



NEW CADET INFORMATION PACKAGE FD Roosevelt Squadron NSCC

This package contains:

- ABOUT THE US NAVAL SEA CADETS AND FD ROOSEVELT SQUADRON
- SEA CADET FAQ
- NEW CADET ENROLLMENT GENERAL INFORMATION and WHAT TO BRING TO THE INFO & ENROLLMENT SESSION PRIOR TO JOINING
- FILLABLE MEMBERSHIP FORM (2 pages - please complete and print)
- MEDICAL EXAMINATION FORM (Healthcare provider need only fill out sections relevant to a sports physical)
- CO TOP 6 and RULES AND REGULATIONS (must be signed by both cadet and parent)
- MAP AND DIRECTIONS TO UNIT



ABOUT THE UNITED STATES NAVAL SEA CADET CORPS & THE F.D. ROOSEVELT SQUADRON

The USNSCC has been in existence for more than 60 years and is the only national youth association within the Department of Defense. We are sponsored through the Navy League of the United States and supported by the Department of the Navy and the U.S. Coast Guard. Our mission is:

"Through organization and cooperation with the Department of the Navy, to encourage and aid American youth to develop, train them in seagoing skills, and to teach them patriotism, courage, self-reliance and kindred virtues."

F.D. Roosevelt Squadron (ages 13-17, 8th grade and higher) and its Navy League unit, T.S. Roosevelt (ages 10-13, 7th grade and lower), is open to young people who want to learn about our military and are ambitious, self-disciplined, physically motivated, and have strong academic performance. While many of our graduates do go on to careers in the military, Sea Cadets is not a recruiting program but rather it is a leadership program. Our national office has a robust college scholarship program and colleges appreciate the impressive resumes of our high school students.

In addition to physical and military academic activities, Cadets learn self-discipline, commitment, respect, and leadership all while earning and enjoying the camaraderie of a great group of fellow shipmates. Cadets must meet all eligibility requirements including application, medical screening, and payment of the required \$200 fee to join.

Drills are conducted at NAS Jacksonville approximately 2 times a month on Saturdays throughout the school year and Cadets then attend summer trainings all over the country in the summer. There are attendance requirements but many of our Cadets have other activities and we are always willing to work with them to meet the minimum mandatory attendance. Drills may consist of physical training, classroom lessons, marching/drilling, leadership and team-building exercises, visits to various areas on the base where Cadets have participated in aviation simulators, ridden boats with port operations, learned sailing, toured the hospital, P-8 Squadrons, air traffic control tower, and more. We also do several overnight camping trips. Our cadets have traveled to NASA for a special tour, visited Moody Air Force Base where they met with active duty and witnessed the A-10's in a live fire demonstration. We have also gone to Washington DC, the National SEAL Museum, and visited the USS Alabama and Yorktown. We have even gone out to sea for a day on the USS Iwo Jima – and there are international exchange opportunities as well!

A Note About Capacity: To truly give every cadet the best experience possible in the Sea Cadet program, every Sea Cadet unit operates at an optimal total number of cadets. This is based upon, among other things, the available physical space at the unit, the number and experience of the supporting adult staff, and the space limits for much of the hands-on activities in the program. Prior to each of our three onboards each year, we assess the available openings for new cadets based upon our current capacity. For any number of reasons, cadets may leave the program, opening up slots in the unit. In addition to these available slots, we reserve and prioritize the children of activity duty Navy and Coast Guard families stationed at NAS Jacksonville, transfers from other units (particularly those of activity duty military), and proximity to the unit offices. Unfortunately, we do not know until prior to our next onboard what that availability will be. If our units are at capacity, we will refer you to our sister unit located at Naval Station Mayport first, if they have openings available. The Mayport program is a distinctive active base-located Sea Cadet unit similar to FD Roosevelt Squadron.

NEXT STEPS: Visit www.fdrseacadets.org to learn more about our unit and program and to RSVP for our next New Cadet Onboarding.



U.S. NAVAL SEA CADET CORPS

F.D. Roosevelt Squadron

FAQ

Q1. Does joining the Naval Sea Cadets commit my son/daughter to military service?

