



DEPARTMENT OF THE NAVY

COMMANDANT OF MIDSHIPMEN
U.S. NAVAL ACADEMY
101 BUCHANAN ROAD
ANNAPOLIS, MARYLAND 21402-5100

COMDTMIDINST 3120.1H CH-1
Plebe Summer SOP
13 Jun 12

COMMANDANT OF MIDSHIPMAN INSTRUCTION 3120.1H CHANGE TRANSMITTAL 1

Subj: PLEBE SUMMER STANDARD OPERATING PROCEDURES

Encl: (1) Revised pages 7-2 through 7-9.

1. Purpose. To publish change 1 to the basic instruction.
2. Action. Remove pages 7-2 through 7-9 of the basic instruction and replace with the revised pages provided in enclosure (1).

A handwritten signature in blue ink, appearing to read "RE", is positioned above the name R. E. CLARK II.

R. E. CLARK II

Distribution:
Non-Mids (Electronically)



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COMDTMIDNINST 3120.1H
PLEBE SUMMER OIC
26 Jan 12

COMMANDANT OF MIDSHIPMEN INSTRUCTION 3120.1H

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Ref: (a) COMDTMIDNINST 5400.6P
(b) COMDTMIDNINST 1020.3B
(c) COMDTMIDNINST 1601.10F
(d) COMDTMIDNINST 1601.12C
(e) COMDTMIDNINST 5060.1
(f) COMDTMIDNINST 5090.1B
(g) COMDTMIDNINST 1610.2E
(h) COMDTMIDNINST 1600.2D
(i) USNAINST 1610.3H
(j) COMDTMIDNINST 1920.1E

1. Purpose. To publish instructions for the conduct of personnel assigned to the Plebe Summer Detail.

2. Cancellation. COMDTMIDNINST 3120.1G

3. Information. This instruction is applicable to all personnel assigned to the Plebe Summer Detail and guides conduct and training within the Fourth Class Regiment. Plebe Summer policies and procedures published in this instruction supplement references (a) through (j).

A handwritten signature in blue ink, appearing to read "R. E. Clark II", is positioned above the printed name.

R. E. CLARK II

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PLEBE SUMMER STANDARD OPERATING PROCEDURES

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CHAPTER 1 - COMMAND GUIDANCE

101. **GENERAL GUIDANCE FOR THE DETAIL**

In order to effectively accomplish the mission of Plebe Summer, the Plebe Summer Detail must be aware of and thoroughly comprehend the Commandant's Standing Order Number One. These principles must guide our conduct at all times.

- **Fighting Spirit**. Approach each and every day with a burning desire to improve upon the success of those who came before us by maintaining and pushing ourselves and others with a sense of commitment and resolve. Each of us has a potential for excellence, and can accomplish anything with hard work, dedication and sacrifice. Strive to reach your potential excellence and in turn you will be catalytic in the improvement of our collective potential for excellence. Hope is not a military plan of action - be proactive in all endeavors, not reactive.
- **Integrity**. Demand total honesty and forthrightness in our words and deeds. Never be afraid to admit a mistake, and always learn from your mistakes and the mistakes of others. We will do what is right and not always what is easy, no matter what the ramifications.
- **Respect**. Respect yourself, others, and our Academy. Our appearance, demeanor, and environment will be second to none. Others will know us by what we do, how we act, how we treat others and how we look. We will not leave a fallen comrade in the field, so don't let a fellow Midshipman stray down a path that would be detrimental to our Moral, Mental, or Physical mission areas - be a true Shipmate!
- **Safety**. Maintaining a safe environment, or doing an evolution safely must be at the forefront of everything we do. Training, formality, procedural compliance, and supervision are essential to ensure day-to-day safety. Never pass up an opportunity to mentor or train.
- **Teamwork**. We all have contributions to make, and conversely we all have things to learn. No one person has all the answers, and no one person can solve all the problems. Maintain a questioning attitude during every evolution and always have the courage to point out shortfalls in order to ensure safety and mission accomplishment. Foster teamwork and exercise forceful backup to ensure success - if properly placed and executed it is Peer Leadership that will be the guiding light for success.

In order to set the standard for the Plebe class, the Detail must exemplify the seven attributes of a Naval Academy graduate. The Detailers must be:

- **Selfless**
- **Inspirational**
- **Proficient**
- **Innovative**
- **Articulate**
- **Adaptable**
- **Professional**

Detailers will use the hierarchy of loyalties represented in the Constitutional Paradigm to ensure the effectiveness of the Plebe Summer experience. While differences of opinion and conflict between Detailers will occur during Plebe Summer, Detailers will handle these matters in a private setting and not in the presence of Plebes. Supporting the chain of command in the presence of Plebes will reinforce the hierarchy of loyalties we expect them to adopt. Detailers will remain professional and supportive of other Detailers, in the chain of command or other Plebe Summer Set, and not undermine the Naval Academy, mission of Plebe summer, or the objectives of the unit.

102. OVERVIEW OF FOURTH CLASS DEVELOPMENT SYSTEM

The Fourth Class Development System consists of two phases. Phase One (Plebe Summer) is indoctrination and socialization of behavior to lay the foundation for the naval officer identity; and Phase Two (Fourth Class Academic Year) focuses on training. This instruction is applicable to Plebe Summer while reference (h) refers to the Academic Year.

Plebe Summer is the first military training evolution for the vast majority of the incoming class. The leadership of the Fourth Class Regiment, both Plebe Detail and staff members, will set the example ***in all things at all times***.

Plebe Followership Developmental Model

Obedience → Compliance → Identification → Commitment

Using the Commandant's Standing Order Number One and the attributes of a Naval Academy graduate as a leadership foundation, Plebe Detailers will facilitate the Plebe developmental process during Plebe Summer. While in the earlier stages of development in Plebe Summer, transactional leadership will be required to instill Obedience and Compliance in following orders and completing tasks. There will be appropriate times for Detailers to employ transformational leadership styles as the Plebes progress into the later stages of development and begin to identify with, and commit to being, a Midshipman and member of the Brigade. Detailers are expected to employ a range and combination of transactional and transformational leadership techniques and styles based on the developmental stage, complexity of the task, expectation of performance, and the context of the situation.

103. PURPOSE OF PLEBE SUMMER

At the end of Plebe Summer, each member of the Plebe class shall:

- Accept and adopt the behavioral standard demanded of followers in the Naval profession - this behavioral standard will be known as the Threshold Standard for continued service into the Academic Year, and its achievement by both individual midshipmen and units of midshipmen is considered the primary purpose of Plebe Summer
- Have a foundation for further developing the identity of a naval officer
- Be indoctrinated in the traditions of the Naval Service and the Naval Academy

- Understand basic military skills and the meaning behind them
- Appreciate the high standards and obligations inherent in service as a Midshipman and naval officer
- Be dedicated to excellence in a competitive atmosphere that fosters leadership, teamwork, character, and a passion for excellence
- Appreciate the importance of mental, moral, and physical toughness in all aspects of duty and service
- Be prepared to execute the Academic Year routine of the Brigade of Midshipmen

First Class Midshipmen are not trained nor experienced as, recruit drill instructors. Training should be both physically and mentally demanding. There is a clear boundary, however, between military discipline and harassment that the Commandant of Midshipmen trusts each Midshipman will observe. Each Detail member should understand the guidance within this instruction and remain committed to the Plebe Detail's Oath:

"The Candidates who stand before me are entrusted to my care. I will train them to the best of my ability. I will develop them into basically trained Midshipmen who are smartly disciplined, morally aware, mentally and physically fit, and thoroughly indoctrinated in love of country and a sense of honor. I will demand of them, and demonstrate by my own example, the highest standards of personal conduct, honor, morality, and professional skill, and I will ensure that they are well prepared to take their place as members of the Brigade at the conclusion of their training."

104. **THE THRESHOLD STANDARD OF BEHAVIOR**

The following defines the minimum (or "Threshold") standard of behavior for individual midshipmen and units of midshipmen to qualify for continued service at USNA beyond Plebe Summer.

For Individual Plebes:

1. Demonstrates honorable conduct.
2. Follows lawful orders promptly.
3. Reliably accomplishes basic tasks, including being on time.
4. Demonstrates capacity for taking initiative.
5. Demonstrates emotional self-control.
6. Wears the uniform and keeps room according to standard.
7. Demonstrates a capacity for maintaining physical fitness.
8. Demonstrates ability to absorb criticism and improve performance (is 'trainable' and possesses the 'fighting spirit').
9. Treats self, detailers, and classmates with respect.
10. Demonstrates ability to work as a contributing member of a unit.

For Units of Plebes:

1. Demonstrates principles of teamwork, to include leveraging the strengths and accommodating the weaknesses of individual members.
2. Demonstrates ability to work together to accomplish a unit task.

105. **MISSION AND OBJECTIVES OF PLEBE SUMMER**

Mission

- *Lay the foundation to develop the Plebe Class "morally, mentally and physically...imbue them with the highest ideals of duty, honor and loyalty"*

Objectives

- *Provide the Plebe Detail a defining leadership experience*
 - What does this mean? Plebe Detailers will:
 - Lead with honor and integrity, never missing opportunities (teachable moments) to lay the moral foundation of the naval profession within the Plebe Class.
 - Put to practice leading and motivating plebes, as individuals and as a unit, to achieve the Threshold Standard of behavior and other purposes of Plebe Summer as outlined above.
 - Identify developmental milestones at which individual plebes and units meet the Threshold Standard of behavior.
 - Where possible, practice positive, transformational leadership approaches to facilitate assimilation of Plebe Class into the Brigade of Midshipmen.
 - Become comfortable mentoring/counseling peers and subordinates.
 - Set and maintain a high standard while leading from the front.
 - Gain an appreciation of the difficulty of leading when physically and mentally exhausted.
 - Provide opportunity to personally evaluate your ability and others to meet Plebe Summer objectives.
- *Create a training environment necessary to achieve the purposes of Plebe Summer in good faith*
 - What does this mean? Plebe Detailers will:
 - Live and lead according to the tenets of the Plebe Detail's Oath and Commandant's Standing Order Number One.
 - Commit to the personal and professional development of themselves and those they lead.
 - Develop awareness of the influence that our personal biases have on our behavior and decision making, and commit to neutralizing bias insofar as possible.
 - Reaffirm for themselves and develop in the Plebe Class a sense of duty and a sense of obligation to mission that extends beyond one's personal interests.
- *Prepare the Plebe Class to join the Brigade of Midshipmen*
 - What does this mean? Plebes will:
 - Demonstrate an understanding of the concepts of Duty, Honor, and Responsibility.
 - Know how to wear the uniform and keep rooms squared away.
 - Know rates and how to follow.
 - Pass the Plebe Summer PRT and understand how to stay in shape.

- Appreciate the difficulty of academics and the amount and type of studying required.
- Understand the academic year routine of the Brigade.
- *Introduction to maritime skills, professional development, and legacy appreciation*
 - What does this mean? Plebes will:
 - Learn basic sailing skills and seamanship
 - Qualify on M9 and M16
 - Complete Line Handler, Damage Control and Lookout PQS
 - Understand Naval Academy history, basics of naval heritage, and that the Plebe Class is now a link in the chain of those who have served the naval profession
- *Accurately evaluate the success of Plebe Summer based on purpose, mission objectives and training objectives*
 - How do we define success?

For the plebes:

- Threshold Standard of behavior adopted and exemplified in action by individual midshipmen and units of midshipmen.
- Fourth Class midshipmen engaged in identity transformation from legacy identities to naval officer (Warrior, Servant of the Nation, Standard Bearer for the Profession).

For the detailers:

- Achieved a purpose-driven mix of transactional and transformational approaches to developing their plebes to meet the objectives.
- Plebe Detailer leader self-efficacy increased for having met the demands of leading the transformation of the Plebe class.

CHAPTER 2 - ORGANIZATION OF THE FOURTH CLASS REGIMENT

201. **STAFF ORGANIZATION**

The Midshipmen assigned to the Fourth Class Regiment are organized as shown in Figure 2.1. Figure 2.2 outlines the company staff organization.

REGIMENTAL AND BATTALION STAFF ORGANIZATION

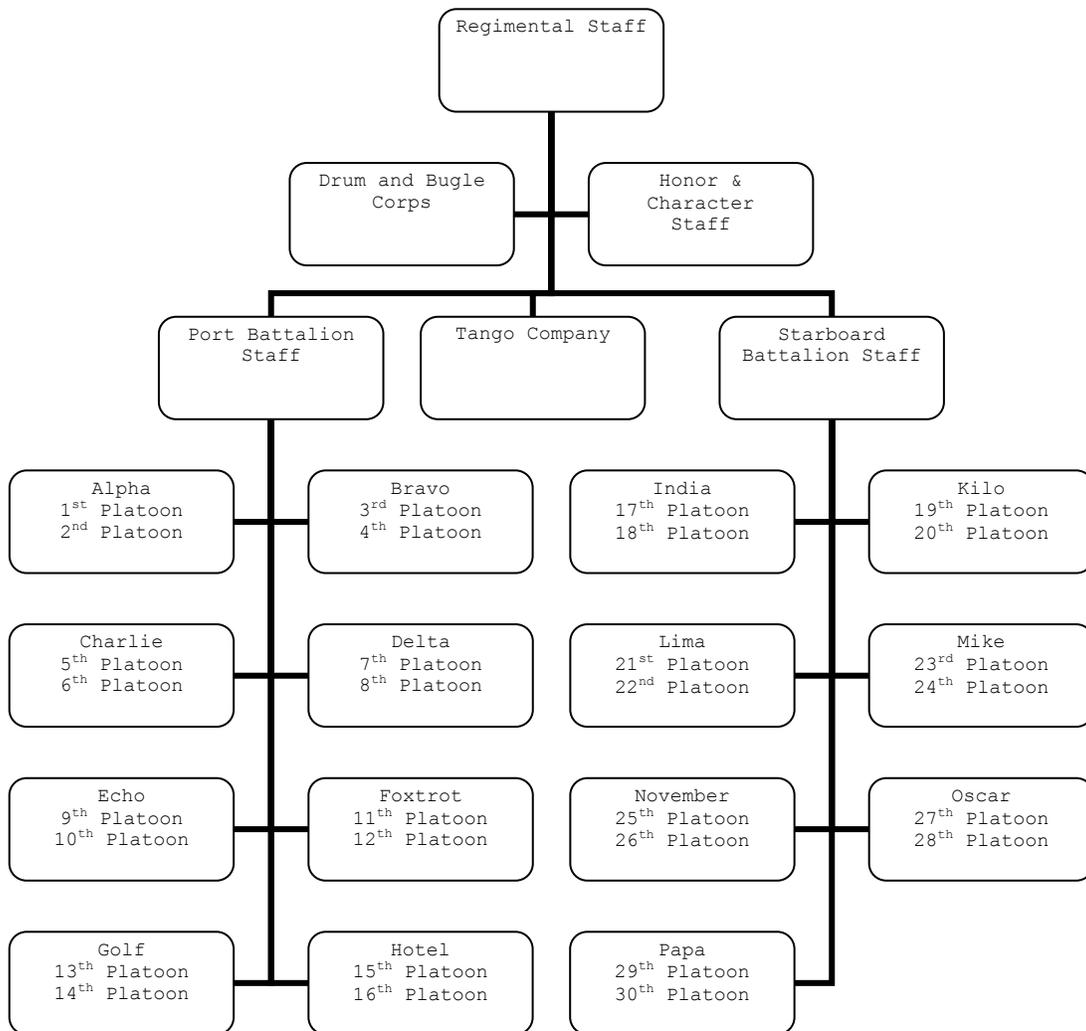


Figure 2.1, Regimental Organizational Chart.

202. **DUTIES OF THE REGIMENTAL STAFF**

1. **Regimental Commander**

a. Basic function. Maintains the Regiment in the highest state of efficiency, ensures mutual respect for all Midshipmen, is accountable for the conduct of the Regiment and sensitive to the state of morale in the Regiment, keeps the Officer-in-Charge informed regarding any deficiencies, and

recommends corrective measures. The Regimental Commander assigns collateral duties to members of the Regimental and Battalion staffs as required.

b. Specific duties and responsibilities

(1) The senior Midshipman in the Regimental organization who commands the Regiment and executes the policies of the Officer-in-Charge. Represents the Midshipmen chain of command at meetings with the Officer-In-Charge.

(2) Coordinates implementation of policies and regulations, and promulgates and enforces the new directives by using the Midshipmen chain of command. Ensures timely communication of policies to the Midshipmen via the chain of command.

(3) Plans and executes Regimental events using the Operations Department and the chain of command.

(4) Supervises the turnover process with new stripers.

(5) Supervises the Regimental Staff in the performance of its duties.

c. Supervisory responsibility. The Regimental Commander is responsible for the Fourth Class Indoctrination System and executes it under the supervision of the OIC. The Regimental Commander advises the OIC as progress is made toward objectives in each functional area. Members of the Plebe Detail in leadership positions within the Regiment are also accountable for the operation of the program.

2. Regimental Executive Officer

a. Basic function. Serves as the second in command of the Plebe Summer Regiment.

b. Specific duties and responsibilities

(1) Serves as Chief of Staff for the Regiment and supervises the Regimental staff functions.

(2) Assumes duties of the Regimental Commander in his/her absence.

(3) Acts as an intermediary between the Regimental Staff and the AOIC.

(4) Ensures the proper image and good conduct of the Regiment.

(5) Chairs frequent meetings of Battalion and Company Executive Officers to disseminate information and discuss scheduling problems.

(6) Acts as official host for all guests of the Regiment and coordinates all protocol details.

