



United States Naval Sea Cadet Corps

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Summer 2010

Dear Sea Cadet Families:

Welcome to the 2010 Summer Recruit Training, 18 JUL 10 to 31 JUL 10, at Camp Roberts, CA. Whether this is your first time or you are a seasoned veteran, this letter should answer many of your questions. Our goal is insure that you have an exceptional training experience. This year's training is utilizing the talents of some excellent Sea Cadet and Navy personnel. Our evolutions will be supervised by a full compliment of staff and all personnel will report to the Commanding Officer.

Please review the information listed below with your cadet. This will help insure a safe and positive training experience:

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

- To provide basic indoctrination to Sea 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 Sea 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 NSCC National Goals with an atmosphere of respect, support, and esprit de corps.

TRAINING LOCATION: Our training site will be at Camp Roberts, CA. This is an active duty Army National Guard 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. Due to mobilization of naval troops, Construction Battalion Center, Port Hueneme is not available this year.

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 recruit 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.

REPORTING PROCEDURES: You should report at **0800 on Sunday, 18 JUL 10**. Registration will end at **1500**. In your possession should be a service jacket, valid ID card, Training Orders, and a complete sea bag. For individuals traveling as a group, the service jackets should be in one envelope with an accurate training roster attached. Reporting Uniform is **PT Gear**.

TRAVEL TO AND FROM TRAINING: **A TRAVEL INFORMATION FORM must be on file for all cadets.** This includes cadets who will come by private automobile.

ALL PERSONNEL TRAVELING BY COMMERCIAL CARRIER ARE TO REPORT IN CIVILIAN CLOTHES and arrive on Saturday, 17 JUL 10 and depart on Saturday, 31 JUL 10 (unless other arrangements have been made). All flights should be in and out of San Luis Obispo Regional Airport-AIRPORT CODE (SBP) and all train and bus travel in and out of Paso Robles- STATION CODE PRB. They will be shuttled to Camp Roberts and will return the same way. **Flight plans must be on file.**

DRIVING ONTO CALIFORNIA ARMY NATIONAL GUARD BASE: In order to enter the Army National Guard Base, the vehicle driver will need a valid driver's license, vehicle registration, and proof of insurance. You will be directed from the gate to our location or there will be signs posted leading the way. Directions to Camp Roberts may found by going to <http://www.calguard.ca.gov/CpRbts/Pages/Directions.aspx>

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 and PASSING THE PRT AT CHECK-IN is a requirement to attend training. A copy of the minimum requirements has been attached.
- 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. A lot of drilling will take place during training. Tennis shoes will be the footwear for much of the training. However, there will be times when dress shoes must be worn; these are more comfortable if they have been broken in.
- Educate yourself about naval courtesies and customs. Complete the required BMR chapters (have done or be trained in 1, 5, 6, 9, 10)

GRADUATION: Graduation ceremony will take place on **Saturday, 31 JUL at 9:00 AM.** A formal invitation outlining the day's activities will be sent to all families.

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.
- Trainees are not allowed to place or receive phone calls. In case of family emergencies parents are to contact unit CO. The unit CO 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.
- Cadets may receive e-mail at mail@nscpsw.org (please be sensitive about what you write and understand they can't respond. E-mail's are printed out daily and dispersed to the cadets during personal time in the evenings).

CODE OF CONDUCT: Please review the attached CODE OF CONDUCT. These will be the basis for a quality training experience.

MEDICAL RESTRICTIONS: Trainees with pre-existing medical conditions that will affect training 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 you cadet will need to take medications, a Request to Administer Medications (Form NSCTNG025 – available on our website) must be completed and approved prior to training. **Discontinued use of required medication is not advised** (this is not the time to see if Billy Bob can go 13 days without Ritalin).

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

SEABAG: Review the attached sea bag list. 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, **escort officer/parent will be required to obtain items needed.** Due to the number of unauthorized items brought, any confiscated materials will not be returned.

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

PERSONAL MONIES: RECRUITS: There is no place to spend money, don't bring it. The exception is those cadets traveling by commercial carrier who will want to purchase meals upon their arrival and departure.

PHYSICAL SECURITY: All personnel will feel safe in their training environment. There will be no hazing, acts of sexual harassment, or harassing by any trainee or staff. This includes any activities that embarrasses or degrades another individual. Any individual violating this rule will be disciplined. All personnel may report up the chain of command any incidents that they feel jeopardize their personal safety.