No. There is absolutely no service obligation associated with the Naval Sea Cadet Corps (USNSCC). However, cadets who attain the rank of E-3 while in Sea Cadets are eligible to enter most of the Armed Forces branches at an advanced pay rate. For cadets who are not interested in military service, the USNSCC will provide them with invaluable leadership skills that will serve them well later in life and will be looked upon favorably by prospective colleges and employers – and they may be eligible for national college scholarships through the USNSCC.

Q3. What is the difference between League Cadets and Sea Cadets?

Naval Sea Cadets (FDR Squadron) are between the ages of 13 and 17 (18 year olds may enroll if still in high school). Navy League Cadets (Training Ship Roosevelt) are between the ages of 10 and 13. League Cadets drill with Sea Cadets during unit drill but have separate academic assignments and trainings.

Q4. Who instructs the cadets?

Cadets are instructed by military personnel (active, reserve, and retired), by senior cadets and by dedicated adult civilian volunteer leaders who comprise the NSCC officer corps. All staff are voluntary and do not receive a salary.

Q5. What is the time commitment?

Sea Cadets programming includes regular monthly drills on Base, home independent academic study, and the opportunity trainings in the summers. Unit Drills are scheduled on 1-2 Saturdays of every month and typically run from 7:45 AM- 3:30 PM. Drills consist of training in military bearing, marching and formation, physical fitness, leadership and teamwork exercises, and education field trips. Units may also participate in community service and color guard in addition to drills. Cadets are also expected to complete online correspondence courses starting with the BMR (Basic Military

Requirements) and then on to Advanced Correspondence Courses for promotion to higher ranks. League Cadets study the NLCC Syllabus rather than the BMR. Trainings are similar to summer camps. Cadets stay at military installations for 7- 10 days and are instructed in things such as seamanship, leadership, marksmanship, field medical training, Scuba, firefighting, etc. Trainings are usually offered in summer, with a few being offered during winter break. Recruit Training is required for Sea Cadets before they can attend other trainings and is similar to “boot camp” in which new cadets are familiarized with military protocol.

Q6. What are the costs?

As with any youth organization, there are costs involved in keeping the unit functioning. The enrollment fee is \$200 and there is an annual renewal fee of \$90 fee. This covers insurance premiums, administrative costs, and uniforms. Trainings have a separate cost but these costs are significantly lower than typical summer camp experiences.

Q7. Are they required to wear a uniform?

Yes. As the only Department of Defense sponsored youth program, Sea Cadets are entitled to wear regulation Navy uniforms with special insignia to indicate they are NSCC. The working uniform is the Navy Working Uniform (NWU). Summer white uniforms and winter blue uniforms are worn for more formal events.

Q7. My son/daughter has medical/physical constraints. Can he/she still join?

Yes. No child shall be denied enrollment on the basis of medical/physical disability. Please contact the Administrative Office to set up a meeting with the Commanding Officer to discuss your child’s specific needs.

Q8. What are the requirements for enrollment?

- Must be between the ages of 13 and 17 (NLCC 10-13).
- Must be a US Citizen
- Must be a full time student and maintain satisfactory grades (2.00 "C" grade point average).
- Must possess good moral character, be unmarried, not pregnant, drug-free, and have no criminal record.
- Must comply with the Standards of Conduct, Grooming Standards and Physical Standards.



New Cadet Enrollment General Information

FD Roosevelt Squadron holds approximately 3 new cadet enrollment periods per year -- August (Summer Join-up), January (Winter Join-up) and April (Spring Join-up). Our enrollment process consists of attending an Info & Enrollment Session where parents and cadets learn about the program and all of the opportunities and obligations. At the session, new cadets can complete their application and get fitted for uniforms.

At their first drill, the new cadet will attend onboarding sessions for the day and get to meet the cadets in the unit. They are issued their uniforms (as available) and then at the end of the day, are assigned to their respective squads. During onboarding, the cadets can ask questions, learn basic military courtesies, essential drill/parade moves, get fitted for uniforms, and learn other fundamental information about the Sea Cadets to help them join the regular unit with confidence.