(7) Provide safety oversight and guidance for the Regiment as per the Plebe Summer Safety Officer.

3. Regimental Operations Officer

a. Basic function. Responsible for the organization, planning, and execution of all operations and special movements involving the Regiment. Reports directly to the Regimental Commander. Is also responsible for the Training Program within the Fourth Class Regiment.

b. Specific duties and responsibilities

(1) Keeps Regimental Commander and Staff informed of upcoming events.

(2) Works closely with the Plebe Summer Operations Officer and Scheduling Officer to ensure the Regiment is informed of and executes the training schedule.

(3) Prepares the Plan of the Day.

(4) Coordinates execution of the training schedule as necessary.

(5) Coordinates all special activities throughout the summer including trips, parties, lectures, guest speakers, Regimental events and spirit activities.

(6) Responsible for the organization and execution of the Regimental Intramural Program.

(7) Supervises scheduling and execution of all parades, drill competitions, and outside formations.

(8) Responsible for the overall conduct of Midshipmen Fourth Class training.

(9) Coordinates with the Regimental Administrative Officer for maintenance and cleanliness of Regimental spaces.

4. Regimental Assistant Operations Officer

a. Basic function. The Assistant Operations Officer is the primary assistant to the Regimental Operations Officer.

b. Specific duties and responsibilities.

(1) Carries out the function of the Operations Officer in his or her absence.

(2) Coordinates planning and execution of special events as directed by the Operations Officer.

5. Regimental Administrative Officer

a. Basic function. The Administrative Officer is responsible for all Regimental administrative functions. Collateral duties include those of First Lieutenant and Supply Officer.

(1) Conduct daily muster of the Regiment and maintain accountability throughout the training day.

(2) Liaison between the Regiment and the Plebe Summer Administrative Officer. Updates and distributes all Regimental publications and maintains adequate supplies of necessary forms.

(3) Creates and maintains the Striper telephone recall list.

(4) Distributes Commandant of Midshipmen Instruction change transmittals as they are promulgated and ensures subject instructions are updated throughout the Regiment.

(5) Coordinates invitation lists and RSVP lists for Regimental functions.

(6) Develops Regimental seating/formation plan for Alumni Hall.

(7) Coordinates between the Regiment and Midshipmen Food Services as necessary. Supervises wardroom seating plans. Organizes special meals for the Regiment.

(8) Tracks completion of all evaluations for the Regiment via Battalion Administrative Officers.

6. **Regimental Adjutant**

a. Basic function. Responsible for the Regimental Watch Organization and all training related to watch standing and qualifications.

b. Specific duties and responsibilities

(1) Coordinates all watchstanding requirements.

(2) Ensures watch standardization and compliance with watchstanding procedures throughout the Regiment.

(3) Maintains the watchbill for Regimental staff.

7. **Regimental Drill Officer**

a. Basic function. The Drill Officer is responsible for all activities relating to drill during Plebe Summer.

b. Specific duties and responsibilities. Coordinates with the Brigade Drill Master for all ceremonies, parades, and drill competitions.

8. **Regimental Physical Missions Officer**

a. Basic function. The Regimental Physical Missions Officer is responsible for all physical training activities during Plebe Summer.

b. Specific duties and responsibilities.

(1) Responsible for planning, executing, and tracking all company intramurals.

(2) Liaisons with the Physical Education department to coordinate and execute the Initial Strength Test and the Physical Readiness Test.

9. **Regimental Honor and Character Liaison Officer**

a. Basic function. The Regimental Honor and Character Liaison Officer is responsible to the Regimental Commander for all Midshipmen Training and Character Development training given to the Midshipmen Fourth Class. He or she is also responsible for the accountability of the assigned Honor staff.

b. Specific duties and responsibilities. Coordinates all honor and character training in support of Plebe Summer objectives. Serves as the direct representative of Honor and Character Development Staff.

10. **Drum and Bugle Corps Commander**

a. Basic function. The D&B Corps Commander is responsible for providing music at all formations and parades.

b. Specific duties and responsibilities. Responsible for the day-to-day operations of the Drum and Bugle Corps.

203. **DUTIES OF THE BATTALION STAFF**

1. **Battalion Commander**

a. Basic function. The Battalion Commander is responsible to the Regimental Commander for the safety, well-being, and efficiency of the Battalion. The Battalion Commander is also responsible for the general cleanliness, maintenance, and appearance of the Battalion area. Although the Battalion Commander is supported and advised by the Battalion Officer, the Battalion Commander assumes full responsibility for the Battalion and leads the Battalion while carrying out the policies of the Regimental Commander, Officer-in-Charge, and the Commandant.

2. **Battalion Executive Officer**

a. Basic function. The Battalion Executive Officer is the direct representative of the Battalion Commander. His/her orders have the same force and effect as though issued by the Battalion Commander. The Battalion Executive Officer is responsible for the organization, performance of duty, and good order and discipline of the entire Battalion. The Battalion Executive Officer will recognize the right and duty of the Company Commanders to confer directly with the Battalion Commander. The Battalion Executive Officer supervises all staff officers.

b. Specific duties and responsibilities

(1) Monitor the staff personnel and ensure their efforts directly support the training objectives.

(2) Maintain high morale within the command.

(3) Inspect spaces, personnel, and administrative items and take remedial action to correct discrepancies.

(4) Supervise and evaluate staff functions.

(5) Promote and enforce safety throughout the Battalion, to include Operational Risk Management and proper mishap reporting.

(6) Perform other duties as assigned.

3. **Battalion Operations Officer**

a. Basic function. Assist the Regimental Operations Officer in the organization, planning, and execution of all Regimental operations and special movements. Collateral duties include Battalion Training Officer and Battalion Intramural Officer.

b. Specific duties and responsibilities

(1) Supervise and coordinate the Battalion Intramural Program.

(2) Facilitate training requirements of the companies within the Battalion.

(3) Supervise training throughout the Battalion and ensure compliance with the Regimental Training plan.

(4) Perform other such duties as assigned.

4. **Battalion Administrative Officer**

a. Basic function. The Battalion Administrative Officer is the administrative assistant to the Battalion Executive Officer and is responsible for all administrative issues within the Battalion. Collateral duties include those of Battalion First Lieutenant, Supply Officer and Battalion Adjutant.

b. Specific duties and responsibilities

(1) Ensure each Company maintains a file containing all Regimental notices and instructions.

(2) Verify the efficiency of Company administrative procedures through inspections conducted at least once a set. Pay particular attention to Midshipmen Fourth Class performance/training jackets and Squad Leader notebooks.

(3) Ensure blank forms are available for Battalion use.

(4) Supervise the administrative aspects of watch and duty procedures.

(5) Review staff paperwork for administrative correctness.

(6) Responsible for Battalion accountability.

(7) Assign watches within the Battalion including usher details and other special watches.

(8) Prepare a seating diagram and make seat assignments in King Hall in accordance with the Battalion's table assignments.

(9) Inspect the Battalion area and report material and cleanliness discrepancies to the Regimental Admin Officer/1stLt.

(10) Perform other duties as assigned.

204. **DUTIES OF THE COMPANY STAFF**

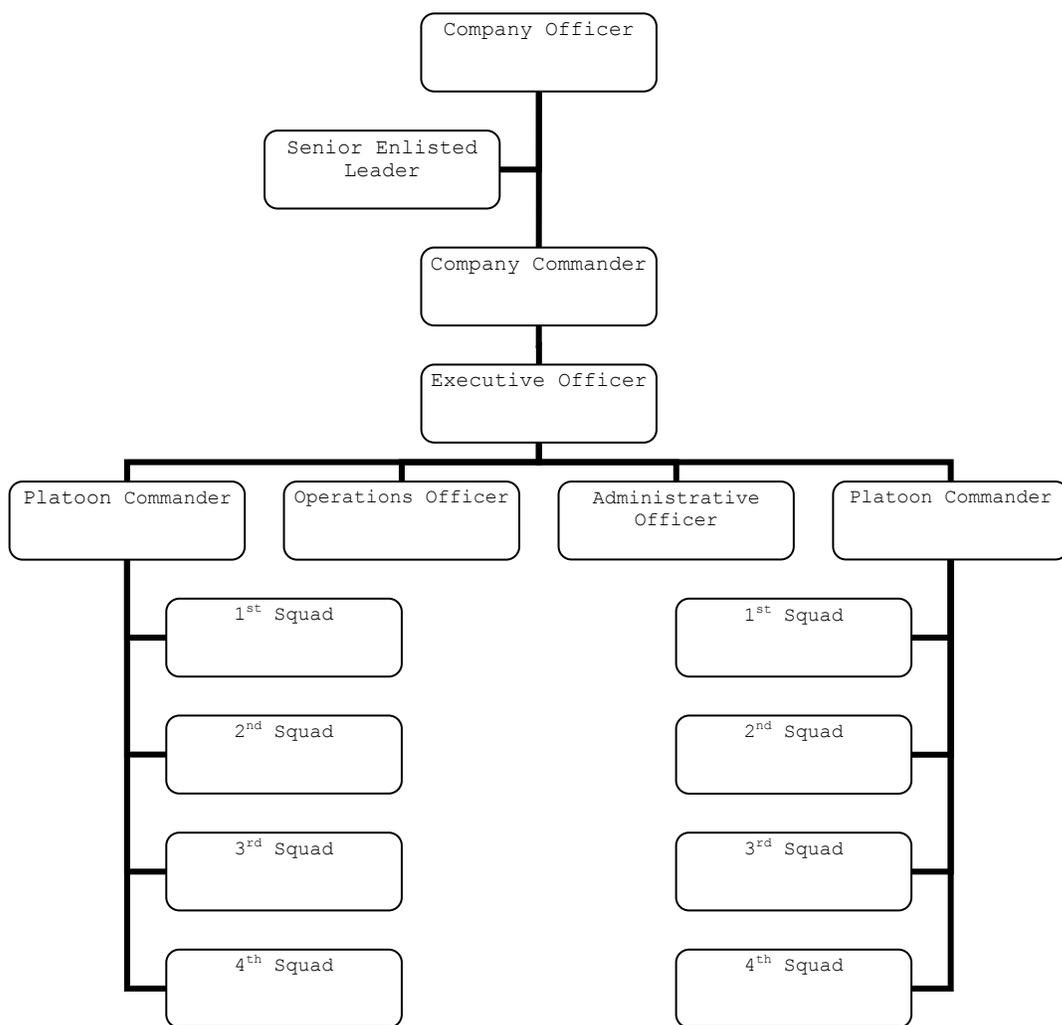


Figure 2.2, Company Organizational Chart.

The duties and responsibilities of the Company Staff and Officers are commensurate with academic year billet descriptions. Staff functions such as Conduct, Drill Officer, etc., normally assigned to an individual during the academic year are the responsibility of the Company Staff and Platoon Commanders, leaving Squad Leaders free to work with their squads.

1. Company Commander

a. Basic function. The Company Commander is responsible for the safety, well-being, and efficiency of the Company. The Company Commander is also responsible for the general cleanliness, maintenance, and appearance of the Company area. Although the Company Commander is supported and advised by the Company Officer/SEL, the Company Commander assumes full responsibility and accountability for the Company.

b. Specific duties and responsibilities. The duties and responsibilities of the Company Commander are established by Naval Academy regulations, traditions, and customs. The authority of the Company Commander is commensurate with the responsibility except as stipulated by regulation. The Company Commander must maintain frequent and regular contact with the CO/SEL with regard to daily company activities.

2. Company Executive Officer

a. Basic function. The Company Executive Officer is the direct representative of the Company Commander. His/her orders have the same force and effect as those issued by the Company Commander. The Company Executive Officer is primarily responsible for the organization, performance of duty, and good order and discipline of the entire Company. The Company Executive Officer will recognize the right and duty of the Platoon Commanders to confer directly with the Company Commander. The Company Executive Officer supervises all staff officers. All Platoon Commanders report to the Company Executive Officer regarding internal administrative matters. The Company Executive Officer controls the flow of all administrative matters within the Company and serves as the link between the administrative staff and the operational organization.

b. Specific duties and responsibilities

(1) Inspect the company's spaces, personnel, and administrative items and take remedial action to correct discrepancies.

(2) Maintain high morale within the command.

(3) Supervise and coordinate the work, exercises, training, and education of company personnel.

(4) Supervise the scheduling and planning of company evolutions.

(5) Ensure safety and security measures are understood and observed.

(6) Supervise and direct the Midshipman Performance and Counseling System.

(7) Supervise the Midshipmen Fourth Class indoctrination program.

(8) Coordinate performance reviews or company performance/aptitude boards as necessary for Midshipmen Fourth Class failing to achieve standards.

(9) Serve as Company Safety Officer. Responsible for ORM during

company evolutions, mishap reporting, and adherence to all safety instructions. Reports all safety related matter to the Plebe Summer Safety Officer via the chain of command.

(10) Perform other duties as assigned.

3. **Company Operations Officer**

a. Basic function. The Company Operations Officer is responsible under the Company Commander for assisting in the organization, planning, and execution of all operations and special movement, except where those duties are specifically assigned to another officer.

b. Specific duties and responsibilities

- (1) Serve as the Company Intramural/PE/Physical Missions Officer.
- (2) Ensure timely delivery of all intramural reports.
- (3) Coordinate support for all company evolutions.
- (4) Plan all company or platoon movements.
- (5) Supervise additional programs and tasks assigned to the company.
- (6) Coordinate and supervise review sessions prior to all evaluated events.
- (7) Ensure Midshipmen Fourth Class training lectures are prepared, rehearsed, and executed.
- (8) Coordinate remedial/makeup training as required.
- (9) Ensure training aids are available for training evolutions.
- (10) Train all personnel on company wardroom policies.
- (11) Supervise company security.

4. **Company Administrative Officer**

a. Basic function. The Company Administrative Officer is the administrative assistant to the Company Executive Officer and is responsible for all administrative issues within the company. Collateral duties include those of First Lieutenant, Supply Officer and Company Adjutant.

b. Specific duties and responsibilities

- (1) Document all training missed by members of the Plebe Detail during LDEP.
- (2) Document all training missed by 4/C during the summer.
- (3) Prepare watchbills and submit via the chain of command.

- (4) Assign Midshipmen to duty sections and assign duty section rotation for the set.
- (5) Post all watchbills and duty roster lists.
- (6) Train Midshipmen Fourth Class watchstanders and maintain proficiency.
- (7) Prepare, maintain, and review daily muster and Taps reports. Verify all Midshipmen are present or accounted for at all musters. Report discrepancies to the Executive Officer for action.
- (8) Train Platoon Commanders on accountability procedures.
- (9) Ensure muster reports reflect personnel absent due to weekends, overnight liberty, and regular liberty. Ensure liberty policy is strictly enforced.
- (10) Ensure paperwork and forms are completed properly and extra forms are adequately stocked.
- (11) Maintain the Company's master directives file containing all directives and orders guiding Plebe summer.
- (12) Maintain performance/training jackets for all personnel in the company.
- (13) Inspect and monitor Company Mates of the Deck to ensure duty stood in accordance with reference (c).

5. **Platoon Commander**

a. Basic function. The Platoon Commander is the representative of the Company Commander in matters pertaining to the platoon. All persons assigned to the platoon are subordinate. The Platoon Commander ensures all subordinates conform to Regimental policies.

b. Specific duties and responsibilities

- (1) Supervise the work, training, and conduct of members of the platoon, including the Plebe Detail.
- (2) Inspect the platoon's personnel, material, and assigned spaces, including those spaces assigned to the members of the Plebe Detail, and correct deficiencies.
- (3) Maintain the cleanliness and material condition of assigned spaces and coordinate repair of deficiencies.
- (4) Maintain standards of performance and conduct; evaluate performance through drills, inspections, and other means; make recommendations to the Company Executive Officer concerning disciplinary matters.

(5) Coordinate with the other Platoon Commander to make recommendations to the Company Commander on implementation of policy to ensure company coordination.

(6) Conduct and document counseling on Squad Leaders as required and post in their performance/training jackets.

(7) Complete FITREPS on Squad Leaders at the end of each set of Detail.

(8) Conduct performance review or platoon evaluation boards as necessary for Midshipmen Fourth Class failing to achieve standards.

(9) Perform other duties as assigned.

c. Organizational relationships. The Platoon Commander reports to the Company Commander on operational matters and to the Company Executive Officer on all administrative items. Squad Leaders are subordinate to the Platoon Commander.

6. Squad Leader

a. Basic function. Commands the basic unit of the Regiment. The exercise of command responsibility is therefore essential to the good order, discipline, and morale of the Regiment. The Squad Leader must take a thorough personal interest in each member of the squad, know their problems, solicit their welfare, ensure their safety and well being at all times, and extract from them a strict and efficient performance of duty.

b. Specific duties and responsibilities

(1) Responsible to the Platoon Commander for the safety, well-being, and training of the Midshipmen Fourth Class in their squad.

(2) Lead by the power of your personal example in word and action.

(3) Be responsible, under the Platoon Commander, for Midshipmen Fourth Class conduct and for following the regulations and orders of the Company Commander and other superiors.

(4) Keep the chain of command informed of the capabilities and needs of each Midshipman Fourth Class.

(5) Inspect uniforms and room cleanliness daily to ensure squad members maintain high standards.

(6) Conduct and supervise Midshipmen Fourth Class indoctrination for the squad.

(7) Do not use improper language or engage in unprofessional behavior.

(8) Report to the Company Executive Officer, via the Platoon Commander, infractions of regulations, orders, and instructions that warrant disciplinary action.

(9) Keep the chain of command informed of any personal problems requiring special attention.

