Lifts feet off deck;
- (iii) Lifts buttocks off deck;
- (iv) Fails to keep arms folded across the chest and/or lowers arms; or
- (v) Thirty (30) seconds elapses between repetitions.

2.10 **PUSH-UPS**

(a) **Proper form.** For a video demonstration of the proper form of a push-up, see the U.S. Navy’s video at this link: <https://youtu.be/Get-JgZvI0A>, or read the full description of this exercise below.

(b) **Starting position.**



(1) Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the cadet must be entirely on the padding or off, *i.e.*, cadet's upper body cannot be on the padding with feet off.

(2) Cadets will begin in the "up" position on the deck (depicted above) so that body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.

(3) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width. Feet will be no more than 12 inches apart.

(c) **Repetitions.**



(1) Member shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck.

(2) Member pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows.

(3) Member may rest only in the "up" (starting) position, maintaining a straight line with shoulders, back, buttocks, and legs.

(4) Count only the number of *correctly performed* push-ups. Push-ups performed incorrectly shall not be counted.

(d) **Time.** Each cadet will perform as many correct repetitions as possible **within one minute**. The OIC provides a suitable warning and, once all cadets are in the ready ("leaning rest") position, announces the command of execution ("EXERCISE!" or similar).

(1) The push-up event ends when the cadet:

- (i) Touches deck with any part of body except hands and feet;
- (ii) Raises one hand or foot off the deck; or
- (iii) Fails to maintain proper body alignment.

2.11 1-MILE RUN

(a) **Instructions.** The event consists of running or walking 1.0 mile (cadets) or 1.5 miles (adults) as quickly as possible. Any combination of running or walking is acceptable to complete the event.

(b) **Procedures.**

(1) The OIC will ensure that proctors are spaced out evenly throughout the course, and that sufficient means of communication between proctors are available, in the case of injury or safety hazard.

(2) All cadets will stand at the start line. The OIC will issue the preparatory command of "READY, SET", followed by the command of execution, "GO!"

(3) A timer will call out the elapsed time at varying intervals.

(4) Time is recorded with stopwatch to the nearest second.

(c) **Timing.**

(1) The run event ends when the cadet:

(i) Completes the entire course;

(ii) Does not complete the entire course, in which case the run portion of the PRT will be scored a 59:59 in MAGELLAN and scored a "fail"; or

(iii) Takes a short-cut, which is considered cheating. In this case, the cadet has failed the entire PRT and is not eligible for a re-take under Section 1.06.

2.12 AFTER THE TEST

(a) **Cool-down and Stretching.** At end of the PRT, cadets must participate in a cool down period to allow heart rate, blood pressure, and respiration rate to decline gradually. Stretching while still warm helps muscles to recover more quickly. Cool down should last at least ten minutes.

(b) **Injury Reporting.** If a cadet is injured during the PRT, the OIC must obtain any necessary medical attention. The CO must contact the cadet's parent or guardian as soon as possible. Following drill, the CO must report the accident to National Headquarters, the NHQ Representative, and the Regional Director.

(c) **Grading the PRT.** As soon as possible following the PRT, the CO must ensure that all PRT scores are accurately entered into Magellan.

(1) Any cadets who have failed the PRT (see Section 1.06) must immediately be informed that they have failed. At this time, such cadets must be provided information for any scheduled re-take date.

CHAPTER 3: SCORING STANDARDS

3.01 CADETS

(a) **Satisfactory (Minimum Passing Standards)**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	28	12	11:40	10	26	9	13:00
11	29	14	11:25	11	28	7	12:42
12	32	15	10:22	12	30	5	12:24
13	34	20	9:45	13	32	7	12:15
14	36	20	9:30	14	32	7	12:00
15	38	25	9:15	15	31	10	11:45
16	40	25	9:00	16	30	10	12:15
17/18	40	30	8:45	17/18	29	10	12:15