HAIRCUTS: All cadets must conform to the following haircut guidelines:

Female: Hair secured in a bun which will fit under their cover

Male: #1 all-around. If cadet's hair does not meet these criteria, they will need to go to the base barber before check-in can be completed. Short haircuts are for comfort and hygiene reasons.

STAFF REPORTING PROCEDURES: You should report at **1300, Saturday, 17 JUL 10.** In your possession should be a service jacket, valid ID card, Training Orders, and a complete sea bag. For individuals traveling as a group, the service jackets should be in one envelope with an accurate training roster attached. **NO CELL PHONES ALLOWED FOR ANY STAFF CADETS.** Staff 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 cadet for their return travel. Failure to turn in cell phones or using cell phones during training will be grounds for dismissal.

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 or call 818.822.9710. We will respond as soon as possible.

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

Welcome Aboard!

LCDR Vahan Manoogian
Commanding Officer

**UNITED STATES NAVAL SEA CADET CORPS
2010 SUMMER RECRUIT TRAINING**

SEABAG LIST

NOTE TO PARENTS: Your cadet is responsible for packing his/her seabag. Please inspect their Seabag for the following items.

TRAVEL UNIFORM: PT Gear (civilian clothes for those traveling by commercial carrier)

CURRENT ID CARD.

1 Dress White Uniform with flashes	1 Pair black dress shoes
1 Black Neckerchief	1 White Dixie cup cover (male)
1 Seabag	for Combo/beret (female)
1 Black belt w/silver buckle	
3 Utility shirts w/ flashes and name tapes (<u>NO STRIPES!</u>)	3 pr Utility pants w/ name tapes
1 Tube of at least SPF 15 sunscreen	1 Black ballpoint pen, 1 pencil
1 Padlock with 2 keys (no combination locks)	1 Pad of paper
*1 key should be placed in personnel file *	1 Chain to wear key around neck
1 Pair of athletic running shoes	1 Sewing kit
2 Athletic bras (female)	2 athletic supports-jock strap (male)
8 Pair black socks	1 Shoeshine kit (NO liquid polish)
8 Pair white socks	1 Lip balm or chapstick
8 White crew neck T-shirts	1 small flashlight
8 Plain white cotton underwear (Males Boxers O.K.)	1 Religious material-optional
1 Swimsuit (females - one piece)	1 Mesh laundry bag
2 Pair of PT shorts - black or blue	1 Pair of shower shoes
1 Pair of sweats - black or blue	1 ea Hygiene supplies (shampoo,
1 Dungaree jacket w/ flashes (utility)	toothbrush, toothpaste, soap, shaving
2 towels	gear, stick deodorant, comb/ brush)
2 washcloths	
1 Bathrobe or shower wrap	4 Self addressed stamped
	envelopes with paper
	Females - feminine products, pins, rubber
	bands, gel to secure long hair
1 Canteen (military issue) w/ belt	

CONTRABAND

The following items are EXPRESSLY PROHIBITED (Do Not Bring)!!!

Cosmetics, Weapons, Controlled substances, **NO CELL PHONES**

Matches/lighters, Pornographic materials, Tobacco products,

Electrical appliances, Liquid shoe polish, Alcoholic beverages,

Talc/Baby Powder, Perfumes, Candy, gum, food, etc.

Glass containers

Medications (shelf or prescribed), Aerosol cans (hairspray, shaving cream),

Books/magazines (except 1 Religious), Jewelry (except 1 optional religious medal)

***NOTE: A Seabag inspection will be performed upon arriving at Summer Training Command**

****NOTE: ALL SEABAG ITEMS MUST BE MARKED WITH CADET'S NAME**

U.S. NAVAL SEA CADET CORPS
RECRUIT TRAINING COMMAND

Dear Recruit:

Listed below are the PRT requirements for participation in Recruit Training. For your safety, failure to pass the PRT will result in not being able to participate in Recruit Training. Details of each exercise are enclosed.