(10) Ensure the proper conduct of the squad at all times.

(11) Use the Squad Leader's Notebook to guide in the performance of their duties.

(12) Report all squad absentees to the Platoon Commander.

(13) Complete FITREPS on Midshipmen Fourth Class at the end of each set.

(14) Conduct and document counseling on Midshipmen Fourth Class in the squad. Each Midshipman Fourth Class should have daily notes documenting their performance.

(15) Squad leaders shall never delegate responsibility or accountability for the Plebes in their squads. Squad leaders will not appoint Plebes to serve as "Assistant Squad Leaders" or "Assistant Platoon Sergeants." Plebes should be taught about accountability and how to take a muster, but WILL NOT be fired or otherwise punished with regards to the accountability of their squad mates.

c. Organizational relationships. The Squad Leader reports to the Platoon Commander regarding assigned duties.

CHAPTER 3 - WATCHSTANDING RESPONSIBILITIES

301. **PLEBE SUMMER WATCHSTANDING ORGANIZATION**

1. **Objectives.** The objectives of the Plebe Summer Watch Organization and Procedures are:

- a. Provide a Chain of Command within the 4/C Regimental spaces of Bancroft Hall that is responsible to the Plebe Summer OIC for handling emergencies and executing the Plan of the Day.
- b. Provide security within Bancroft Hall.
- c. Maintain accountability.
- d. Provide a watch structure that is adaptable to daily requirements.
- e. Enhance overall AT/FP posture.

2. **Procedures**

a. Responsibilities. Plebe Summer duty personnel are responsible for Midshipman accountability, Main Office responsibilities, overall security and material condition of Bancroft Hall Plebe Summer spaces, and keeping the Officer-in-Charge and Assistant Officer-in-Charge informed of the 4/C Regiment's significant events. Plebe Summer watchstanders are responsible for the security and accountability of all Plebe Summer participants, and watch training for the 4/C Regiment.

b. Watchbills. Watchbills will be promulgated by a respective unit's Adjutant, approved by that unit's commander, and signed and posted 72 hours prior to the start of the duty day. The Plebe Summer Operations Officer will promulgate the Plebe Summer Assistant Officer of the Watch (AOW-PS). The Regimental Adjutant will promulgate Regimental Duty Officer (RDO-PS), Duty Driver (DD-PS), and Bancroft Hall Main Office MOOW watchbills. The Regimental Adjutant is responsible for promulgating details concerning watch rotation times and specific watchstander responsibilities. When the 4/C Regiment is responsible for providing Main Office Watchstanders, the Regimental Adjutant will assign Duty Companies to fill the Plebe Summer watch obligations.

c. Duration of the Watch. The MOOW, DD-PS, and all CDO watches commence with turnover at 0630 on the duty day and last until 0730 the following day, when the off-going and on-coming OOWs and MOOWs deliver the 0800 Report to the Deputy Commandant. The overlap is to ensure adequate time for a proper watch turnover. The AOW-PS and RDO-PS watches commence with muster in the Rotunda with the OOW at 0630 on the duty day and last until 0730 the following day, when the off-going and on-coming AOW-PS and RDO-PS turn over with the Assistant Officer in Charge (Operations) of the 4/C Regiment.

3. **Watch Organization.** The watch organization during Plebe Summer is in accordance with reference (c) with the following modifications.

a. **Plebe Summer Staff Duty Officer.** The Plebe Summer Staff Duty Officer (PS SDO) represents and reports to the Plebe Summer Officer-in-Charge and is responsible for the safety and security of Plebe Summer Bancroft Hall spaces and the 4/C Regiment. The PS SDO will post watch at 0600 until 0900 the following day and maintain a duty cell phone. PS SDOs are not required to reside in Bancroft Hall overnight, but must remain in Bancroft Hall until their final tour of the 4/C Regiment following Taps. PS SDOs will turnover at 0900 and report their turnover, in person if available, to the AOIC and OIC. The PS SDO will ensure proper notification regarding events requiring the immediate attention of the Plebe Summer OIC and AOIC. In addition, the PS SDO will ensure incidents/events requiring internal Plebe Summer SITREPs are drafted and transmitted with the appropriate chain of command notification. The PS SDO must remain cognizant of current conditions and alert to changes in the weather in accordance with reference (f). The PS SDO must ensure notifications are made regarding weather flag and thunderstorm conditions.

b. **Assistant Officer of the Watch - Plebe Summer.** The AOOW-PS will be an Ensign/2nd LT from Plebe Summer, Weapons, or Sailing Details and will assist the PS SDO in the execution of his/her duties related to Plebe Summer. Additionally, the AOOW-PS shall provide oversight to the RDO-PS in the execution of their duties. The AOOW-PS will post watch at 0630 of the day of duty until 0730 the following day. They will muster with the PS SDO at 0630 during the day of their duty. The AOOW-PS will reside in Bancroft Hall overnight. Quarters will be established by the Plebe Summer Operations Officer in conjunction with the Plebe Summer First Lieutenant. At no point will the AOOW-PS be permitted to leave the Yard during the duty day.

c. **Midshipman Officer of the Watch.** Midshipman Officer of the Watch (MOOW) - From the commencement of Plebe Summer until Reform, Plebe Summer will provide a 3 or 4 striper (excluding Company Commanders) to stand MOOW. MOOW is a 24-hour watch, from 0630 the day of duty until 0730 the following day. As during the academic year, the MOOW is responsible for assisting the OOW in maintaining overall Midshipman accountability, ensuring Main Office watches are posted, observing security standards and the material condition of Bancroft Hall, and keeping the Commandant and Deputy Commandant informed about the Yard's significant events. If a Main Office watch or colors detail fails to muster, the MOOW will contact the NASP CDO or Plebe Summer RDO in order to muster sufficient watchstanders within their departments. The MOOW will complete the Brigade 0800 Report each day. During morning watch turnover, the MOOW shall deliver the Brigade 0800 Report to the Deputy Commandant with the OOW. The MOOW shall conduct the 0630 Rotunda watch muster every morning, conduct room inspections, supervise tours and restriction musters, and other duties as the OOW may prescribe.

d. **Regimental Duty Officer (RDO).** The Regimental Duty Officer (RDO) is the senior Midshipman duty officer for the Fourth Class Regiment. The RDO is the direct representative of the Regimental Commander and the Officer-in-Charge of the Fourth Class Regiment. The RDO works under the supervision of the PS SDO, AOOW-PS and reports to the MOOW with respect to duties prescribed for the watch. The RDO is the focal point for all activities within the Fourth Class Regiment. The RDO will ensure that the 4/C Regiment is fulfilling its Bancroft Hall duty requirements during designated times as described in this instruction. The RDO will post at 0630 on the day of his

or her duty and will remain on duty until 0730 the following morning. The RDO is responsible to the 4/C Regimental Commander, the PS SDO, AOOW-PS, and the MOOW for the security and accountability of the 4/C Regiment. The RDO will collect Plebe Summer companies' Taps sheets and 0800 reports and shall submit a Plebe Summer 0800 Report for the MOOW. Additionally, the RDO shall be responsible for manning the 4/C Regiment RDO Office. The manning of this office may be shared between the RDO-PS and the two BOOWs. RDO-PS will be stood by all Company Commanders in the 4/C Regiment.

The RDO must be aware of the following:

(1) Flag conditions and weather restrictions. Reference (f) covers heat stress conditions and dissemination of WBGT readings. Once received, the RDO ensures that the flag conditions are known throughout the Regiment and modifies uniform and training requirements as necessary. The RDO monitors thunderstorm tracks and takes appropriate action per reference (f). The RDO will notify the OIC, AOIC, PS SDO and Operations Officer of all changes in weather conditions.

(2) Daily schedule. The RDO maintains a copy of the Master Training Schedule and the Plan of the Day. The RDO must know the schedule and training locations to ensure that the Regiment observes training restrictions during changing flag and thunderstorm conditions.

(3) Significant events impacting the 4th Class Regiment to include medical issues, hospitalizations, etc.

e. Battalion Officer of the Watch (BOOW). The Port and Starboard Battalion BOOWs will be established and secured at the discretion of the Officer-in-Charge of Plebe Summer. Two-stripers will stand BOOW within their respective Battalions. The BOOW is responsible to the RDO for security and accountability in their Battalion, and will compile 0800 Reports from their Battalion and submit them to the RDO. BOOWs muster in the Rotunda each morning at 0630 with the RDO and MOOW. BOOWs shall aid the RDO in providing 24/7 coverage of the RDO shack. The BOOW Watch Bill will be promulgated separately by the 4/C Battalion Adjutant.

f. Company Duty Officer (CDO). Each Company in the 4/C Regiment, including Tango Company, will provide a CDO commencing with the return of the Detail. CDO will be stood by Squad Leaders, Operations Officers, and Administrative Officers in each company. The CDO will submit a daily 0800 report to the RDO via the BOOW. The off-going CDO will attend morning physical training and the on-coming CDO will attend morning watch muster in the Rotunda at 0630. The CDO is responsible for security and accountability of all Plebes and the Detail within their Company as well as everything that take place within that company's area of responsibility. The CDO will conduct Taps for their company. The CDO Watchbill will be promulgated separately by the Company Adjutants.

g. Company Mate of the Deck (CMOD). Each Company in the 4/C Regiment, with the exception of Tango Company, will provide a CMOD to patrol Company area from 0545 until 2200 each day. CMODs are responsible for Midshipmen security within their Company area. Midshipmen Fourth Class stand this watch. During events that are mandatory for all Midshipmen 4/C (Oath of

Office Ceremony, placement exams, Superintendent/ Commandant's Calls, etc.), CMOD will be stood by members of the Detail. Detail staff members stand company security patrols in lieu of Midshipmen Fourth Class during specified times, including at night. Except as modified by the OIC, the Plebe Summer CMOD duty is executed the same as during academic year. The chain of command shall ensure that prior-Enlisted and NAPS-sourced MIDN 4/C qualify as CMOD upon arrival in Company area. ONLY Midshipmen Fourth Class who have completed their CMOD PQS shall be permitted to stand the watch. The CMOD PQS qualification card to be used for Plebe Summer is included at the end of this chapter.

h. **Roving Security Watch (Brigade Security Rover - Plebe Summer)**. Plebe Detail upperclass will stand this watch in one pair per Regiment from I-Day minus one through Reform of the Brigade, unless otherwise directed by the OIC. The Roving Security Watch posts after the RDO pipes down the CMODs until the watch resets the following morning. This watch ensures the physical safety of the Fourth Class Regiment from 2200 until 0545. BSR-PS must check in hourly with the RDO-PS/BOOWs in the RDO Shack on 3-0. The Roving Security Watch is responsible to the CDO for Midshipmen security within their Battalion area. The Roving Security Watchbill will be promulgated separately by the 4/C Battalion Adjutants.

i. **Colors Detail**. NASP will provide morning and evening color details until I-Day plus 7. After I-Day plus 7, Plebe Summer will provide one 1/C and 12 4/C Midshipmen for morning colors detail, but NASP will continue to man the evening and Halsey colors details. Tecumseh Court and the Administration building require 12 Midshipmen with one supervisor for T-Court. The Colors Detail shall muster in Main Office 30 minutes prior to morning colors.

j. **Shore Patrol**. Shore Patrol will vary depending on the period of time during summer training and the Midshipmen available from each program. Shore patrol will never conflict with training requirements. The uniform is Summer Whites with armbands. Watchbills are promulgated by the NASP office. The following is a breakdown for each summer program:

PROTRAMID/ACTRAMID daily, 1700-end of liberty (1) 1/C and (1) 2/C
WEAPONS DETAIL daily, 1700-end of liberty (1) 1/C and (1) 2/C
CSNTS/VOST daily, 1700-end of liberty (1) 1/C and (1) 2/C
SAILING/DC DETAIL daily, 1700-end of liberty (1) 1/C and (1) 2/C

k. **Duty Driver- Plebe Summer (DD-PS)**. Two Plebe Summer Duty Drivers will be used exclusively for the needs of the 4/C Regiment. They will maintain contact with the Plebe Summer RDO via cell phone during the duty day and will remain within close proximity of Bancroft Hall. The Duty Driver watch will be split between TAD Ensigns or 2nd Lieutenants and the Detail. From 0630-2100, two TAD Ensigns or 2nd Lieutenants will be assigned as DD-PS. At 2100, two members of the Detail will assume the watch. Turnover will be conducted in the RDO shack under the supervision of the AOOW-PS. The DD-PS will be in a duty status from 0630 on the day of duty until watch turnover. They will muster with the on-coming OOW in Main Office at 0630 with the AOOW-PS each morning.

1. **Midshipman in Charge of Main Office (MCMO)**. From the beginning of Plebe Summer through Reform, Plebe Summer will provide a 1/C Detailer to stand MCMO from 0700-1600 and NASP will continue to provide the MCMO from 1600-0700 the following day. The MCMO is responsible for knowing the whereabouts of all Main Office watchstanders during his or her shift, including colors details and duty drivers, as well as keeping a thorough log of main office proceedings. The MCMO will ensure that the Mitscher-Levy patrol is conducted, dispatching Main Office watchstanders to perform these duties. The MCMO will also perform any duties the OOW, AOOW, or MOOW requests. The Plebe Summer Adjutant shall coordinate assignment of personnel to ensure that the MCMO is afforded the opportunity to attend meal periods in King Hall.

The MCMO watch rotation is as follows:
0700-1000 1000-1300 1300-1600

m. **Main Office Messenger (MOM)**. The MOM will answer phones in Main Office and perform any additional duties required by the OOW, AOOW, MOOW or MCMO. The MOM watch rotation is the same as the MCMO watch rotation, and the Watchbills will be promulgated by the responsible departments. From I-Day plus seven until Reform, Plebe Summer will provide Midshipmen 4/C from the duty company to stand MOM in pairs from 0700-1600; NASP will continue to provide a MOM from 1600-0700 the following day.

4. **Watch Tables: King Hall**

Watch tables shall be available at the following times:

MON-SAT	Breakfast:	0730-0800
	Lunch:	1130-1200
	Dinner:	1730-1800
SUN	Breakfast:	0630-0700
	Lunch:	1130-1200
	Dinner:	1730-1800

Detailers within the chain of command are responsible for ensuring that Plebes are brought to King Hall and are afforded a chance to eat prior to assuming the watch. In the event that attendance at watch tables proves impossible for a 4/C MIDN, the CO/SEL must be made aware of the situation via the chain of command and appropriate action must be taken to afford that Plebe the opportunity to eat.

302. **CONDUCT OF THE WATCH**

1. **Posting Requirements**. A properly stood watch is in some cases the last line of defense against a would-be attacker. Because an effective watch is an effective deterrent, having a watch in place enhances AT/FP readiness. Therefore, the following will be posted at a minimum IVO all CMOD desks and watch stations:

- General Orders of a Sentry
- Telephonic Bomb Threat Checklist

- Telephone directory containing emergency numbers and extensions of other watch posts, i.e., BOOW Shack, RDO Shack, Main Office, etc.

2. **Logs.** A log is a legal record of the circumstances and timeline of the watch. Logs will be properly kept and regularly inspected for proper entries and procedures. CDOs will inspect CMOD logbooks and the AOOW-PS will review all Main Office logs.

3. **Rounds.** CMODs are responsible for conducting at least one round of their Company AOR every 30 minutes. Unless otherwise engaged, CDOs, BOOWs, and the RDO-PS shall conduct a round within their AOR at least once per hour. Any irregular activity or condition shall be logged and appropriate action taken to correct it.

4. **Prohibited Activity.** The following are prohibited while standing watch as a member of the 4/C Regiment:

a. Sleeping on watch. The AOOW-PS, RDO-PS, BOOW, CDO, and DD-PS may sleep outside of normal working hours.

b. Eating on watch. Drinking water is permitted.

c. Reading/watching television/engaging in diversionary activity. CMODs may read Reef Points and Study rates while on watch.

d. Any consumption of alcohol must cease 12 hours prior to assuming the watch.

COMPANY MATE OF THE DECK (CMOD) QUALIFICATION CARD

Name: _____ Alpha: _____ Company: _____

1. Perform the following with a qualified CMOD: CMOD Initials/Date

- a. Make patrols of the decks _____
- b. Make company announcements _____
- c. Demonstrate ability to challenge unauthorized persons _____

2. Discuss with qualified CMOD: CMOD Initials/Date

- a. Relief/turnover procedures _____
- b. Phone etiquette _____
- c. Sick-In-Room midshipmen _____
- d. Protocol when senior officers are on deck (COMDT, OOW, O-5s, MOOW, etc.) _____
- e. Delivery and format of messages _____
- f. Proper log entries _____
- g. Checking ID cards:
 - (1) Military _____
 - (2) Civilian _____
- h. Unauthorized personnel procedures _____
- i. Watch notification distribution _____
- j. Updating boards _____
- k. Maintaining orderly appearance of CMOD post _____
- l. Study Hall requirements _____
- m. Academic watch relief procedures _____
- n. Intoxicated Midshipmen procedures _____
- o. Bomb threat procedures _____

3. As of _____, Midn. _____, _____, _____
(Date) (Name) (Alpha) (Co.)

is qualified to stand watch as Company Mate of the Deck.