To join, a prospective cadet must have attended an Info Session and have all indicated application and supplemental paperwork completed and have paid their enrollment fee. Initial enrollment is \$200, which includes uniforms, seabag, name tapes, patches, ribbons and other equipment. Thereafter, the annual renewal fee is \$90. On occasion, the unit may travel to camp grounds, bases, museums and other locations and that drill may incur nominal special fees.

If for some reason, you cannot attend any of the Info & Enrollment Sessions, please contact our Recruiting Officer at RO.062fdr@seacadets.org.

WHAT TO BRING TO THE INFO & ENROLLMENT SESSION: Complete and bring the following documents attached here or you can find them in your confirmation email after completing the New Member Interest Form

- 1) Fill out the **MEMBER INFORMATION** form sent to you in the confirmation email OR you can download from our website. This is a fillable document so you can type in the information. If you fill it out by hand - please print very clearly. Then print and bring those pages with you to the Info & Enrollment Session. Note that all dates should be entered using this format: "13 AUG 22". NOTE: your cadet will need a separate and unique email address to enroll in order to complete their coursework. Please have this prepared beforehand to speed your cadet's enrollment.
- 2) Download the **Medical Exam form** to take to your healthcare provider. You will complete the rest of the medical information and history online in a parent portal. You will need to have a sports physical done prior to the first drill. PRO TIP: go ahead and make an appointment now! We will provide you with the Sea Cadet Medical Exam Form - your doctor can use their own form but we ask that they copy the relevant information also on to our DoD based form.
- 3) Read, review, and sign the **CO's Top 6 and Rules and Regulations**. Cadet AND parent must sign.
- 4) Bring a copy of your child's **immunization form** (same as provided to your school)
- 5) Bring a copy of your **insurance card, or proof of insurance** letter (for military, use MilConnect (<https://milconnect.dmdc.osd.mil/milconnect/>) to download proof of insurance - do not copy your military ID!. if you do not have insurance, a statement of this must be provided by the parent).
- 6) **Enrollment Fee of \$200** (sibling discount = \$300 for two) --payable through our Fee Portal or by check payable to FDR Sea Cadets.
- 7) Cadets should wear a tee shirt and basketball style shorts to ease uniform measurement.