CADET EXERCISE CHART					
3. MINIMUM PHYSICAL FITNESS STANDARDS FOR MALE CADETS					
AGE	EXERCISE #1 SIT-UPS/CURL-UPS (1 MINUTE)	EXERCISE #2 SIT & REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS
13	34	+0.25	12.2	9:45	20
14	36	+0.5	11.9	9:30	20
15	38	+1.0	11.7	9:15	25
16	40	+1.5	11.4	9:00	25
17, 18	40	+1.5	11.4	8:45	30
4. MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS					
AGE	EXERCISE #1 SIT-UPS/CURL-UPS (1 MINUTE)	EXERCISE #2 SIT & REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS
13	32	+1.75	13.1	12:15	7
14	32	+2.25	13.2	12:00	7
15	31	+2.5	13.0	11:45	10
16	30	+2.75	12.9	12:15	10
17, 18	29	+2.25	13.0	12:15	12

U. S. NAVAL SEA CADET CORPS

TRAVEL INFORMATION SHEET

PSW REGION 11

2010 SUMMER RECRUIT TRAINING

CAMP ROBERTS, CALIFORNIA

Fax itinerary to 818-279-6800 or e-mail to travel@nscpsw.org

CADET'S NAME: _____ UNIT: _____

MODE OF TRAVEL

_____ Airline (San Luis Obispo Regional Airport – AIRPORT CODE=SBP) – arrive on 17 JUL 10

_____ Private Vehicle – arrive on 18 JUL 10

_____ Train (Paso Robles STATION CODE=PRB) - arrive on 17 JUL 10

_____ Greyhound Bus (Paso Robles STATION=PRB) - arrive on 17 JUL 10

ARRIVAL INFORMATION

Name of Airline/Train/Bus: _____ Route #: _____ Location: _____

Electronic Ticket Reservation Confirmation #: _____ Arrival Time: _____

DEPARTURE INFORMATION

Name of Airline/Train/Bus: _____ Route #: _____ Location: _____

Electronic Ticket Reservation Confirmation #: _____ Departure Time: _____

ALL COMMERCIAL ARRIVALS MUST BE ON 17 JUL 10

ALL DEPARTURES MUST BE ON 31 JUL 10

We strongly suggest refundable tickets as military locations are subject to cancellation

U. S. NAVAL SEA CADET CORPS
2010 SUMMER RECRUIT TRAINING
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)

U.S. NAVAL SEA CADET CORPS
2010 SUMMER RECRUIT TRAINING
Code of Conduct

In order to live, work, learn, and become a team, certain rules must be established under which trainees may grow and work together. To this end, the following Code of Conduct is established. There are no double standards. All personnel, cadets and staff:

1. Will conduct themselves in a military manner to bring credit to themselves, their company, their home unit, the Naval Sea Cadet Corps, and the Navy.
2. Will not use vulgar, obscene, profane, humiliating, 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.
6. Will not introduce with the intent to use, sell, transfer, or distribute any amount of alcoholic beverages.
7. Will not use tobacco products.
8. Will not engage in collection, soliciting, or distributing funds of any kind except as authorized by the command.
9. Will not willfully damage or destroy any government or personal property.
10. Male and female members will refrain from physical contact, hand-passed notes, romantic interludes and any behavior deemed inappropriate by training standards.
11. Will speak to or about each other in a respectful manner. There is to be no arguing, gossiping, backbiting, teasing, or other language deemed not acceptable. The words **“Shut up”** will not be used during training.

Failure to abide by these rules, and other guidelines established by the Commanding Officer will result in disciplinary action up to and including removal from training. Any individual dismissed from training will be responsible for transportation costs.

U.S. NAVAL SEA CADET CORPS U.S. NAVY LEAGUE CADET CORPS	MEDICAL HISTORY SUPPLEMENTAL FOR TRAINING AUTHORIZATION, CONSENT AND RELEASE	FOR OFFICIAL USE ONLY
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NOTICE

This form, used as a supplement to the Report of Medical History - Authorization, Consent and Release (NSCADM 020) 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. NSCADM 020 MUST BE SUBMITTED WITH THIS NSCTNG 025.

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, Block 10a 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 (NSCADM 020) and this document, it is determined that the Cadet is not physically and/or medically qualified to attend training.

1. PERSONNEL INFORMATION

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

2a. Training Code	2b. Training Date(s)	2c. No. of Days	2d. Training Location
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3. PACKAGING AND LABELING REQUIREMENTS

3a. 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.

3b. 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 can 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. 	3c. 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 can only contain the medication it is labeled for.
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4. PRESCRIPTION OR NON-PRESCRIPTION MEDICATIONS *(Use additional documents if more than three medications are prescribed)*

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 prescribed)*

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 MEDICATIONS <i>(Use additional documents if more than three medications are prescribed)</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			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 prescription medication listed in Block 4 and/or Block 5. 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.			
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 my son/daughter is being granted a special privilege of attending an NSCC/NLCC training evolution while on medication. 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 that the information provided is true and accurate and that 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 son/daughter'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 of 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 of 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 of Print)	10e. Signature	10f. Date (DD MMM YY)	