_____ (Company Adjutant)

Copy to:
Company Adjutant Performance Jacket

CHAPTER 4 - GUIDELINES FOR PROFESSIONAL CONDUCT OF THE DETAIL

401. GUIDELINES TO PREVENT HAZING

1. Hazing of any Midshipmen is prohibited. SECNAVINST 1610.2 provides the following guidance for the Department of the Navy and the United States Naval Academy:

a. Hazing is defined as any conduct whereby a military member or members, regardless of service or rank, without proper authority causes another military member or members, regardless of service or rank, to suffer or be exposed to any activity which is cruel, abusive, humiliating, oppressive, demeaning, or harmful. Soliciting or coercing another to perpetrate any such activity is also considered hazing. Hazing need not involve physical contact among or between military members; hazing can be verbal or psychological in nature. Actual or implied consent to acts of hazing does not eliminate the culpability of the perpetrator.

b. Hazing can include, but is not limited to the following: Playing abusive or ridiculous tricks, threatening or offering violence or bodily harm to another, striking, branding, taping, tattooing, shaving, greasing, painting, requiring excessive physical exercise beyond what is required to meet standards, "pinning", "tacking on", "blood wings", or forcing, encouraging, or requiring the consumption of food, alcohol, drugs, or any other substance.

c. Hazing does not include command-authorized or operational activities; the requisite training to prepare for such missions or operations, administrative corrective measures, extra military instruction, athletic events, command-authorized physical training, contests or competitions and other similar activities that are authorized by the chain of command.

2. Physical Contact. Physical contact with Midshipmen Fourth Class is forbidden except to:

- a. Correct a Midshipman Fourth Class' position.
- b. Correct a Midshipman Fourth Class' movement.
- c. Adjust the arrangement of a Midshipman Fourth Class' clothing or equipment with due regard for private or sensitive areas of the body.
- d. Prevent injury to a Midshipman Fourth Class.
- e. Attend to an injured Midshipman Fourth Class.
- f. Defend oneself from an assault by a Midshipman Fourth Class. Contact is only allowed if no alternative exists to prevent the assault and the force used is the minimum required.

402. RULES TO ENHANCE PROFESSIONALISM AND PREVENT FRATERNIZATION

1. Detail and staff shall refrain from using profanity during Plebe Summer.

2. Detail and staff will address Midshipmen Fourth Class by last name, billet (i.e. "Midshipman 4/C") or Mr. /Miss. They will not use profane and racially or ethnically degrading language to address a Midshipman Fourth Class. Detail will not use degrading nicknames.
3. Midshipmen Fourth Class will not perform personal services (e.g., run errands, clean or move gear belonging to staff members). Allowing voluntary performance of these activities by Midshipmen Fourth Class is prohibited.
4. Midshipmen Fourth Class will not enter any military personnel living areas on the Academy other than their own, to include the Detailer's rooms, except for counseling or the performance of a military function related to Midshipmen Fourth Class training.
5. The Detail will not develop or form non-professional, social, or personal relationships with Midshipmen Fourth Class. All contact with Midshipmen Fourth Class is strictly limited to a professional military relationship.
6. Pre-existing relationships, team affiliations, etc. may continue as a professional mentor only.
7. Under no circumstance will Detailers create a "5th squad" to segregate underperforming Fourth Class Midshipmen.

403. **COUNSELING GUIDELINES**

One-on-one interaction and counseling requires careful consideration. Detail staff members should counsel their Midshipmen Fourth Class in plain view in the passageway to preclude the appearance of impropriety. The Detail may complete counseling sessions requiring more privacy in a room with the door completely open where both individuals are plainly visible from the passageway. Counseling sessions in any room as outlined previously require an additional Detail member as a witness when counseling members of the opposite sex. **Counseling for any Midshipman Fourth Class requiring the privacy of a closed room is done in one of the company offices in the presence of the Company Officer or Senior Enlisted Leader.**

404. **FINANCIAL REGULATIONS**

Detail shall not:

1. Collect funds from Midshipmen Fourth Class for ANY purpose.
2. Act as an agent for one or more Midshipmen Fourth Class in making purchases.
3. Purchase items for their Midshipmen Fourth Class at the Midshipman Store. Detailer's shall address supply or personal hygiene item shortfalls through the chain of command for resolution.

405. **KING HALL GUIDELINES**

The purpose of these guidelines is to foster an atmosphere of courtesy, decorum, and formality consistent with that found in afloat wardrooms, while

providing an environment conducive to appropriate professional and social development. Mealtimes are considered an extension of training times with the following provisions:

1. Midshipmen Fourth Class will:

a. Move expeditiously to assigned seats using only the center passageways or the passageways between tables. Remain standing at attention until all senior personnel at the table are seated. Squads or individual Midshipmen Fourth Class will not sound off while in King Hall. Midshipmen Fourth Class will walk out of King Hall when dismissed from tables.

b. Execute a facing movement towards the Anchor/Regimental table for announcements prior to seats. When announcements are given after seats, all Midshipmen will cease table activity and direct attention to the Anchor. No Midshipman will touch anything on the table until after the Anchor announcements.

c. Sit at attention on the front 4 inches of his/her chair, erect, hands in lap, head up, "eyes in the boat," place the fork/spoon down between bites. When spoken to, cease table activities and look directly at the appropriate individual.

2. Detail staff shall ensure that all Midshipmen Fourth Class have been served prior to the Detail taking their own ration. Plebes will wait for the senior person at the table to give the word to begin eating once all have been served.

3. Midshipmen Fourth Class are allowed to remain at the table after "Fourth Class, March-Out" if they need time to finish their meal. Detail should ensure that Midshipmen Fourth Class have approximately 20 minutes to consume their meal unless extraordinary circumstances in the training schedule require cutting this time short. Detail should consider 10-15 minutes of quiet time for their tables to allow meal consumption by the entire squad.

4. Unit leaders will cease rating their Midshipmen Fourth Class when the Regimental Staff calls the Regiment to attention. Midshipmen Fourth Class may participate in table conversation under the direction of the Detail concerning current events or other appropriate topics so as not to interfere with eating. **Detail members will not prevent the Midshipman Fourth Class from eating a full meal by constantly asking questions during the meal and requiring them to stop eating while answering.**

5. Midshipmen Fourth Class on weight control or a medically prescribed diet will only eat items on their diet. All other Midshipmen Fourth Class will be allowed the opportunity to consume any item served.

6. The practice of "earning" items at meals is strictly forbidden and is considered a form of hazing. Unusual "spicing" of menu items with condiments to concoct "Beat Army's" or otherwise tampering with the normal consumption of meals is also considered hazing. **Additionally, Midshipmen shall not beat on tables, conduct "Wild mans" or do anything that detracts from a professional Wardroom environment.** Detail members will not withhold dessert

or imply that dessert is a "weakness." Squad leaders should encourage Midshipmen Fourth Class to eat everything that is placed on the table.

7. Leadership at all levels must encourage sports drinks and water consumption at meals to prevent dehydration related injuries and illnesses.

CHAPTER 5 - PLEBE SUMMER RULES AND REGULATIONS

501. **LIBERTY POLICY**

1. Liberty is a device for relaxation and decompression.
2. Liberty may be granted at the discretion of the Company Officer per the following guidelines:
 - a. The Company Commander **or** Executive Officer must be on deck at all times. The Company Commander and Executive Officer will never be on liberty or an overnight at the same time.
 - b. Companies will maintain a minimum of 10 detailers on deck, with a maximum of 3 detailers on liberty/overnight at any given time. The 10 detailers must consist of midshipman fit to lead (not SIQ, etc.). Liberty begins at CO's discretion and ends at 2330.
 - c. Overnights may be granted every night of the week with an approved chit routed through the Company Operation Officer, Company Commander, and the Company Officer. Company Staff must ensure that overnights do not conflict with scheduled events. Overnight liberty begins at CO's discretion and ends at 1130 the next day.
 - d. Uniform for departure and arrival onto and off the yard is civilian attire. Do not wear civilian attire in Plebe Summer Regiment spaces.
 - e. Companies will maintain a liberty log that accounts for all Detail members off deck while not engaged with Plebe training. The OIC must maintain an accurate accountability for Detail members aboard and ashore in case of emergency.
 - f. Errands of short duration during normal working hours may be approved by the Company Officer/SEL via the Company Commander as the training schedule permits.
 - g. Midshipmen detailers may consume alcohol only while on overnight liberty. Alcohol consumption must terminate 12 hours prior to returning to Naval Academy grounds and detailers must be free from all effects of alcohol prior to any interactions with the Plebes.
 - h. All unit commanders reserve the right to secure liberty for any individual(s) under their authority at any time. Any detailer that violates the alcohol regulations will be relieved of their position immediately.

502. **ALCOHOL AND TOBACCO USE**

1. **Tobacco Use.** Plebe Summer is tobacco free. Personnel assigned to Detail for the Fourth Class Regiment may not use any tobacco products while on the Yard or off the Yard in the company of Midshipmen Fourth Class.

2. Alcohol Use

a. The Plebe Summer Detail will adhere to responsible drinking guidelines. Alcohol related misconduct will not be tolerated.

b. Detail members of legal drinking age may consume alcoholic beverages **ONLY** when in an **OVERNIGHT** liberty status. Midshipmen Fourth Class will not consume alcoholic beverages at any time.

c. When not on overnight liberty, Detail members are considered in a **DUTY** status and will **NOT** consume alcohol.

503. UNIFORM and GROOMING STANDARDS

1. The Plan of the Day provides the final uniform guidance for each event; however, the Detail should anticipate the following schedule:

<u>DAY</u>	<u>UNIFORM OF THE DAY</u>	<u>WORKING UNIFORM</u>
I-DAY - TD14	WW"E"	WW"E"
TD15 - Reform	WW"A"	WW"E"

Uniform	Shirt	Trousers	Cover	Necktie	Shoes	Socks	Undershirt
White Works "A"	White Jumper	Working White	White Combination Cap	Neckerchief	Black	Black	Crew Neck
White Works "E"	White Jumper	Working White	Blue Rim White Hat	None	White Gym	White Gym	Blue Rim T-Shirt
White Works "E" for PE	White Jumper	Working White w/ Blue Shorts or Swimsuit	Blue Rim White Hat	None	White Gym	White Gym	Blue Rim T-Shirt
PE Gear	Blue Rim T-Shirt	Blue Gym Shorts w/ Compression Shorts	None	None	White Gym	White Gym	None
NWUs	NWU blouse	NWU trousers	NWU cover	None	Black Leather boots	Black boot socks	Navy Blue

Note: White watch belt with canteen affixed in the middle of the back shall be worn at all times in White Works.

Figure 5.1, Required Items for Plebe Summer Uniforms.

504. ROOM STANDARDS

All Midshipmen assigned to the Fourth Class Regiment will maintain their rooms in accordance with the guidance provided in reference (a). Detail and Midshipmen Fourth Class rooms will remain in Bravo Condition or higher at all times. Doors to all rooms will remain fully open unless someone is showering or changing. As an example to their Midshipmen Fourth Class, Detail will keep the doors to their rooms open 90 degrees unless someone is physically present in the room.

Not unlike the academic year, check in/out sheets will be executed and maintained on file in the room binder and with the Tango/1st Lieutenant each time a change in room occupants occur. At a minimum, this will occur during 1st Set turnover with NASS Detail, Plebe room assignment, 1st and 2nd Set Plebe Summer Detail turnover, and move out to the academic year rooms (Plebes and Detail). Windows will remain shut at all times to maintain air conditioning boundaries.

505. **MISCELLANEOUS INFORMATION AND REGULATIONS**

1. Civilian Clothing. All personnel assigned to Plebe Summer Detail will wear appropriate uniforms or regulation PE attire at all times when training or interacting with Midshipmen Fourth Class. Civilian clothes are not authorized for wear in Plebe Summer spaces or the Yard.

2. Visiting Upperclass not on the Fourth Class Regiment Detail. Until the Midshipmen Fourth Class join the Brigade, they will not visit the room of an upperclassman that is not a member of the Fourth Class Regiment or visit an area of Bancroft Hall outside of the Regimental area, unless so ordered by a Commissioned Officer or Senior Enlisted Leader. This includes visits to or from siblings who may be assigned to the Naval Academy. The same restrictions apply to telephone calls.

3. Storage of Midshipmen Fourth Class Personal Items (civilian clothing, bags and sports equipment)

a. Squad Leaders will collect all personal items, civilian clothing, bags, and sports equipment from their Midshipmen Fourth Class on Induction Day. Company Senior Enlisted Leaders will establish a secure storage location for these items. All individual items will be labeled with the Midshipman's last name and alpha number. **Detail will inventory and catalogue any high cost items (cameras, watches, jewelry, phones, etc). The CO or SEL will review and sign the inventory prior to securely stowing the valuable items.**

b. Midshipmen Fourth Class may recover their personal items (civilian clothing and bags) for turnover to their parents/sponsors during Parents' Weekend. Sports equipment will be recovered for athletes as required and stored in the respective athletic spaces.

c. Midshipmen Fourth Class will not store luggage in their rooms during Plebe Summer training unless necessitated by space restrictions in the company area.

d. Detail staff coordinates with Company Officers/Senior Enlisted Leaders at the end of the summer for storage/shipment of remaining civilian clothing, etc. Academic year staff is then responsible for ensuring that these items are shipped home or taken to sponsors.

4. Personal Time. **Unit leaders will not violate personal time unless specifically authorized by the Company Officer or Senior Enlisted Leader.**

5. Prohibited Activities. Events that violate dignity of individuals or the training environment are prohibited. Invisible chairs, swims to Baltimore,

clamping-on, swirlees, water bottles held at arms length, around the world tours, Good Night Jane Fonda calls, running deck to deck/outside the company area, or other acts that require undue physical or emotional stress are strictly prohibited. If in doubt, seek approval from Company Officers or SELs.

6. Detailer Uniform at Hospitals. Detailers visiting their plebes at the hospital are authorized to visit in khaki.

CHAPTER 6 - TRAINING GUIDELINES AND ROUTINE

601. MIDSHIPMAN FOURTH CLASS ORIENTATION AND INTRODUCTION

1. Introduction of the Detail to the Midshipmen Fourth Class. Prior to commencing the military training portion of Plebe Summer, the Plebe Summer Company Commander shall cover the following topics in his or her introductory speech: (1) **definition of a Midshipman**, (2) **expectations**, (3) **respect for human dignity**, and (4) **points of contact for violating personal rights**. The following address may be used: (Note: This is only a sample.)

COMPANY COMMANDER EXAMPLE INTRODUCTION

"OUR MISSION IS TO TRAIN EACH ONE OF YOU TO BECOME A MIDSHIPMAN AT THE UNITED STATES NAVAL ACADEMY. A MIDSHIPMAN IS CHARACTERIZED AS ONE WHO POSSESSES THE HIGHEST IN MILITARY VIRTUES. HE/SHE OBEYS ORDERS, RESPECTS HIS/HER SENIORS, AND STRIVES CONSTANTLY TO BE THE BEST IN EVERYTHING HE/SHE DOES. DISCIPLINE, SPIRIT AND MORAL INTEGRITY ARE THE HALLMARKS OF A MIDSHIPMAN AND THESE QUALITIES ARE THE GOALS OF YOUR TRAINING HERE. EVERY CANDIDATE HERE CAN BECOME A MIDSHIPMAN IF THEY CAN DEVELOP SELF-DISCIPLINE, AND MORAL INTEGRITY. WE WILL PROVIDE EVERY EFFORT TO TRAIN YOU. STARTING NOW, YOU WILL TREAT ME AND ALL OTHER MIDSHIPMEN AND OFFICERS WITH THE HIGHEST LEVEL OF RESPECT AND YOU WILL OBEY ALL ORDERS INSTANTLY AND WITHOUT QUESTION. WE HAVE EARNED OUR PLACE AS MIDSHIPMEN AND WILL EXPECT NOTHING LESS THAN THAT FROM YOU. I WILL TREAT YOU JUST AS I DO MY FELLOW MIDSHIPMEN, WITH FIRMNESS, FAIRNESS, DIGNITY AND COMPASSION. AS SUCH, I AM NOT GOING TO THREATEN YOU WITH PHYSICAL HARM, ABUSE YOU, HARASS YOU, NOR WILL I TOLERATE SUCH BEHAVIOR FROM ANYONE ELSE. IF ANYONE SHOULD ABUSE OR MISTREAT YOU OR ANY OF YOUR CLASSMATES, I WILL EXPECT YOU TO REPORT SUCH INCIDENTS TO ME. FURTHER, IF YOU BELIEVE THAT I HAVE MISTREATED YOU, I EXPECT YOU TO REPORT IT TO THE COMPANY OFFICER, _____ OR SENIOR ENLISTED LEADER _____. MY SQUAD LEADERS, PLATOON COMMANDERS AND I WILL BE WITH YOU EVERY DAY, EVERYWHERE YOU GO. I HAVE TOLD YOU WHAT MY STAFF AND I WILL DO. FOR YOUR PART, WE WILL EXPECT YOU TO GIVE 100 PERCENT OF YOURSELF AT ALL TIMES. NOW THIS IS SPECIFICALLY WHAT WE EXPECT YOU TO DO:

YOU MUST DO EVERYTHING YOU ARE TOLD TO DO - QUICKLY AND WILLINGLY.

YOU WILL TREAT ALL OFFICERS, ENLISTED, UPPERCLASS MIDSHIPMEN, AND MIDSHIPMEN FOURTH CLASS WITH COURTESY AND RESPECT.

YOU MUST BE COMPLETELY HONEST IN EVERYTHING YOU DO. A MIDSHIPMAN NEVER LIES, CHEATS, OR COMPROMISES HIS/HER INTEGRITY.

YOU MUST RESPECT THE RIGHTS AND PROPERTY OF ALL OTHER PERSONS. A MIDSHIPMAN NEVER STEALS.

YOU MUST BE PROUD OF YOURSELF AND THE UNIFORM YOU WEAR.