U.S. NAVAL SEA CADET CORPS U.S. NAVY LEAGUE CADET CORPS	CADET APPLICATION MEMBER INFORMATION	<i>FOR OFFICIAL USE ONLY</i>
INSTRUCTIONS		
<ol style="list-style-type: none"> 1. Please print or type only with black ink. 2. Fill in all blocks that apply; for those that do not, enter "Not Applicable" or "N/A" 3. Endorsement of all agreements and releases is required to continue the enrollment process. 4. Application should be reviewed on a regular basis to ensure currency of information. 5. A new application must be completed upon transfer from the NLCC to the NSCC. 		
1. APPLICANT INFORMATION		
1a. Last Name	1b. First Name	1c. Middle Name
1e. Home Address		1f. City
1g. State		1h. Zip Code + 4
1j. Date of Birth (DD MMM YY)	1k. Primary Phone	1l. E-Mail Address
1m. Full-time Student? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>If yes grade:</i>	1n. School Name & City	1o. GPA
1p. Has the applicant ever been charged OR convicted of a criminal offense? <i>(use an additional sheet if necessary)</i> <input type="checkbox"/> Yes <input type="checkbox"/> No <i>If yes please explain:</i>		
1q. Citizenship <input type="checkbox"/> U.S. Citizen <input type="checkbox"/> Legal Resident - Registration Number:	1r. Referred/Recruited by (Cadet Name, if applicable)	
2. APPLICANT PROMISE <i>I promise to serve faithfully, honor our flag, abide by Naval Sea Cadet Corps Regulations, carry out the orders of the officers appointed over me, and so conduct myself as to be a credit to myself, my unit, the U.S. Naval Sea Cadet Corps, the Navy, the Coast Guard, and my country. So help me God.</i>		
2a. Applicant Signature		2b. Date (DD MMM YY)
3. PRIMARY PARENT/LEGAL GUARDIAN INFORMATION <i>(will be listed as next of kin and first contact in case of an emergency)</i>		
3a. Name	3b. Relationship <input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Guardian <input type="checkbox"/> Other:	
3c. Address	3d. City	3e. State
3f. Zip Code + 4		
3g. Primary Phone	3h. Alternate Phone	3i. E-Mail Address
4. SECONDARY PARENT/LEGAL GUARDIAN CONTACT INFORMATION		
4a. Name	4b. Relationship <input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Guardian <input type="checkbox"/> Other:	
4c. Address	4d. City	4e. State
4f. Zip Code + 4		
4g. Primary Phone	4h. Alternate Phone	4i. E-Mail Address
5. EMERGENCY CONTACT INFORMATION <i>(will be contacted in case primary or secondary contacts are unreachable in case of an emergency)</i>		
5a. Name	5b. Relationship <input type="checkbox"/> Grandparent <input type="checkbox"/> Other Relative <input type="checkbox"/> Family Friend	
5c. Address	5d. City	5e. State
5f. Zip Code + 4		
5g. Primary Phone	5h. Alternate Phone	5i. E-Mail Address
6. DEMOGRAPHICS		
6a. Ethnicity <input type="checkbox"/> White (Non-Hispanic) <input type="checkbox"/> Black (Non-Hispanic) <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian <input type="checkbox"/> Native American/Alaskan Eskimo <input type="checkbox"/> Pacific Islander <input type="checkbox"/> Other <input type="checkbox"/> Decline to State		
6b. Community Profile <input type="checkbox"/> Inner City <input type="checkbox"/> Urban <input type="checkbox"/> Suburban <input type="checkbox"/> Rural <input type="checkbox"/> Other <input type="checkbox"/> Decline to State		

CONSENT AND RELEASE OF LIABILITY BY PARENT/GUARDIAN

8. PARENT/LEGAL GUARDIAN AGREEMENT & CONFIRMATION

I hereby consent to my child/ward enrolling in the U.S. Naval Sea Cadet Corps (USNSCC). I understand that the USNSCC is organized along military lines, that USNSCC regulations govern my child's/ward's membership, and that violation of said regulations may result in my child's/ward's discharge from the USNSCC. I will ensure that my child/ward abides by all regulations and lawful orders from superior officers and cadets. I certify that, to the best of my knowledge, he/she is physically and mentally fit to take part in vigorous activities, I have disclosed all physical/medical/disability limitations, and he/she is not suffering from any communicable disease. I further agree to be responsible for the value of any uniforms and/or equipment loaned him/her, reasonable wear and tear expected. I understand that such uniforms or equipment shall remain the property of the USNSCC while on loan, and I agree to return them when my child/ward ceases to serve as a cadet, or at any other time upon request of a USNSCC officer or other authorized agent. I have been briefed on the USNSCC medical insurance plan. I am aware this is an accident/illness "excess" policy and that the limit of the policy is a total of \$25,000 for all accidental benefits/\$5,000 for illness with no deductible. I understand that my personal medical insurance is the primary policy, but in the event that I do not have insurance and/or the USNSCC policy limits are exhausted, I understand that I am responsible for all medical payments above \$25,000 for accidents/\$5,000 for illnesses. I also understand that payment of enrollment fees will be required ANNUALLY, and payment of uniform fees may be required upon enrollment. I agree, on my child/ward's behalf, that he/she will be bound by all USNSCC regulations, policies, and amendments thereto that govern his/her membership and conduct; I further waive any right to challenge in any way any determination made by the USNSCC regarding my child's/ward's continuance of membership in the USNSCC should he/she violate said regulations.