(b) **Good**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	35	14	9:48	10	30	13	11:22
11	37	15	9:20	11	32	11	11:17
12	40	18	8:40	12	35	10	11:05
13	42	24	8:06	13	37	11	10:23
14	45	24	7:44	14	37	10	10:06
15	45	30	7:30	15	36	15	9:58
16	45	30	7:10	16	35	12	10:31
17/18	44	37	7:04	17/18	34	16	10:22

(c) **Excellent**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	45	22	7:57	10	40	20	9:19
11	47	27	7:32	11	42	19	9:02
12	50	31	7:11	12	45	20	8:23
13	53	39	6:50	13	46	21	8:13
14	56	40	6:26	14	47	20	7:59
15	57	42	6:20	15	48	20	8:08
16	56	44	6:08	16	45	24	8:23
17/18	55	53	6:06	17/18	44	25	8:15

3.02 ADULT VOLUNTEERS

MALE ADULT				FEMALE ADULT			
AGE	CURL-UPS	PUSH-UPS	1.5 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1.5 MILE RUN
18-29	30	35	14:00	18-29	25	17	18:30
30-39	30	25	14:45	30-39	25	12	19:00
40-49	25	20	15:35	40-49	20	8	19:30
50-59	20	15	17:00	50-59	15	6	20:00
60+	19	10	19:00	60+	15	3	20:30

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

1a. Last Name	1b. First Name	1c. MI	1d. USNSCC ID Number
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2. TRAINING INFORMATION

2a. Training Code	2b. Training Start Date	2c. Training End Date	2d. Training Days 0	2e. Training Location
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3. PACKAGING AND LABELING REQUIREMENTS

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

4a. Name of Medication	4b. Strength	4c. Total Quantity Required	4d. Total Quantity Sent
4e. Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	4f. 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		
4g. Prescribing Provider Name	4h. Prescribing Provider Phone Number	4i. Prescribing Provider Phone Number (alternate)	
4j. Reason for medication <i>(Describe in detail if necessary)</i>			
4k. 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>			
4l. List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
4m. 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)*

5a. Name of Medication	5b. Strength	5c. Total Quantity Required	5d. Total Quantity Sent
5e. Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:	5f. 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		
5g. Prescribing Provider Name	5h. Prescribing Provider Phone Number	5i. Prescribing Provider Phone Number (alternate)	
5j. Reason for medication <i>(Describe in detail if necessary)</i>			
5k. 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>			
5l. List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
5m. Expected effects if medication is not taken as directed.			

MEDICAL HISTORY SUPPLEMENTAL			
6. PRESCRIPTION OR NON-PRESCRIPTION MEDICATION <i>(Use additional documents if more than three medications are provided)</i>			
6a. Name of Medication	6b. Strength	6c. Total Quantity Required	6d. Total Quantity Required
6e. Storage (Use Block 7, if necessary) <input type="checkbox"/> Refrigerate <input type="checkbox"/> Child-Proof Cap <input type="checkbox"/> Other:		6f. 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	
6g. Prescribing Provider Name	6h. Prescribing Provider Phone Number	6i. Prescribing Provider Phone Number (alternate)	
6j. Reason for medication <i>(Describe in detail if necessary)</i>			
6k. 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>			
6l. List any other important information about this medication since access to medical information or facilities could be delayed due to training activities or location.			
6m. Expected effects if medication is not taken as directed			
7. REMARKS (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)			
8. STATEMENT OF UNDERSTANDING AND CONSENT			Parent/Guardian Initial Below
8a. 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.			
8b. 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.			
8c. 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.			
8d. 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.			
9. AUTHORIZATION AND RELEASE			
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.			
9a. Name of Parent/Guardian (Type or Print)	9b. Signature	9c. Date (DD MMM YY)	
10. ENDORSEMENTS			
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.			
10a. Name of Medical Provider (Type or Print)	10b. Signature	10c. 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.			
10d. Name of Commanding Officer (Type or Print)	10e. Signature	10f. Date (DD MMM YY)	