YOU MUST TRY YOUR BEST TO LEARN THE THINGS YOU WILL BE TAUGHT. EVERYTHING WE TEACH YOU IS IMPORTANT AND MUST BE REMEMBERED.

YOU MUST WORK HARD TO STRENGTHEN YOUR BODY.

ABOVE ALL ELSE, YOU MUST NEVER QUIT OR GIVE UP. WE OFFER YOU THE CHALLENGE OF MIDSHIPMEN FOURTH CLASS TRAINING - THE OPPORTUNITY TO EARN THE RIGHT TO BE A MIDSHIPMAN AT THE UNITED STATES NAVAL ACADEMY."

2. A timely and thorough briefing by Squad Leaders concerning Plebe Summer rules and regulations is essential to the future success of the squad.

3. Midshipmen Fourth Class will be briefed on the following prior to the Oath of Office ceremony on I-Day:

- a. The Oath of Office
- b. Honor Concept
- c. Dignity and Respect in the Brigade of Midshipmen

4. Squad Leaders will teach their squads fire evacuation procedures for Bancroft Hall and the location and use of the fire alarm boxes. Companies will conduct a fire drill **prior** to Taps the night the candidates berth on their assigned deck for those candidates that arrive prior to Induction Day. Companies will conduct another fire drill for the entire company **prior** to Taps on Induction Day. Companies will report completion of emergency evacuation drills to the Regimental Duty Officer upon completion.

602. **INITIAL PLEBE SUMMER TRAINING**

1. Aside from administrative and academic requirements, initial Plebe Summer training should include: A concentrated basic military indoctrination, basic watchstanding skills (CMOD qualification), instilling discipline, developing teamwork, and promoting a good sense of Naval heritage. This is the "foundation building" phase, targeted with imparting a base-level of knowledge and a military spirit upon which to build.

2. Plebe Summer training begins immediately after the Company Commander's introductory speech. The initial training focus should include gear issue, room set-up, and administrative requirements for the transition from civilian to military life. Detail and staff must ensure that the training environment emphasizes controlled stress throughout varying portions of the training day to facilitate placement exams and other administrative requirements.

3. Letter home. **Every Midshipman Fourth Class is required to write one letter home prior to Training Day 5.** The purpose of the letter is to inform the Midshipman Fourth Class' parents of his or her mailing address and to increase morale. The only guidance for the content of this letter is that it must include the Midshipman Fourth Class' mailing address.

4. In addition to the scheduled periods of instruction, time is available for preparing Midshipmen Fourth Class for subsequent training (e.g., academic placement exams). **There is no such thing as "down time."** Detail should always use any free time productively. **Squad Leaders/Platoon Commanders/ Company Commanders must prepare and submit weekly training plans for use of unscheduled time to Company Officers via Battalion Commanders.** Appropriate uses of time include, but is not limited to: Watchstander training, room stowage, room cleaning, Squad Leader Instruction lessons, extra drill

practice, rate knowledge studying and testing, officer development lesson reinforcement, and uniform maintenance.

603. **PLEBE RATES**

1. Unless specified below, Midshipmen Fourth Class will comply with Plebe rates as described in Reef Points. Additions to Reef Points for Plebe Summer training purposes include:

Plebes will:

- Learn the menus verbatim of three meals in advance.
- Have conversational knowledge of three newspaper articles each morning.
- Know the names of the OOW and MOOW for the current day.
- Know the Days.
- Know the names of all In Season Varsity Team Captains and all four strippers and above.
- Chop with their "eyes in the boat" and square corners throughout Bancroft Hall with the exception of the administrative spaces, the Midshipman Store, the 7th wing gym, the basement areas, King Hall and the post office.
- Maintain professional relationships with upper class Midshipmen.
- Double time to and from intramurals unless on chit or escorted by a member of the cadre.
- Come to attention and greet each upperclassman, commissioned officer, and senior enlisted leader with appropriate rank and title.
- Use the five basic responses when answering questions from any senior.
- Come to attention when an upper class or officer enters his or her room.
- Address all male upper class and officers as "Sir" and all female upper class and officers as "Ma'am."
- Maintain proper uniform and hygiene standards.
- Maintain rooms in class Bravo condition at all times during the day.
- Follow the rate learning schedule as printed in Appendix A of the Plebe Summer SOP.
- Be in complete uniform at all times.
- Not be permitted to use electronic devices to listen to music or watch videos.
- Salute all Commissioned Officers at all times throughout the day.
- Stand at parade rest while standing in lines. They may study Reef Points while at parade rest.
- Be in formation at least 3 minutes before the start of all formations.
- Be prepared to give chow calls prior to morning and noon meal formations.
- Escort family and friends only on Parents' Weekend or as authorized by the OIC.
- Know proper etiquette and procedures for eating in King Hall.
 - Use only the front three inches of their chairs.
 - Only use the center alley.
 - Move expeditiously in the center, eyes in the boat, squaring corners.

- o Take one bite at a time and set down silverware between each bite.
 - o Stand when a commissioned officer joins the mess.
 - o Keep their "eyes in the boat" unless spoken to by an upper class and remain sitting at attention at all times.
 - o Consume all liquids at the table during meal, and be encouraged to hydrate throughout the day.
 - o Remain seated in King Hall until "Plebe March out," or dismissed by a Detail member for an appropriate reason.
- Refer to Reef points for complete instructions on all Plebe rates for the coming academic year not applicable to Plebe Summer.

2. The Plebe Rates learning schedule (Appendix A) shall be followed by all companies to standardize training.

604. **DAILY SCHEDULES**

The Master Training Schedule provides the Daily Training Schedule. Changes are published in the Plan of the Day (POD). The POD supersedes the Master Training Schedule. Midshipmen Fourth Class awaiting separation will observe the normal routine until transferred to Tango Company.

605. **RELIGIOUS WORSHIP ACTIVITIES**

1. **Sunday Morning Christian Worship**

a. From 0815 until 1230 on Sunday, Fourth Class Midshipmen may voluntarily attend Chapel Services and related activities (i.e., Sunday school, Chaplains' receptions, etc.). Chapel service is intended for opportunities to worship and not meet with others not assigned to Plebe Summer Detail. Plebes will sit in designated areas in the Chapel sanctuary. Midshipmen Fourth Class are **PROHIBITED** from escorting or visiting with parents, family, friends, upperclass siblings, or sponsors until Plebe Parents' Weekend. Visitation during Sunday services is also **PROHIBITED**. Relaxation of privileges during these periods will **NOT** be authorized.

b. Midshipmen Fourth Class do **not** have Yard liberty on Sunday mornings.

c. At specified times Chaplains' Receptions take place before or after Chapel services on Sundays. These receptions are intended for interaction between Midshipmen Fourth Class, Chaplains, and Chapel staff. Restrictions on visitation apply as indicated in paragraph (a) above.

d. During Sunday morning routine within Bancroft Hall, the following guidelines apply:

(1) Midshipmen Fourth Class will not march or sound off.

(2) Midshipmen Fourth Class may conduct personal business as needed within the company area.

(3) Personnel inspections, formal room inspections, or other events shall not be scheduled to preclude Plebe participation in Sunday morning activities.

(4) Those choosing not to participate in the Sunday activities outlined above will remain in company area.

(5) Midshipmen Fourth Class may not visit other companies within the Regiment.

(6) Midshipmen Fourth Class will not interact with members of other companies unless participating in the official activities outlined above or under the supervision/direction of the Plebe Summer Detail.

2. Other Faith Group Worship

a. Jewish Fourth Class Midshipmen will be excused to attend Jewish Shabbat services in Levy Center from 1915 until 2030 on Fridays.

b. Muslim Fourth Class Midshipmen may have daily prayer requirements. A prayer room is available in the Rotunda for this purpose. Every effort will be made to accommodate Muslim prayer obligations, commensurate with training requirements, good order and discipline. Company staff will work with Muslim Fourth Class Midshipmen and Chaplains to accommodate both the training schedule and prayer requirements to the greatest extent possible.

c. Muslim Fourth Class Midshipmen will be excused to attend Friday Jumah prayer in the Rotunda prayer room from 1200 until 1315 on Fridays.

3. Chaplain Appointments

a. Chaplains are available during normal working hours (reveille through "Blue and Gold") for individual counseling. Midshipmen Fourth Class who desire to see a Chaplain will submit requests through their Squad Leader. The Squad Leader will ensure an appointment is made within 24 hours. If a Plebe Summer Chaplain is not available, company staff will arrange for an appointment with another USNA Chaplain by contacting the Chaplain Center at 3-1100.

b. A Duty Chaplain is also available on a 24-hour basis for counseling assistance involving an emergency or situation of a critical nature and can be reached through the main office at ext. 5001.

606. MAIL PROCEDURES

1. The Plebe Summer Admin Officer will authorize and designate a Primary and Alternate Company Mail Officer in writing.

2. Plebe Detail staff will not hold mail or secure mail privileges as a means of punishment. This is a violation of federal postal laws.

3. Items that offend the sensibility of Naval service and those items that are prejudicial to good order and discipline are considered contraband. Specific contraband items include: Pornography, tobacco products, medication, knives, weapons, etc. Items such as weightlifting magazines, men's lifestyle/fitness magazines, etc. that are borderline pornographic are not appropriate for the training environment of Plebe Summer and violate the spirit of this definition.

4. Detail will not screen letters prior to giving them to Midshipmen Fourth Class. However, the company staff will require Midshipmen Fourth Class to open packages for inspection. The Detail staff will refer any contraband to the Company Officer/SEL.

5. Midshipmen Fourth Class are allowed to receive food items in the mail. Packages may contain items for letter writing, or any small personal items authorized by current directives (i.e., religious medals, photographs which easily fit into the stowage lockers or bulletin boards.) Food must be in airtight packaging or turned over for disposal.

6. Midshipmen Fourth Class typically receive excessive quantities of food in care packages received via mail. To standardize the amount of food that Midshipmen Fourth Class may maintain, the following guidelines apply:

a. Detail staff should discourage the Midshipmen Fourth Class and their families from sending excessive amounts of junk food as this works against the physical fitness goals of Plebe Summer.

b. Midshipmen Fourth Class receive a re-sealable plastic container as part of their initial box issue. **Midshipmen Fourth Class must store ALL food items they wish to keep in this container.**

c. Midshipmen Fourth Class must discard items that will not fit in the container or give them to their classmates.

d. Midshipmen Fourth Class may choose which items to retain and which to discard or give to their classmates.

e. Company staff will supervise this evolution as the Midshipmen Fourth Class receive care packages.

f. Midshipmen Fourth Class will store the issued plastic containers containing their food on one of the shelves below their desk in accordance with company SOP.

g. Detailers will NEVER retain any items disposed of by Midshipmen Fourth Class.

607. **SPECIAL SITUATIONS AND EVOLUTIONS IN THE FOURTH CLASS INDOCTRINATION SYSTEM**

1. The evolutions outlined below are authorized to support accomplishing the objectives of the Fourth Class Indoctrination System outlined in Chapter 1. The description of each, including limitations and restrictions follows:

2. Participants. Only Midshipmen First Class specifically assigned to the Fourth Class Regiment may participate in Midshipmen Fourth Class Indoctrination. Actions permitted are delineated in this article.

3. Bracing Up. Bracing requires an individual to tuck their chin tightly to their neck while keeping the head in an upright position. Detailers may require Midshipmen Fourth Class to brace up when outside their rooms in Bancroft Hall with the exception of Memorial Hall, Smoke Hall, the Rotunda,

or basement areas. Detailers may also require Midshipmen Fourth Class to brace up in King Hall, however, Midshipmen Fourth Class will not brace up during the meal from the time the Regimental Staff commands "seats" until dismissed from the table. Physically strenuous braces may cause physical injury, are not in keeping with the physical training philosophy, and are not authorized. Creative braces (i.e., inverted, celestial fixes, etc.) are prohibited.

4. Squad/Platoon/Company Fall-In (Plebe-Ho!). Squad/Platoon/Company fall-in is used to assemble an entire unit on short notice, to hold muster, pass word, or give instruction. The normal command to execute this evolution is "PLEBE-HO." When given the command "PLEBE-HO," Midshipmen Fourth Class move expeditiously to the designated muster area, face the bulkhead, execute an about face and sound off with their name and alpha code. Midshipmen Fourth Class remain at attention until directed otherwise.

5. Uniform Races. Plebe Detail leadership may conduct timed uniform changes to instruct Midshipmen Fourth Class in familiarity with uniforms, promptness, optimum use of time, attention to detail, and self-confidence.

a. The Detail may conduct uniform races at Squad, Platoon, or Company levels; they may also occur for an individual during EMI. The Company Commander or Executive Officer will supervise company level uniform races, the Platoon Commander will supervise platoon level uniform races and Squad Leaders will supervise squad level uniform races.

b. The Detail will use only uniforms defined in Midshipmen Uniform Regulations or appropriate modifications per the heat conditions. Other uniform modifications are not authorized.

c. Unit leaders will ensure that Midshipmen Fourth Class have sufficient time to stow their uniforms and equipment following uniform races. The Detailers will ensure that uniforms do not get intermingled or piled in rooms or the passageway such that Midshipmen Fourth Class must sort through uniforms to find their own.

d. Detailers will conduct a uniform inspection with every uniform race to ensure uniforms are worn properly.

e. Train with a Purpose. Uniform races are not to be used as punishment. When conducting uniform races, use sparingly, and ensure there are clear training objectives.

6. Writing Assignments. Writing assignments can be an effective remediation and teaching tool when used effectively. When used in excess, they serve no valid training purpose. Writing assignments shall not be excessive in length, never exceeding one 8 x 11.5 inch piece of paper. They shall not be overly repetitive. Detailers will not have Plebes write anything out a number of times corresponding to the Detailer's class year. Writing assignments are not used solely for punishment, they must positively contribute to the Plebes' professional development.

7. Front Leaning Rest. Adhere to the following guidelines when utilizing the front leaning rest (Defined as the 'up' position for a push up with elbows locked).

- a. A maximum of five cycles will be allowed in a given hour.
- b. A maximum of ten cycles will be allowed per day.
- c. One cycle consists of three minutes of holding the front leaning rest.
- d. A minimum of 60 seconds of rest is required between cycles.
- e. As an alternative to Front Leaning Rest, detailers may use the "Plank" position; however, use of either position counts as a cycle. The "Plank" position is defined as rigid body with forearms and feet on the deck as support.

8. Room Shifts. Company-wide room shifts are not authorized unless given permission from the AOIC. In the case where a Fourth Class Midshipman has voluntarily resigned or moved out of his or her room based on a sports requirement, Company Officers will approve individual room changes.

9. Ladder Races. Are only authorized as part of an approved DPT and defined as any rapid movement up or down a stairwell in sets (e.g. to simulate 9-11 rescue missions).

608. **EXTRA MILITARY INSTRUCTION (EMI)**. EMI is authorized to instill knowledge, military bearing, and instant obedience to orders. Fourth Class Midshipmen not performing satisfactorily in authorized training may receive EMI. The following criteria apply:

a. The Squad Leader, Platoon Commander, and Company Commander in the Fourth Class Midshipman's direct chain of command may assign EMI. Extra military instruction is given only to Fourth Class Midshipmen who require such instruction.

b. Extra military instruction should result in a Fourth Class Midshipman becoming proficient in areas where the Fourth Class Midshipman is deficient. PT is not used as EMI. The Detail member administering EMI must provide guidance on how to improve the Fourth Class Midshipman's performance. Examples of EMI to correct a specific deficiency:

- Deficient or poor room stowage and cleanliness standards
 - o Conduct room inspection following explanation of deficiencies and proper corrections.
 - o Have Plebe read room standards from MIDREGS and give presentation to classmates.
 - o Have individuals with poor standards inspect classmates' rooms.
 - o Have Plebe instruct his/her classmates on proper folding techniques using the diagrams in Uniform Regulations.
 - o Have squad inspect room of individuals with poor standards.
 - o Conduct rack races.
 - o Conduct Alpha room inspection.

- Require Plebe to memorize Bravo chit or write bravo chit multiple times.
- Deficient Uniform or personal hygiene standards
 - Conduct personnel inspection.
 - Shine Shoes
 - Have Plebe conduct uniform inspection on roommates under guidance of squad leader.
 - Have Plebe explain how to correct common uniform deficiencies to classmates.
 - Have Plebe write and/or explain why it is important for every Midshipmen and Naval Officer to maintain a good uniform to represent the Academy and the U.S. Navy.
 - Conduct uniform races
 - Order Plebe to give pro report from appropriate section of uniform regs.
 - Shaving EMI. Explain how to shave for those who may have used an electric razor or never shaved before.
 - Personal Hygiene EMI. Explain the importance of personal hygiene to inhibit disease, to include cleaning clothes, towels and sheets.
- Improper Drill Movements
 - Practice manual of arms with Detailers during Company Commander time.
 - Have Plebe lead drill movements with classmates and explain proper execution.
 - Send Plebe to drill with Drill Master during Company Commander time.
- Improper Greeting of Enlisted, Officers, or Upperclass
 - Require Plebe to greet the individual properly.
 - Require Plebe to write names of detailers/staff multiple times.
 - Order Plebe to report on rank recognition and proper greeting to classmates within the squad or platoon.
 - Explain to classmates descriptions and recognition of individuals and ranks.
 - Require greeting individuals twice or use double sir sandwiches.
 - Require Plebe to salute all Detail until he or she is used to rank recognition.
 - Require Plebe to greet inanimate objects such as monuments.
- Lack of rate knowledge
 - Require Plebes to report back information.
 - Assign writing assignments to correct the deficiencies.
 - Have Plebe explain the importance of professional knowledge as an officer in the fleet.
 - Require the Plebe to conduct a Pro Report to his fellow classmates.
 - Require knowledge of extra rates.
 - Instruct Plebe with adequate rate knowledge to instruct individuals who are deficient.