8a. Signature of Parent/Legal Guardian

8b. Date (DD MMM YY)

8c. Signature of Witness (Unit CO or other designated officer)

9. STANDARD RELEASE

I, being the parent/legal guardian of a member of the USNSCC, in consideration of his/her acceptance and continuance of membership in the USNSCC, hereby release from any and all claims, demands, actions, or causes of action due to death, injury or illness the following: (1) the government of the United States of America and all its departments and agencies; (2) any jurisdiction (state, county, city, town, district or other political subdivision) where official USNSCC activities take place; (3) the Navy League of the United States; (4) any organization or association, public or private, that sponsors USNSCC activities; (5) the USNSCC; (6) all officers, representatives, and agents, acting officially or otherwise of the previously mentioned, jurisdictions, organizations, and associations.

I hereby acknowledge that I have received and reviewed the AIG Blanket Special Risk Insurance Binder (Policy SRG 9152960) and the Cincinnati Indemnity Company Liability Policy Certificate (Policy ENP0059849, et. al.) for the U.S. Naval Sea Cadet Corps & affiliated councils within the USA and its territories or possessions.

I hereby consent to the examination and treatment of my child/ward by the medical facilities of the Department of Defense (DOD), U.S. Coast Guard (USCG), National Oceanographic and Atmospheric Administration (NOAA), U.S. Public Health Service (USPHS), or civilian physicians/medical facilities to determine physical status for participation in the USNSCC. I further authorize, as may be required, treatment in said facilities in the event of any illness or accident arising aboard DOD, USCG, or NOAA facilities or vessels, or during other authorized USNSCC activities. This consent includes any medical, anesthesia, or surgical treatment or hospital services rendered under the general and/or special instructions of the attending physician or other physicians assigned his/her care. This consent does not include major surgery unless, in the medical opinion of two physicians, it is reasonably necessary to save life, or where second opinions are similarly impracticable the concurring opinions of other physicians may be excused.

I also grant permission for my child/ward to be transported as a passenger in military aircraft, vessels and vehicles.

I consent to my child/ward being videotaped and/or photographed and to permit the reproduction and/or publication of same, or of any other videotapes or photographs by any photographic facility of the Department of Defense/Coast Guard or by the Navy League of the United States, its regional organization or local councils, or other sponsoring organization, or by the USNSCC or its divisions, or to their use in connection with educational programs or activities of the said organizations, and I further assign to the said organizations all right, title and interest in the above described videotape recordings or photographs for any further use.

This standard release shall remain in effect for the duration of my child/ward's membership in the USNSCC. I also give my permission for facsimiles of this release to be made, and when presented by an authorized official of the USNSCC, DOD, USCG, NOAA shall be considered as valid as the original signed by me.

9a. Cadet Full Name

9b. USNSCC ID Number

9c. Parent/Guardian Name (Print or Type)

9d. Parent/Guardian Signature

9e. Date (DD MMM YY)

9f. Name of Witness (Unit CO or other Designated Officer - Print or Type)

9g. Signature of Witness (Unit CO or Designated Officer)

9h. Date (DD MMM YY)

UNIT USE – DO NOT WRITE BELOW THIS LINE

ENROLLMENT	DATE	DIENROLLMENT	DATE	Unit Name and Drill Location/Address
Cadet Application and Agreement		ID Card Returned		
Report of Medical History		Uniforms Returned		
Report of Medical Examination		Reason for Disenrollment		
Fees Collected				

INSTRUCTIONS

Acceptance criteria for the Naval Sea Cadet Corps/Navy League Cadet Corps (NSCC/NLCC) are listed on the reverse side. No one will be denied admission to the program due to a medical disability, however participation may be limited if the cadet is not able to meet the medical standards necessary to **FULLY** participate in training activities involving strenuous physical exercise and activities such as orientation in fighting shipboard fires in often hot and humid environments. The medical provider should list any condition(s) that could interfere with full, unrestricted, participation in the NSCC/NLCC. Conditions that will or are likely to require treatment, particularly unresolved injuries and recurrent illnesses, must be listed. The history of immunization should be verified to the satisfaction of the medical provider. A licensed medical provider must complete this examination.