- Bearing
 - Instruct Plebe to read Medal of Honor citation and explain the seriousness of military training to classmates.
 - Require eating square meals in King Hall.
 - Order Plebe to explain to platoon chain of command why he/she came to USNA and how their attitude is detracting from the training environment.
- Failing to Chop Properly
 - Have Plebe square corner multiple times or chop completely around the metal deck plate, squaring each corner of it.
 - Have Plebe explain the importance of attention to detail to the Navy.
 - Have Plebe count stairs.
- Failure to meet obligations on time
 - Require Plebes to show up earlier to meet obligations.
 - Have Plebe explain to classmates why punctuality is important in the fleet.
 - Have Plebe write down plan for daily events to manage time and meet mandatory deadlines.
 -
- Consistently forgetting items
 - Require Plebe to carry larger, more awkward items (Ships and Aircraft if they constantly forget their Reef Points, etc.)
 -
- Sleeping during briefs
 - Stand through remainder of brief and the next brief.
 - Write apology letter to briefer (delivery dependent upon briefer's rank).
 -
- Always the weak link in his or her squad or platoon
 - Classmates carry that Plebe's canteen or Reef Points.
 - Classmates required to learn extra rates for that Plebe.
 - Unit completes writing assignments for that Plebe.
 - Require Plebe to make a presentation on the Fifth law of the Navy to classmates.
 -
- Applies to all deficiencies and overall lack of performance
 - Order Plebe to brace up.
 - Comearounds with upperclass during company commander time.
 - Informal or formal counseling
 - Organize a meeting with company SEL or company officer to counsel the Plebe in performance.
 - In coordination with CO/SEL, instruct Plebe to call his or her parents to explain why they are performing poorly and not up to the standard set forth by USNA.

These examples are not all inclusive and should be used as a guideline for administering EMI. Common sense and good judgment should always be applied. If in doubt, question a competent authority such as a SEL or Company Officer.

609. **INTENSIVE TRAINING EXERCISES (ITE)**. When EMI does not result in improved performance of an individual or unit, ITE may be used to correct a

developing pattern of unsatisfactory performance. These events are used to emphasize unit or individual discipline, motivation and teamwork. Appropriate times to use ITE are when an individual or the entire unit consistently fails to achieve the performance standards through lack of teamwork, motivation, or the unit as a whole fails to maintain good order and discipline. Appropriate examples of use include: platoon or company consistently late, individual consistently displays poor room standards, etc. Plebe Detail members authorized to use ITE: Squad Leaders, Platoon Commanders, and Company Commanders in the Midshipman's **direct chain of command** and **approved by their CO or SEL**. Qualifications for using ITE also include attendance at all scheduled training during LDEP. Requirements to use ITE are as follows:

a. The Details must maintain squad, platoon, or company integrity during the event, and must hold in their possession an ITE card and a watch or comparable timing device.

b. Squad Leaders administering ITE must keep track of the ITE sessions administered daily per individual Fourth Class Midshipman (max. two sessions) in their Squad Leader Notebooks and inform their Company Commander or Company Executive Officer as soon as possible after each use but no later than 2000.

c. **The CO or SEL must be present in order to conduct ITE.**

d. Squad Leaders may execute individual or squad ITE. Platoon or Company Commanders may execute squad or platoon level ITE. Company Commanders or Executive Officers may execute Company level ITE. It is the responsibility of the Squad Leader to inform the chain of command if ITE is no longer an option due to number of sessions already executed (max. 2 per day per Fourth Class Midshipman). If any individual, squad or platoon has exercised ITE twice in one day the next larger unit will also be considered to have met the maximum number of ITE sessions for that day. Unit integrity will not be violated to enable a larger unit to ITE (i.e., one individual or squad may not be pulled from the ranks to ITE a Platoon or Company).

e. Platoon-level ITE requires a minimum of two First Class Midshipmen and Company-level ITE requires a minimum of four to act as safety observers. One of the observers for Platoon-level ITE must be the Platoon Commander. Additionally, one of the observers for a Company-level ITE must be the Company Commander or Executive Officer. For Squad Leader ITE, a safety observer is not required and the Squad Leader will supervise the squad or individual.

f. ITE is not motivational physical training. Detailers **WILL NOT** participate in the exercises with the Fourth Class Midshipmen. They will; however, reinforce the reasons for ITE during the exercises.

g. No more than two ITE sessions per day per Fourth Class Midshipman.

h. Only one ITE session in any 60-minute period.

i. Use must be documented in the Company 0800 report.

j. Use of ITE is guided by the current heat condition for "PEP" as outlined in reference (f). ITE may be conducted inside air conditioned buildings when heat conditions preclude conducting ITE outside.

k. Unit leaders must use discretion as to location, time of day, and surrounding conditions such as ambient conditions, previous training events, presence of visitors, etc.

l. Under no circumstances will Fourth Class Midshipmen be pushed beyond their physical capabilities.

m. Any member of the Detail found abusing the ITE program will have their qualification immediately revoked and may face additional disciplinary action.

n. Detailers must ensure the individual/unit hydrates before and after ITE.

o. Fourth Class Midshipmen must be in PE Gear, White Works, or Camouflage Utilities. They will remove their cover, blouse and empty their pockets before conducting ITE.

p. ITE events are not performed under any of the following conditions:

(1) While a Fourth Class Midshipman is in a medically restricted/light duty status.

(2) Thirty minutes prior to meals, or 60 minutes following the completion of meals.

(3) In soggy or watered-down areas, or on terrain that is itself hazardous for this training.

(4) Any indoor location other than the main passageways of Bancroft Hall and designated gym areas.

(5) ITE will not be conducted inside any room within Bancroft Hall.

(6) In any unsafe location (e.g., roadways, confined spaces).

(7) From the start of personal time until reveille the following morning.

(8) Within 24 hours of live virus inoculation.

(9) In the ceremonial areas of the Yard.

(10) When ITE interferes with other scheduled training.

q. ITE sessions should begin with the Detail explaining why the Fourth Class Midshipmen warranted ITE. The Detail should also relate the use of ITE to the mission of Plebe Summer.

r. Company Commanders are accountable for the overall safety of their company. They are fully accountable for the ITE being conducted within their companies.

s. Authorized techniques:

(1) An ITE session consists of physical activity appropriate for the current training day.

(2) When physical exercises are used as ITE events, **the exercises are conducted in the exact order listed** with a 10-second transition between each exercise. Exercises may be skipped, but they may not be shuffled in at the end of the session. If the session is stopped at any point in the card due to time constraints or any other factors, that session will be counted as one whole session.

(3) Exercises and repetitions are not administered in such a rapid manner they cannot be executed properly.

(4) The only authorized ITE events and numbers of repetitions are listed below.

EXERCISE	COUNT	MAX DURATION
JUMPING JACKS	4CT	50
SIDE LEG LIFT (RIGHT LEG)	2CT	40
8 COUNT BODY BUILDERS	8CT	20
SIT-UPS	2CT	40
PUSH-UPS (STANDARD)	2CT	30
SQUATS	2CT	20
MOUNTAIN CLIMBERS	4CT	20
ARM CIRCLES	N/A	5MIN
SIT-UPS	2CT	40
SIDE LEG LIFT (LEFT LEG)	2CT	40

Figure 6.1, ITE Card

CHAPTER 7 - ADMINISTRATION OF THE FOURTH CLASS REGIMENT

701. OVERVIEW OF REQUIRED REPORTS

Documentation concerning the performance, health, and well-being of the Midshipmen Fourth Class and the Detail leading them is essential to provide continuity in their development as future Naval officers. Figure 7.1 includes the timeline and responsible authority for each report.

Report	From	To	Via	Due Dates
Thought of the Day (TOD)	Midshipman Fourth Class	OIC	COC	Daily prior to Taps
Weekly Weight Report	Squad Leader	OIC/AOIC	Chain of Command	By Wednesday of each week
Weekly Grey Space Training Plan	Company Commander	Company Officer	Battalion Commander	By Friday of each week
Valuables Storage Inventory	Squad Leader	Company Officer	Company Commander	NLT TD2
Safety Reports	Company XO	OIC	Safety Officer	As required
DPT Proposals	Company Commander	AOIC/Company Officer	Regimental PMO	NLT 72 hours prior to event for new proposals, NLT 24 hours prior for pre-approved plans
4/C Bio Information Sheet	Squad Leader	Company Officer/SEL	Company Commander	1 st Set - NLT TD 3 2 nd Set - update NLT TD 27 as applicable
Midshipman Fourth Class Initial Counseling	Squad Leader	Company Officer/SEL	Company Commander	1 st Set - NLT TD 6 2 nd Set - NLT TD 30
Midshipman Fourth Class Evaluation Record and Final Counseling (Fig 7.2)	Squad Leader	Company Officer/SEL	Company Commander	1) 5 days prior to the end of 1st set 2) 5 days prior to the end of 2nd set

Figure 7.1 Schedule of Required Reports

702. DAILY REPORTS

1. Thoughts of the Day (TOD) will be completed by each Midshipman Fourth Class daily. The TOD will be completed and collected by the Squad Leader prior to Taps each night. The TOD will be submitted in proper memorandum format. Thoughts of the Day will be labeled as follows:

a. Red - Any TOD which causes concern for the physical safety of the Plebe. Requires immediate notification of either the CO/SEL and for the detailers to take appropriate action to ensure the safety of the Plebe.

b. Yellow - Any TOD which causes concern regarding the Plebe experiencing extraordinary hardship or desiring to pursue resignation. Requires informing the CO/ SEL and deciding on an appropriate course of action to support the Plebe.

c. Green - Any TOD which does not meet the other criteria.

All TOD will be routed to the Company Officer the morning after they are written. Company Officers will email all red and yellow TODs and three green TODs to their respective PS Battalion Officers by 1000 daily. PS Battalion Officers will collect and submit to the OIC (copy to AOIC) by 1200 daily. All red and yellow TODs will list the action taken with the TOD submission.

703. **WEEKLY REPORTS**

1. Weekly weight reports. Companies record the weight of each Midshipman Fourth Class no later than Wednesday of each week throughout the summer. Weigh-ins begin during the second week of Plebe Summer.

a. The Company staff shall refer Midshipmen sustaining weight losses of 3% or more of their Induction Day weight for two consecutive weeks (6% total) to Medical for evaluation. The Company staff shall refer any Midshipman who loses 10% or more of their I-Day weight during weigh-in to Medical for evaluation.

b. Detail should conduct weigh-ins under similar circumstances (time of day/level of activity) and with similar clothing each week for consistency.

2. Weekly grey space training plans. Company Commanders are required to submit weekly training plans to the Company Officer via the Battalion Commander. See Chapter 6 for details.

704. **REPORTS SUBMITTED AS REQUIRED**

1. Valuables storage inventory. This list is due to the Company Officer the day after Induction Day and shall be updated if Plebes are sent any high value items during the summer. See Chapter 5 for details.

2. Safety reports. As safety-related incidents happen throughout the summer, unit Executive Officers will submit Safety Reports up the Chain of Command to the Safety Officer.

3. DPT proposals. Chapter 9 contains full requirements for submission of DPT proposals.

705. **COUNSELING AND EVALUATION OF THE FOURTH CLASS**

1. This section provides guidance for use of the online Plebe Summer Fitness Report System. This system is used to evaluate Midshipmen Fourth Class based on "Threshold Standards" that have been approved by the Commandant of Midshipmen. Performance records are private, official business and will be handled in a confidential manner.

2. Evaluations will be completed in accordance with the due dates listed in Figure 7.1. Detailed instructions on preparation of the fitness report are provided below:

a. Plebe Summer Fitness Report System. Squad Leaders use the Plebe Summer Fitness Report System to complete a fitness report on each Midshipman Fourth Class in his/her squad, documenting the Midshipman Fourth Class'

performance for both 1st and 2nd set. The Squad Leaders also rank all of the Fourth Class Midshipmen in his/her squad against each other to assist in the overall platoon ranking. The Platoon Commanders review each Midshipman Fourth Class fitness report and Squad Leader's ranking and ranks each Midshipman Fourth Class against all the other Midshipmen Fourth Class in the platoon. The platoon rankings are then forwarded to the Company Commander, Senior Enlisted Leader, and Company Officer for review prior to MIDS entry. **The ranking and comments for each Midshipman Fourth Class are then manually inputted into the MIDS system by the Company Officer or SEL.** The online fitness report system can be found at intranet.usna.edu/plebesummer/FitnessReport/login.php.

b. Instructions for using the Plebe Summer Fitness Report System

(1) Starter Guide - Detailed instructions can be found on the Plebe Summer Detailer website under the "Counseling & Fitness Report" tab under the FITREP Training header or intranet.usna.edu/plebesummer/docs/2012/FITREP%20and%20Counseling/quickstart.pptx

(2) Squad Leader Guide - Detailed instructions can be found on the Plebe Summer Detailer website under the "Counseling & Fitness Report" tab under the FITREP Training header or intranet.usna.edu/plebesummer/docs/2012/FITREP%20and%20Counseling/squadleader.pptx

(3) Platoon Commander Guide - Detailed instructions can be found on the Plebe Summer Detailer website under the "Counseling & Fitness Report" tab under the FITREP Training header or intranet.usna.edu/plebesummer/docs/2012/FITREP%20and%20Counseling/platooncommander.pptx

(4) Company Commander, Senior Enlisted Leader, Company Officer Guide - Detailed instructions can be found on the Plebe Summer Detailer website under the "Counseling & Fitness Report" tab under the FITREP Training header or intranet.usna.edu/plebesummer/docs/2012/FITREP%20and%20Counseling/ccSELco.pptx

c. Plebe Summer Fitness Report Form (Figure 7.2). Squad Leaders complete this form once a set. Platoon Commanders review and use these fitness reports to guide platoon rankings. The Company Commander reviews the fitness reports and rankings and forwards them to the Company Officer and SEL for review. Once the fitness report is approved, a hard copy is added to the performance/training jackets under Tab B by the Administrative Officer.

(1) Company Officers and Company Commanders shall ensure that unit leaders complete fitness reports objectively.

(2) Unit Leaders will address the ten major "Threshold Standards," adding in detailed comments as desired (detailed comments are required in any standard which the Midshipman Fourth Class has been rated as a one or a five).

(3) Unit Leaders will add any and all necessary comments about the Midshipman Fourth Class performance that are not covered by the ten "Threshold Standards."

(4) The Company Officer/Senior Enlisted Leader, Company Commander, Platoon Commander and Squad Leader will comment upon the future disposition of the Midshipman

d. Midshipman Fourth Class Biographical Information Sheet (Figure 7.3). First set Squad Leaders fill out this sheet during their initial counseling session with the Midshipmen Fourth Class. They will retain this sheet and turn it over to their 2nd Set Detail relief.

e. Midshipmen Counseling and Guidance Form (Figure 7.4). Squad Leaders complete this form a minimum of three times each set (initial, mid-term, and final). Platoon Commanders review, initial, and forward the records to the Company Administrative Officer. The Company Administrative Officer ensures prompt completion of the forms, compiles them, and forwards them to the Company Officer and SEL for review prior to turnover of the company to 2nd set Detail. This form is also used to document substandard or exceptional performance of Midshipmen Fourth Class. File these records in the Squad Leader notebook until turnover when the Administrative Officer transfers them to the performance/training jackets under Tab B.

(1) Unit leaders use sections 1 and 4 of this form to document any counseling.

(2) Company Officers and Company Commanders shall ensure that unit leaders complete evaluation reports objectively.

(3) Unit leaders should address four major areas when completing the counseling and guidance form for a Midshipman Fourth Class demonstrating unsatisfactory performance. These areas include:

(a) Areas in which the Midshipman Fourth Class is deficient.

(b) The counselor's estimation of the Midshipman Fourth Class' problem.

(c) Measures taken by the Company Officer/Senior Enlisted Leader, Company Commander, Platoon Commander and Squad Leader to remediate the Midshipman Fourth Class.

(d) The Company Officer/Senior Enlisted Leader, Company Commander, Platoon Commander and Squad Leader's recommendation for future disposition of the Midshipman.

Fourth Class Fitness Report Form

Alpha:
Last Name:
First Name:
 First Set Second Set

Threshold Standard Trait	Failed to Meet Standard (1.0)	2.0	Meet Standard (3.0)	4.0	Exceeded Standard (5.0)
Demonstrates Honorable Conduct	<ul style="list-style-type: none"> Shifts blame for the mistakes to others Bends truth Not trustworthy When faced with "doing the right thing", often compromises <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Is trustworthy, person of his/her word Does the right thing even when against self interest Accountable for own or team mistakes Shares credit for team successes <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Embodies Navy Core Values of Honor Courage and Commitment Embraces the Naval Academy's Honor Concept and Actively Promotes it Unequivocally trusted member of the brigade lives the standard when no one is watching Demonstrates outstanding peer leadership maintaining the Honor standard <input type="radio"/>
Follows lawful orders promptly	<ul style="list-style-type: none"> Undermines authority by not following direction or shifting responsibility for orders issued Delays/avoids action due to sloth, inattention, or excessive questioning of orders <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Takes necessary action upon receipt of orders in a timely manner and without complaint Places duty and service before self Seeks out full understanding of orders when issued to prevent ambiguity Executes orders in a timely manner and follows up with task completion <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Takes ownership of orders given and passed on to their peers and subordinates Demonstrates loyalty to the chain of command when executing orders Actively engages fellow midshipman to follow rules and regulations <input type="radio"/>
Reliably accomplishes basic tasks, including being on time	<ul style="list-style-type: none"> Unprepared for events Requires constant supervision Cannot be trusted to execute minor tasks <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Regularly completes assignments on time and is punctual for military obligations Arrives early or on time to all events Self disciplined. Requires little supervision to complete tasks Meets deadlines set forth by Brigade leadership <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Always on time or early to events Requires no supervision to complete tasks Demonstrates leadership with classmates in completing tasks Completes tasks early with a high standard of excellence <input type="radio"/>
Demonstrates capacity for taking initiative	<ul style="list-style-type: none"> Regular social loafer Regularly avoids/ducks responsibility Regularly content to just blend in Does not step up when needed <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Deals adequately with uncertainty Steps up when needed Willing to leave comfort zone Action-oriented <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Meets standard, plus: Inventive problem solver Actively seeks challenge Organizes and involves others <input type="radio"/>
Demonstrates emotional self-control	<ul style="list-style-type: none"> Regularly lets past mistakes hinder performance Quick to the kind of anger that hinders performance Regularly shuts down when angry/emotionally stressed <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Able to put mistakes behind him/her Adequately meters emotions Maintains composure under stress <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Meets standard, plus: Uses failure as a learning experience for growth Takes active role in helping others cope with emotional stress Displays maturity when others lose self-control <input type="radio"/>

Figure 7.2 Plebe Summer Fitness Report Form (page 1)

Wears the uniform and keeps room according to standard	<ul style="list-style-type: none"> Regularly below standard for room or personal appearance No improving trend <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Meets standard for room and personal appearance with just occasional lapses Improving trend <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Meets standard for room and personal appearance always or almost always Sets standard for others Helps others to meet standard <input type="radio"/>
Demonstrates a capacity for maintaining physical fitness (Click here for an inactive plebe)	<ul style="list-style-type: none"> Displays lack of effort during PeP and PT evolutions Physical ability has declined Needs constant motivation/attention to make it through PT evolutions <input type="radio"/>	Click here for a 2.0	<ul style="list-style-type: none"> Slight improvement / maintains level of physical fitness Puts forth effort during PT Needs little motivation/attention during PT <input type="radio"/>	Click here for a 4.0	<ul style="list-style-type: none"> Vast improvement or reached/maintained maximum proficiency in PT Always gives 100% during PT while motivating/inspiring classmates Needs no supervision during PT <input type="radio"/>
Demonstrates ability to absorb criticism and improve performance (is trainable and possesses the fighting spirit)	<ul style="list-style-type: none"> Reacts negatively towards constructive criticism Shifts blame for mistakes; constantly has excuses Lacks drive or motivation Performs minimums on PT and or Academic tests <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Accepts criticism and works toward correcting deficiencies Gives best effort in all endeavors Displays attention to detail <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Relentless drive toward improvement Good Self Assessment listens and adapts to constructive feedback Sets standards for company performance and remains open to feedback <input type="radio"/>
Treats self, detailers, and classmates with respect	<ul style="list-style-type: none"> Argumentative Closed-minded Displays a lack of maturity Fails to consider others concerns/opinions <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Collegial with classmates, deferential with detailers and officer staff, respectful with non-officer staff (Tailor Shop and King Hall employees, etc.) Appreciates others concerns/opinions Listens to and attempts to understand others <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Meets standard, plus: Displays exceptional maturity Uses viewpoints different from his/her own to strengthen team Empathizes with others <input type="radio"/>
Demonstrates ability to work as a contributing member of a unit	<ul style="list-style-type: none"> Does not understand or accept role within team Does not work well with others Places self above team performance <input type="radio"/>	Click here for 2.0	<ul style="list-style-type: none"> Understands and performs role within team Displays good working relations with others Places team performance above self <input type="radio"/>	Click here for 4.0	<ul style="list-style-type: none"> Resolves conflict within team Catalyst for team performance Engages all members of team Helps others improve <input type="radio"/>

Discuss the moral, mental, and physical traits of midshipman.

Submit Score Print This Page

Figure 7.2 Plebe Summer Fitness Report Form (page 2)

Midshipman Fourth Class Biographical Information

PERSONAL INFORMATION		
Name	Alpha Code	Company/Platoon
	Date of Birth	Place of Birth
High School Attended	College (if any)	Home of Record
FAMILY INFORMATION		
Mother's Name	Father's Name	Marital Status (optional)
Mother's Occupation	Father's Occupation	Parents' Email Address
Number of Siblings	Brother(s)	Sister(s)
Home Address		Home Phone Number
Military Background (prior service, relatives in service, JROTC, etc.)		
PERSONAL INTERESTS		
Hobbies		
Sports		
ECAs		
Other		
Reason for coming to USNA		
Religious Preference (optional)	How often do you observe your religious practices? (optional)	
	Often Occasionally Seldom	
Misc. Pertinent Information (use back for additional space)		

Figure 7.3 Midshipman Fourth Class Biographical Information Sheet (page 1)

ALLERGIES
Allergies to medication
Allergies to animals, trees etc and reaction from allergy
Allergies to food
GENERAL MEDICAL
Medications taking
Refills required for each
Medical condition such as Asthma, hay fever etc (may impact physical activities)
SPECIAL DIET
List special diet requirements (vegetarian, kosher etc.)
GENERAL INFORMATION
Misc. Pertinent Information

Figure 7.3 Midshipman Fourth Class Biographical Information Sheet
(page 2)

Midshipman Counseling and Guidance Form

Date: _____

1. Midshipman _____ Class _____ Company _____
2. Areas discussed: () Academic () Conduct
 () Performance () Other
3. Trend of Performance: () Improving () Declining
 () Consistent () N/A
4. Pertinent Observations/comments:

STRENGTHS

WEAKNESSES

5. Narrative summary (problems discussed and recommended courses, evaluation of performance, etc.):

(Continue on back if necessary)

<u>Reviewer</u>	<u>Initial</u>	<u>Date</u>	
Co Ofcr	_____	_____	
Sqd Ldr	_____	_____	_____
			Interviewer
Midn	_____		

Figure 7.4 Midshipman Counseling and Guidance Form

706. **APTITUDE BOARDS AND REPORTING**

1. Aptitude Boards. Plebes failing to adapt to the training environment or those failing to perform may require formalized and focused attention to correct their deficiencies. In these cases, Company Commanders may recommend convening a Company Aptitude Board in accordance with reference (i). Composition of the Company Aptitude Board is at the discretion of the Company Officer/SEL, but shall contain a minimum of three detailers from the company. The Company Commander supervised by the Company Officer/SEL serves as the senior member. Companies should convene Aptitude Boards only after repeated documentation of substandard performance. Company Officers/SELs are the convening authority for the Company Aptitude Board. Aptitude Boards are formal, documented sessions where board members develop specific goals to address the documented deficiencies prior to convening the Board. The Aptitude Board carefully documents all proceedings and places the record of the proceedings in the Midshipman Fourth Class' performance/training jacket. Battalion and Regimental Aptitude Boards follow the same process and are convened by the Battalion Officers or OIC as appropriate. Regimental and Battalion Commanders may convene aptitude boards at their level as the situation warrants or they may forward the results of the previous board after administrative review. The Commandant maintains a standing Aptitude Board, staffed by personnel from outside of the Fourth Class Regiment, throughout the summer. The Commandant's Aptitude board considers cases forwarded from the OIC of the Fourth Class Regiment for individuals failing to adapt and for those who demonstrate significant shortfalls that are incompatible with military service. The Commandant's Aptitude Board recommends separation or continued retention of those individuals considered by the Board. Results of aptitude boards are NOT used for Academic Year rankings or Aptitude for Commission grades, but are used to document and help correct performance trends.

a. Justification for convening an Aptitude Board may include:

- (1) Misconduct or Insubordination.
- (2) Continued, documented poor performance (rate knowledge, room/uniform standards).
- (3) Continued poor attitude.
- (4) Overall lack of aptitude for commission.
- (5) Other situations identified by the Company Staff with Company Officer/SEL approval.
- (6) Repeated suicidal ideations.

b. Aptitude Boards and potential outcomes:

Board Level	Potential Outcome
Company/Battalion/ Regiment	1) Return to training 2) LOI and return to training 3) Forward case for further consideration
Commandant	1) Return to training 2) LOI and return to training 3) Forward case for separation

c. The Board proceedings should address the following areas:

- (1) Reason for attending USNA.
- (2) Goals for Plebe Summer, academic year, etc.
- (3) Understanding of Academy standards.
- (4) Specific shortcomings and failures in meeting standards.
- (5) Rate knowledge.
- (6) Means of attaining goals.
- (7) Timeline for re-evaluation (should be a minimum of days to allow for correction, but not to exceed Plebe Parent's Weekend).

(8) The Board outcomes that do not envisage a recommendation for separation should address the discrepancies in the form of a letter of instruction.

707. **COUNSELING AND EVALUATION OF THE UPPERCLASS**

1. The Midshipmen Counseling and Guidance Form (Figure 7.3) shall be used to document initial and mid-term counseling as well as any other counseling sessions. Notes combined with the documented counseling provide the objective feedback necessary to complete fitness reports at the end of each set.

2. Evaluation of all Detail members will be conducted per reference (i) with one exception. There are **"no limits"** on assigned aptitude grades. Evaluations will be completed and entered in MIDS no later than three days prior to the end of each set.

3. Company Officers, Senior Enlisted Leaders, and applicable members of the Commandant's Staff will provide final counseling for the Plebe Detail prior to set turnover. Counseling should occur after staff fitness reports and counseling are complete or be conducted concurrently.

708. **INSTRUCTIONS FOR COMPLETING THE DETAILER EVALUATION FORM**

1. Detailer evaluations will use the Detailer Evaluation Form (Figure 7.5). Fill in personal information at the top.
2. Enter the ranking and the Aptitude for Commission grade. For guidance on who will be included in each ranking category, please refer to figure 7.7. There are no quotas/restrictions for Detailer aptitude grades.
3. Fill in comments next to each category. Be as specific and detailed as possible. Print and obtain appropriate signatures/initials.
4. Provide an electronic copy to the Company Admin Officer for evaluations written on all Detailers assigned to companies A-P. Provide an electronic copy to 4th Class Regiment Staff Admin Officer for all other Detailer evaluations.
5. Figures 7.6 and 7.7 shall be used when completing detailer evaluations.

Detailer Evaluation Form

MIDN ____/C: _____ Alpha: _____

Ranking: ____ OF ____ Aptitude for Commission Grade: .

Please provide specific, detailed comments in each of the following areas. Avoid the use of generic phrases, such as "Good leader," "Good Honor," and "Works really hard." Instead, provide specific examples from their accomplishments that illustrate their level of performance in each of these areas.

LEADERSHIP:
HONOR:
EFFORT:
OVERALL PERFORMANCE:

(Use back as necessary)

Midshipman: _____
Signature Date

Evaluator: _____
Signature Title Date

Reviewing
Officer: _____
Signature Title Date

Figure 7.5 Detailer Evaluation Form

Detailer Evaluators and Reviewers

BILLET	EVALUATOR	REVIEWER
REGT CDR	AOIC	OIC
REGT XO	REGT CDR	AOIC
WEAPS BATT CDR	REGT CDR	WEAPS OIC
REGT OPS	REGT CDR	OPS OFFICER
REGT ASST OPS	REGT XO	OPS OFFICER
REGT AT/FP OFFICER	REGT XO	OPS OFFICER
REGT PMO	REGT XO	OPS OFFICER
REGT ADMIN	REGT XO	ADMIN OFFICER
REGT ADJUTANT	REGT XO	ADMIN OFFICER
REGT CHAR/HONOR LIAISON	REGT CDR	HONOR/CHARACTER OFFICER
REGT HONOR ADVISORS (ED/INV/REM)	REGT CHAR/HONOR LIASON	HONOR/CHARACTER OFFICER
BATT CHAR ADVISORS	REGT CHAR/HONOR LIASON	HONOR/CHARACTER OFFICER
REGT DRILL OFFICER	REGT XO	AOIC
REGT CHAPEL LIAISON	CHAPLAIN	AOIC
BATT CDR	REGT CDR	BATT OFFICER
BATT XO	BATT CDR	BATT OFFICER
BATT OPS	BATT CDR	BATT OFFICER
BATT ADMIN/ADJUTANT	BATT XO	BATT OFFICER
D&B CDR	REGT CDR	AOIC
D&B XO	D&B CDR	AOIC
D&B OPS & SQD LDRS	D&B CDR	AOIC
CO CDR	BATT XO	CO OFFICER/SEL
CO XO	CO CDR	CO OFFICER/SEL
CO OPS, ADMIN, & PLT CDRS	CO CDR	CO OFFICER/SEL
SQUAD LEADERS	PLT CDR	CO OFFICER/SEL
TANGO CO CDR	TANGO SEL	TANGO OFFICER
TANGO CO XO	TANGO CO CDR	TANGO SEL
TANGO CO ADMIN & SQD LDRS	TANGO XO	TANGO SEL

Figure 7.6 Detailer Evaluators and Reviewers

Ranking Groups

Ranking Officer	Individuals in the Ranking Group	# in Group
AOIC	REGT CDR	1
REGT CDR	REGT XO	1
	REGT Ops	1
	REGT Char and Honor Liaison	1
	WEAPS BATT CDR	1
	BATT CDRs	2
	D & B CDR	1
REGT XO	REGT Asst Ops	1
	REGT Admin	1
	REGT Adjutant	1
	REGT Drill Officer	1
	REGT AT/FP Officer	1
	REGT PMO	1
REGT CHAR AND HONOR LIAISON	REGT Honor Adv	3
	REGT Character Training	1
	BATT Char Adv	2
CHAPLAIN	REGT Chaplain Liaison	1
D & B CDR	D & B XO	1
	D & B Ops	1
	D & B Squad Leaders	5
TANGO SEL	Tango CDR	1
TANGO CDR	Tango XO	1
TANGO XO	Tango Admin	1
	Tango Squad Leaders	4
BATT CDR	BATT XO	2
	BATT Ops	2
BATT XO	BATT Admin/Adjutant	2
	Company Commanders	7/8
COMPANY CDR	Company XO	1
	Company Ops & Admin	2
	Platoon CDRs	2
PLATOON CDR	Squad Leaders	4

Figure 7.7 Ranking Groups

CHAPTER 8 - MEDICAL/EMERGENCY PROCEDURES

801. **HEAT STRESS**

1. Unit leaders must pay close attention to potential heat stress casualties. Heat stress results when the body cannot maintain its temperature balance. This is important for everyone, but Midshipmen Fourth Class not acclimatized to the hot, humid Annapolis conditions may unintentionally push themselves too hard.

2. Body temperature is determined by a complex combination of physiological and environmental factors. Body temperature changes result from imbalances between heat production and heat loss. Physical conditioning, nutrition, obesity, lack of rest, fluid levels, illness, and inoculations all combine to affect a person's ability to maintain temperature equilibrium in a hot/humid environment. Leaders at all levels must assess the level of physical activity, prescribed clothing, status of conditioning, fluid intake and environmental factors in order to prevent heat stress casualties.

3. Heat stress casualties usually manifest themselves in one of three forms. All personnel must be alert, recognize symptoms and react to these conditions:

a. Heat Cramps. This condition is characterized by pain, numbness, or cramping of the muscles in the extremities or the stomach. First Aid is as follows:

(1) Move the individual out of the heat/sun.

(2) Have the individual assume a position which best relaxes the cramped muscles.

(3) Escort the individual to 6th wing medical if able to move; if not, call for an ambulance.

b. Heat Exhaustion. Profuse sweating, headaches, tingling in the extremities, weakness, dizziness, blurred vision, and nausea characterize this condition. First Aid is as follows:

(1) Move the individual out of the heat/sun.

(2) Remove the individual's equipment and loosen clothing.

(3) Allow the individual to drink water (do not force intake!).

(4) Call for an ambulance.

c. Heat Stroke. **THIS IS A MEDICAL EMERGENCY!** Headaches, weakness, dizziness, loss of appetite, nausea, shortness of breath, excessive warmth, general exhaustion, loss of consciousness, convulsions, and delirium characterize this condition. First Aid is as follows:

(1) Call an ambulance **immediately!**

(2) Move the individual out of heat/sun.

(3) Remove the individual's outer clothing (use discretion).

(4) Douse the individual with water, place cool/ice pack in groin area, neck, underarms.

(5) Fan the individual.

4. Midshipmen Fourth Class should monitor each other and Detail staff should monitor those in their charge for signs of heat stress.

5. Environmental conditions must be monitored closely per reference (f). The Regimental staff may adjust physical activities and daily routine to minimize the risk of heat casualties. The OOW/AOOW and Regimental watch section record and pass the WBGT Index and Heat Condition to all Fourth Class Regiment company areas. The PS RDO will be in communication with Main Office to ensure the Fourth Class Regiment chain of command is made aware of the flag condition. The staff must remain aware of the conditions and modify Midshipmen Fourth Class physical activities and routine based upon the latest WBGT Index as outlined in reference (f). **ALL DETAIL AND STAFF WILL BE INTIMATELY FAMILIAR WITH REFERENCE (F)**. The following is a brief overview of the flag conditions, but in no way relieves Detail and Staff from familiarizing themselves with reference (f):

a. Hospital Point will report changes in flag condition to Bancroft Hall Main Office. All personnel standing watch in Main Office must know the flag condition at all times.