1. UNIT INFORMATION

1a. Unit Name	1b. Region
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2. PERSONNEL INFORMATION

2a. Last Name	2b. First Name	2c. MI	2d. USNSCC ID Number
2e. Age	2f. Date of Birth (DD MMM YY)	2g. Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	2h. Parent/Guardian Name
2i. Home Address		2j. City	2k. State
2m. Primary Phone		2n. Alternate Phone	2o. Date of Physical Examination (DD MMM YY)

3. CLINICAL EVALUATION

Anatomy	Normal	Abnormal	NOTES: (Describe every abnormality in detail. Enter pertinent item number before each comment)
3a. Head, Face, Neck, and Scalp	<input type="checkbox"/>	<input type="checkbox"/>	
3b. Nose	<input type="checkbox"/>	<input type="checkbox"/>	
3c. Sinuses	<input type="checkbox"/>	<input type="checkbox"/>	
3d. Ears – General (Internal and External Canals)	<input type="checkbox"/>	<input type="checkbox"/>	
3e. Drum (Perforation)	<input type="checkbox"/>	<input type="checkbox"/>	
3f. Eyes- General	<input type="checkbox"/>	<input type="checkbox"/>	
3g. Ophthalmoscopic	<input type="checkbox"/>	<input type="checkbox"/>	
3h. Pupils (Equality and Reaction)	<input type="checkbox"/>	<input type="checkbox"/>	
3i. Heart (Thrust, Size, Rhythm, and Sounds)	<input type="checkbox"/>	<input type="checkbox"/>	
3j. Lungs and Chest	<input type="checkbox"/>	<input type="checkbox"/>	
3k. Abdomen and Viscera (Include Hernia)	<input type="checkbox"/>	<input type="checkbox"/>	
3l. External Genitalia (Genitourinary)	<input type="checkbox"/>	<input type="checkbox"/>	
3m. Upper Extremities	<input type="checkbox"/>	<input type="checkbox"/>	
3n. Lower Extremities	<input type="checkbox"/>	<input type="checkbox"/>	
3o. Feet	<input type="checkbox"/>	<input type="checkbox"/>	
3p. Spine and other Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	

4. LABORATORY FINDINGS (only required for those with a history of urinary tract infections or anemia, enter N/A if tests were not administered)

4a. Urinalysis (1) Albumin: _____ (2) Sugar: _____	4b. Blood (1) Hemoglobin: _____ (2) Hematocrit: _____
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5. MEASUREMENTS AND OTHER FINDINGS

5a. Height inches	5b. Weight lbs.	5c. Obese <input type="checkbox"/> Yes <input type="checkbox"/> No	5d. Pulse	5e. Blood Pressure (1) Systolic: _____ (2) Diastolic: _____
5f. Audiogram (if available)			5g. Wears Glasses <input type="checkbox"/> Yes <input type="checkbox"/> No	5h. Wears Contacts <input type="checkbox"/> Yes <input type="checkbox"/> No
HZ	500	1000	2000	3000
Right				
Left				
			5i. Uncorrected Vision (1) Left: 20/ _____ (2) Right: 20/ _____	5j. Color Vision

5k. Other Findings (if more room is needed, continue on reverse)

REPORT OF MEDICAL EXAM

6. CLINICAL SCREENING (Please check if the patient has any of the following conditions and whether it will affect the ability to participate in NSCC/NLCC activities.)				
Condition(s)	Pre-Existing	NOTES: (Describe every condition in detail. Enter pertinent item number before each comment)		
6a. Seizure or convulsion disorder	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6b. Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6c. Symptomatic/recurring orthopedic injury	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6d. Diabetes, Type I	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6e. Diabetes, Type II	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6f. Hypersensitivity to Food	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6g. Insect bites/stings sensitivity	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6h. Head injuries resulting in residual impairment	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6i. Neurological Impairment	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6j. History of recurring loss of consciousness	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6k. History of debilitating motion sickness	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6l. Sleepwalking	<input type="checkbox"/> Yes <input type="checkbox"/> No			
6m. Bedwetting	<input type="checkbox"/> Yes <input type="checkbox"/> No			
7. NOTES, REMARKS, AND OTHER FINDINGS (Use additional sheets of paper if needed)				
8. MEDICAL PROVIDER ENDORSEMENT (Check all that apply):				
I have reviewed the data above, reviewed the patient's medical history form and make the following recommendations for his/her participation in the NSCC/NLCC				
8a. <input type="checkbox"/> CLEARED WITHOUT RESTRICTIONS				
8b. <input type="checkbox"/> Cleared AFTER further evaluation or treatment for:				
8c. <input type="checkbox"/> Cleared for LIMITED participation				
<input type="checkbox"/> Not cleared for (specify activities):				
<input type="checkbox"/> Cleared only for (specify activities):				
Reasons:				
8d. <input type="checkbox"/> NOT CLEARED FOR PARTICIPATION				
Reasons:				
8e. <input type="checkbox"/> OTHER RECOMMENDATIONS				
<input type="checkbox"/> Recommend close monitoring during conditioning because of weight/fitness/other.				
<input type="checkbox"/> Recommend restrictions or monitoring of weight loss/gain or fitness concerns.				
<input type="checkbox"/> Recommend participation under following condition(s):				
<input type="checkbox"/> Other:				
9. MEDICAL PROVIDER				
9a. Name of Medical Provider (Type or Print) or Medical Provider Stamp		9b. Signature (MD, DO, NP, PA)		9c. Date (DD MMM YY)
9b. Medical Provider Address		9c. City	9c. State	10c. Zip Code +4
		9c. Phone		

US NAVAL SEA CADET CORPS
FD Roosevelt Squadron, NSCC
Commanding Officer's Top 6 / Rules & Regulations

1. **HAZING** is any action taken or situation created to intentionally cause embarrassment, harassment, or ridicule, or to intentionally risk emotional and/or physical harm. It's still hazing even if the victim is a "willing" participant. At its core, hazing is the act of embarrassing someone primarily for the purpose of embarrassing them.
2. **BULLYING** is unwanted, aggressive behavior among peers that involves a real or perceived power imbalance. Bullying generally involves a pattern of behavior repeated over time. Bullying includes, but is not limited to, such action as: making threats, spreading rumors, assaulting someone physically or verbally, or intentionally excluding someone from a group.
3. **DISCRIMINATION** is unjustly making distinctions in the treatment of different categories of people. Prejudice is pre-judgment, bias, or partiality; it is a preconceived opinion not based on actual experience. The USNSCC is a meritocracy – here, you will be judged solely on your performance. There is no place in the USNSCC for ignorant biases, bigotry, or pre-judgment based upon race, color, sex, gender, age, ethnicity, national origin, religion, sexual orientation, or disability. Neither will any preference will be given towards anyone regardless of color, creed, religious preference, gender or race. The command staff and other trainees will treat all cadets equally. You will be treated equally and with respect and you will be expected to treat others the same.
4. **SEXUAL HARRASMENT** is a form of discrimination that involves unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature that interferes with an individual's performance, or creates an intimidating or hostile training environment. This policy is gender neutral, and applies the same way to male or females. There is no place in the USNSCC for offcolor jokes, teasing about sex or sexuality, inappropriate behavior in the showers, flirting, requests for dates, or any form of physical or sexual contact.
5. **FRATERNIZATION** is an unduly familiar relationship between superiors and subordinates that is prejudicial to good order and discipline. Fraternization weakens the integrity of the chain of command by creating the appearance of favoritism in our training environment.
6. **CADET TO CADET CONTACT**. Keep your hands to yourself. No one may touch you without your permission. There is to be NO cadet-to-cadet contact, unless it is for training purposes (under adult supervision). This includes "just joking/playing around."
7. **Smoking, consumption of alcohol or drug use is expressly forbidden** for ALL cadet personnel. Possession of, use of, any of the above will result in immediate termination from the program.
8. **Weapons**: Do not bring any knives or other weapons to Sea Cadet activities. Either and/or both will be confiscated. Possession of, use of, any of the above will result in disciplinary action up to and including immediate termination from the program.
9. **Inappropriate Behavior**: Any cadet displaying inappropriate behavior will be sent home. Inappropriate behavior is defined as any behavior that in the opinion of the Commanding Officer, brings disfavor or maligns the image of the NSCC or any member of the NSCC in the eyes of others.
10. **Lack of Training Motivation**: Any lack of training motivation will result in counseling first and possible return home at parent's/guardian's expense. Lack of training motivation is defined as failure to participate in unit activities and classes and/or sleeping during unit activities and classes.
11. **Cell Phones**: Except where expressly authorized, all cell phones will be surrendered during drill activities.

Violation of any of the CO's Top Six Rules is subject to result in a Captain's Mast and discipline up to and including immediate termination from the program.

I/we certify that I/we have read and understand items 1-11 of the CO's Top Six and Rules & Regulations. I agree to abide by the CO's Top Six and Rules & Regulations as written. I/we understand that violations of items 1-11 could result in disciplinary action, up to and including dismissal (termination) from the program. I/we further understand that medical conditions shall have no bearing on disciplinary action.

Cadet's Signature

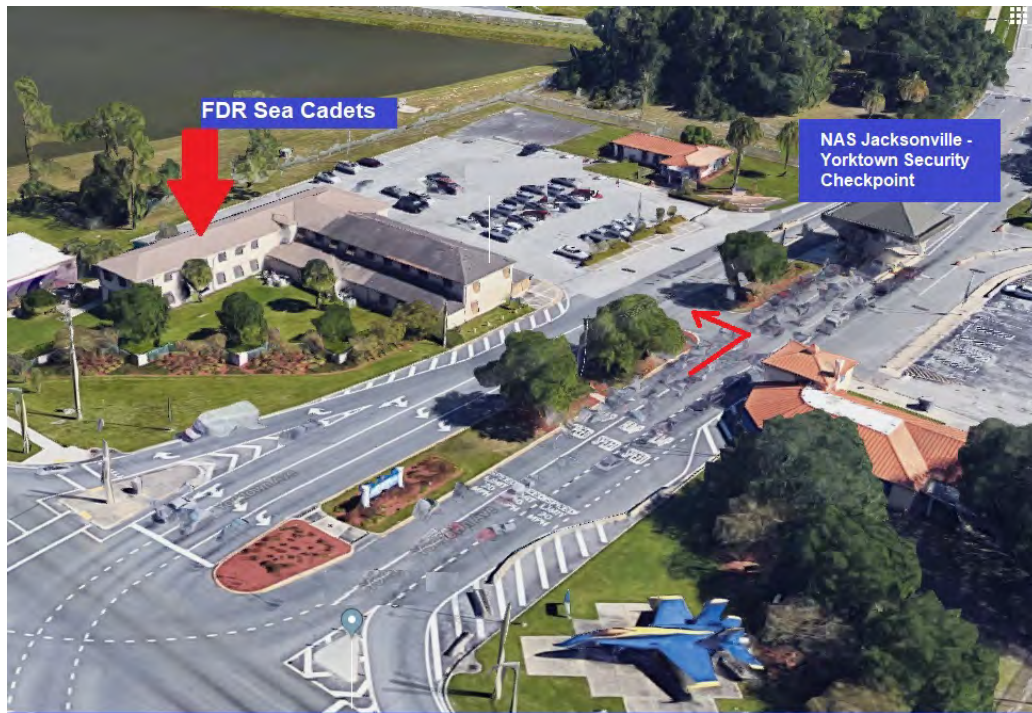
Date

Cadet's Printed Name

Cadet's Unit

Cadet's Parent/Guardian's Signature

Date



Turn in at NAS JAX Main (Yorktown) Gate - before security checkpoint, turn LEFT into Sea Cadet Unit parking lot.

From the North:

I-95 South to I-10 West

Exit on Roosevelt Blvd. (Follow signs to NAS JAX)

Turn LEFT onto Yorktown Ave. (NAS JAX Main Gate)

Just before security checkpoint, turn LEFT into USO parking lot

Proceed to far end of parking lot, where Cadets will muster.

From the South:

I-295 to Roosevelt Blvd. (Follow signs to NAS JAX)

Turn RIGHT onto Yorktown Ave. (NAS JAX Main Gate)

Turn LEFT into USO parking lot, just before security checkpoint

Proceed to far end of parking lot where Cadets will muster.