(1) FLAG CONDITION GREEN: During flag condition green, no periodic notifications are necessary. Should the flag condition change to green, the following actions are required:

(a) MIDN on Main Office Watch: Make a 1-MC Announcement "Bancroft Hall, attention to announcements. Set flag condition green, no training modifications required. I say again..."

(b) MOOW/MCMO: Ensure that no heat condition flag is flying on the T-Court yardarm or on the mast of the USS MAINE near Triton Light.

(c) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

(2) FLAG CONDITION YELLOW: During flag condition yellow, no periodic notifications are necessary. Should the flag condition change to yellow, the following actions are required:

(a) MIDN on Main Office Watch: Make a 1-MC Announcement "Bancroft Hall, attention to announcements. Set flag condition yellow, no training modifications required. I say again..."

(b) MOOW/MCMO: Ensure that no heat condition flag is flying on the T-Court yardarm or on the mast of the USS MAINE near Triton Light.

(c) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

(3) FLAG CONDITION RED: When the flag condition changes to red, the following actions are required:

(a) MIDN on Main Office Watch: Make a 1-MC Announcement; "Bancroft Hall, attention to announcements. Set flag condition red, the following training restrictions are in effect: DPT, PEP, PRT, O-Course/E-Course, Outdoor Intramurals. I say again..."

(b) MOOW/MCMO: Ensure that the red condition flag is flying on the T-Court yardarm and on the mast of the USS MAINE near Triton Light.

(c) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

(d) EVERY HOUR: MIDN on Main Office Watch make a 1-MC Announcement; "Bancroft Hall, attention to announcements. Maintain flag condition red, the following training restrictions are in effect: DPT, PEP, PRT, O-Course/E-Course, Outdoor Intramurals. I say again..."

(4) FLAG CONDITION BLACK: When the flag condition changes to black, the following actions are required:

(a) MIDN on Main Office Watch: Make 1-MC Announcement; "Bancroft Hall, attention to announcements. Set flag condition black, the following training restrictions are in effect: Drill, SCC, DPT, PEP, PRT, O-Course/E-Course, Tarzan Assault Course, Outdoor Intramurals, Outdoor Class. 4/C Uniform Modifications are required. I say again..."

(b) MOOW/MCMO: Ensure that the black condition flag is flying on the T-Court yardarm and on the mast of the USS MAINE near Triton Light.

(c) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

(d) EVERY HALF-HOUR: MIDN on Main Office Watch make a 1-MC Announcement; "Bancroft Hall, attention to announcements. Maintain flag condition black, the following training restrictions are in effect: Drill, SCC, DPT, PEP, PRT, O-Course/E-Course, Tarzan Assault Course, Outdoor Intramurals, Outdoor Class. 4/C Uniform Modifications are required. I say again..."

6. In addition to conditioning, several other physiological factors increase heat tolerance:

a. Meals. The hearty meal of the day should be taken in the evening rather than at noon, followed by a rest period or light duty. The exception to this policy is when activities involving considerable exertion are scheduled following evening meal. One hour of rest or light duty following all meals is beneficial in reducing symptoms of heat disorders.

b. Water. Water and salt are only required in quantities sufficient to prevent dehydration and electrolyte imbalances that result from losses due to perspiration, urination, etc. The belief that individuals can be conditioned to decrease water intake is incorrect. Encourage Midshipmen Fourth Class to drink plenty of fluids at frequent intervals.

c. Salt. High intake of salt as the answer to heat stress is false. Individuals achieve proper sodium chloride (salt) levels by consuming adequate water and a normal diet. The use of salt tablets is a medically controlled procedure for both routine and emergency situations. Salt tablets shall not be used unless prescribed by Medical.

Plebe Summer Ambient Conditions Training Matrix

Evolution	Flag Condition		
	Black	Red	Yellow
WBGTI	≥90°	88 - 89.9°	85 - 87.9°
Water Consumption (per hour)	1-1.5 qts	1 qt	1 qt
Uniform Modification (1)	Yes	No	No
Outdoor Class	No	Yes	Yes
Pistol/Rifle	Yes	Yes	Yes
Boating/Sailing/Water Sports	Yes	Yes	Yes
Drill/TAC/SCC	No	Yes (after TD 21)	Yes
DPT	No	No	Yes (after TD 21)
PRT/IST/PEP	No	No	Yes (after TD 21)
DC Training	Yes (except for firefighting portion)		Yes (after TD 21)
O-course/E-course (2)	No	No	Yes (after TD 21)
Outdoor Sports/Intramurals (3)	No	No	Yes
Indoor Sports/Intramurals (3)	Yes	Yes	Yes

Figure 8.1, Plebe Summer Ambient Conditions Training Matrix (4)

Notes:

(1) Modified uniforms consist solely of White Works Echo with blue rim T-shirt, carrying the blouse; no other uniforms will be modified. Uniforms will not be modified for watches, outdoor formations, or Chapel services.

(2) Endurance and Confidence courses will be monitored daily for environmental conditions on the individual course per reference (f) when the regiment is scheduled to use the facilities.

(3) Sports/Intramural cancellation is at the discretion of the head coach/Head of Intramurals.

(4) Faculty and Staff will use their judgment to further restrict activities based on circumstances or localized conditions.

(5) Parade cancellations will be made on a case-by-case basis.

Thunderstorm Condition Matrix

Thunderstorm Condition	Definition	Action
None	Thunderstorm activity > 30 miles	Monitor website(1) every 3 hours (every 6 hours if >150 miles)
TC III	Thunderstorm activity < 30 miles	Monitor website(1) every 10 minutes; Review required actions w/ watchteam
TC II	Thunderstorm activity < 15 miles	Warning notifications/ alternate training plans; Continuously monitor website (1)
TC I	Thunderstorm activity < 5 miles	Immediately halt outdoor training and seek shelter

Figure 8.2, Thunderstom Condition Matrix

Note: (1)

<http://www.srh.noaa.gov/data/forecasts/MDZ014.php?warnzone=mdz014andwarncount=y=mdc003>

802. **FOOT PROBLEMS**

1. During the first few weeks of Plebe Summer, leaders must be alert for foot problems such as swelling, bruises, inflammation, and infection. Minor heel contusions, tendonitis, or blisters may become serious if not detected and treated early. Early detection reduces the amount of Plebe training time lost because of medical excusals. Based upon experience, the following types of problems are most significant:

a. Heel Contusions. Heel contusions produce swelling of the outside perimeter of the heel accompanied by tenderness and soreness.

b. Tendonitis. Tendonitis generally results in swelling and inflammation of the Achilles tendon that becomes extremely sensitive to touch.

c. Blisters. A separation between the layers of skin filled with body fluids caused by friction.

2. The following procedures help reduce the number of foot problems:

a. The Midshipmen Store Officer shall ensure that all Midshipmen Fourth Class are properly fitted for shoes. Ideally, the width between the tip of the shoe and the tip of the big toe should be that of the thumb.

b. Squad Leaders shall conduct daily foot/personal hygiene inspection in their evening counseling time until Parent's Weekend, or when no longer required by direction of the OIC Fourth Class Regiment.

c. Each company will have a medical representative who will be issued a blister kit. Blisters should be addressed each night during the daily hygiene inspection, and treated in preparation for the morning PEP session. Infected or complex blisters should be referred to the PEP tent or Brigade Medical.

d. During drill, Midshipmen Fourth Class will lower their feet to the deck in a manner that ensures equal distribution of body weight to the entire foot. Avoid impacting the point of the heel ("digging in") when lowering the foot.

e. If shoe size permits, a white gym sock may be worn inside a black sock when wearing black shoes to provide an additional cushion between the foot and the shoe.

f. A light coat of Vaseline applied to the toes and bottom of the feet can reduce friction (which may cause blisters) when wearing tennis shoes.

803. **HYGIENE**

1. Good hygiene throughout the challenging summer is critical to mission success. Midshipmen Fourth Class who neglect basic hygiene will succumb to

illness and likely pass their sickness to others throughout the Regiment. The Detail must emphasize hand washing, showering and general body cleanliness. Proper hygiene reduces the risk of cellulitis and the onset of the "Plebe Hack," a condition typified by nasal congestion, coughing, fatigue, and other "flu-like" symptoms.

2. Cellulitis is a major concern during Plebe Summer. Cellulitis is an infection of the skin and the tissues just underneath the skin. Cellulitis occurs when there has been a wound to the skin - even a wound as minor as a scratch or a blister - that allows bacteria to enter the skin layers. Cellulitis can be so severe that hospitalization and intravenous antibiotics are necessary. The risk for cellulitis increases dramatically if the skin is not clean, which is why it is vital that Midshipmen Fourth Class wash their skin well. During Plebe Summer, cellulitis occurs most commonly on the arms and legs. It is important that Midshipmen Fourth Class wash their arms and legs thoroughly with soap and water whenever they shower.

3. Hand washing or application of waterless cleansers (e.g., Purell) throughout the day is highly encouraged.

4. Canteen Cleaning. Companies will designate one evening per week to clean canteens to reduce the spread of disease. This procedure will be adhered to strictly. The procedure is as follows:

a. Using two buckets, fill with a mixture of ten parts water and one part soap.

b. Just prior to commencement of Blue and Gold, each platoon will use one bucket to clean canteens. Detail members will monitor the Midshipmen Fourth Class as they submerge the canteen completely and fill with the soap and water mixture, ensuring the cap is also submerged. Empty the canteen completely into the bucket.

c. Instruct the Midshipman Fourth Class to go to their room and rinse the canteen by filling it and emptying it three times with water from the sink.

d. Set the canteen out to dry overnight on the hand towel rod next to the sink. The canteen needs to be inverted (upside down) to drain.

e. Each Midshipman Fourth Class shall repeat the process. Station the bucket so the evolution can be monitored to ensure the canteens are emptied of the soap and water mixture. Check each room to ensure all canteens are draining properly.

804. CONTACT LENS USE

1. The wearing of contact lenses has become commonplace and it is recognized that many Midshipmen Fourth Class desire to wear contact lenses instead of glasses. However, the rigors of the Plebe Summer daily routine coupled with sub-optimal sanitation requirements for handling contact lenses do not support the wearing of contact lenses during all phases of training or at all times of the day. The risks associated with unrestricted contact lens use during Plebe Summer are significant and include inadequate cleaning time, conjunctivitis, and other serious eye problems. Conjunctivitis is one of the

most common non-orthopedic Plebe Summer issues requiring immediate medical attention.

2. Contact lens use is not prohibited by Midshipmen 4/C, but because of the potential loss of training that may result from the known risks, contact lenses are only authorized for wear during the following periods:

- Scheduled afternoon varsity athletic and intramural sports period
- Sunday morning until noon
- Plebe Parent Weekend liberty

AT ALL OTHER TIMES DURING PLEBE SUMMER, 4/C MIDSHIPMEN REQUIRING CORRECTIVE LENSES SHALL WEAR GLASSES.

3. All Plebe Summer Detailers and Staff are directed to ensure compliance with this policy and refer questions to the 4/C Regiment OIC via the Chain of Command.

805. **MEDICAL CARE AND SICK IN ROOM (SIR)**

1. Times and Locations: Medical care is provided as follows:

a. PEP tent: Monday, Tuesday, Thursday, Friday, and Saturday from 0600 until the conclusion of PEP, located in Dahlgren Hall.

b. Brigade Medical, 6th wing Bancroft Hall: Monday-Friday 0630-2000 for appointments and urgent care. Midshipmen are encouraged to call 3-1758 for appointments. Weekend Sick Call: Saturdays 0700-0900.

c. Brigade Medical After Hours: There is a Duty Health Care Provider ("Duty Doc") available for patient care concerns, questions regarding care, and triage. The Duty Health Care Provider phone number is 410-293-2273.

d. Musculoskeletal Sick Call: Monday-Friday 0630-0800 in the Orthopedics/Sports Medicine Clinic, 6th wing Bancroft Hall. Routine musculoskeletal appointments are seen Monday-Friday, 0800-1500.

e. Physical Therapy clinic, 6th wing Bancroft Hall: Monday-Friday 0600-1600 by appointment (call 3-1748 to schedule) or by referral.

2. Duty Restrictions. Unless coordinated with medical, under no circumstances will Midshipmen Fourth Class perform any task or participate in any training that has been marked on a sick-call chit that could aggravate their injury or retard their recovery.

a. Light Duty. Midshipmen Fourth Class will participate in as much scheduled training as practical. Light duty chits will specify alternative activities as well as restrictions for injured Midshipmen Fourth Class.

b. No Duty. Midshipmen Fourth Class will not participate in any activities other than those required for basic self-care such as meals and head calls.

c. Sick-in-room. Midshipmen Fourth Class are directed to remain in their assigned racks for the designated period. Midshipmen Fourth Class are

authorized to make head calls but will not participate in any other activities. This will never be done as punishment. Assignments should contribute to mission accomplishment of the unit overall or be professionally valuable.

3. It is psychologically difficult for a Midshipman Fourth Class to be pulled away from the routine of Plebe Summer because of illness. Company Staff must be sensitive to this problem and minimize its effects by exercising the following measures:

a. Work with Medical to limit SIR time and the number of events from which a Midshipman is required to miss.

b. Have Midshipmen on the excused squad observe activities whenever practicable.

c. Provide special assignments when feasible instead of leaving a Midshipman with nothing to do.

d. Assign a Detail member to work one-on-one with the affected Midshipman Fourth Class as feasible.

e. Minimize the amount of SIR time a Midshipman spends on the excused squad alone and without meaningful assignments. This will help avoid feelings of isolation from other members of the company.

4. Immunizations and Inoculations. Staff must closely observe Midshipmen Fourth Class after each immunization/inoculation. Reactions vary in manner and degree with the individual, but the most common reaction is fever. This condition becomes more serious when it is not recognized and, at the same time, is aggravated by physical activity. Midshipmen Fourth Class will not engage in strenuous physical activity within 24 hours after live virus inoculations or 12 hours after non-live virus inoculations.

806. MEDICAL EMERGENCIES

1. In the event of a casualty, call an ambulance by phone (x3333 or 911). Detail members should administer first aid until a medical care provider arrives and assumes responsibility for treatment. Notify the chain of command as soon as possible by informing the CDO, who will then inform the BOOW and RDO. The RDO will inform the PS SDO of the medical casualty. The PS SDO will then inform the AOIC and OIC. The CO or SEL will inform the officer chain of command of the casualty.

2. A Detail member must escort any Midshipman Fourth Class evacuated from training due to a medical emergency. The purpose of the escort is to ensure the Midshipman Fourth Class arrival and check-in to the medical treatment facility; to reassure the Midshipman Fourth Class as needed; and to report information regarding the Midshipman Fourth Class' medical condition and personal needs. The escort remains with the Midshipman Fourth Class until a Medical Officer indicates the Midshipman Fourth Class is not at risk or until relieved by the chain of command.

3. Determining the need for an escort is a judgment call based on a reasonable assessment of the circumstances. Remember you are responsible for those placed in your care at all times.

a. Escort any Midshipman Fourth Class whose illness or injury is unknown or could threaten life or limb (e.g., unconsciousness, head or neck injury, or severe heat injury).

b. Escorts are not normally needed for Midshipmen Fourth Class attending sick call or being removed from an activity for treatment of a routine illness or injury (e.g., overuse injury, minor lacerations, etc).

c. If in doubt, provide an escort. A Detail member shall escort all Midshipmen Fourth Class to Bethesda.

4. In all medical evacuation cases, the company must be diligent regarding accountability. Do not wait for all information before notifying the chain of command. The RDO is responsible for notifying the chain of command after hours.

5. The Regimental Executive Officer maintains a file of all reports submitted during the summer and coordinates with the safety department for submission of safety reports as required.

6. Upon return to company spaces, the Midshipman Fourth Class reports to the company CDO and rejoins their squad as required or able. The CDO then notifies the Regimental Commander and Chain of Command of the Midshipman Fourth Class' return and status.

7. Detail leadership must notify next of kin if a Midshipman Fourth Class suffers a significant injury or requires hospitalization. The preferred method is for the Company Officer or Senior Enlisted Leader to provide the means/opportunity for the Midshipman Fourth Class to make the call personally. Being able to talk directly to the Midshipman Fourth Class reduces the family's anxiety. Company Officers or Senior Enlisted Leaders should notify next of kin in cases where the Midshipman Fourth Class is unable to make the call or is unable to do so in a timely manner. The staff or Midshipman Fourth Class should follow-up with additional information as required. **Staff will never leave a message on an answering machine or voice mail.** If necessary, leave a message for the family to return the call.

CHAPTER 9 - DISCRETIONARY PHYSICAL TRAINING (DPT)

901. **BASIC REQUIREMENTS**

1. DPT events provide detailers with unique leadership opportunities as well as experience in planning and executing small unit training. **Discretionary training events are not used as a disciplinary tool.**

2. The Officer in Charge is responsible for all training during Plebe Summer. Physical training of any kind is NOT authorized without specific approval of the AOIC or the immediate staff through the chain of command. Authority to coordinate physical events outside of PEP is delegated to the Fourth Class Regiment Physical Missions Officer (PMO). This oversight is necessary to help reduce the number of lost training days due to injuries, particularly lower body stress fractures, etc.

3. Action for DPT

a. The Regimental Physical Missions Officer controls **ALL** Physical Training (PT) events.

b. Detailers must submit training plans for DPT outside of PEP.

c. This appendix includes several approved DPT Plans. **Company Officers authorize the execution of the pre-approved DPT Plans listed in this appendix.** Special request chits will be utilized in requesting to conduct a pre-approved DPT event, listing at a minimum, the time, weather considerations, location, and personnel involved. The Regimental PMO must be notified, as a signature line on the special request chit, no later than 24 hours before the planned event. Units wishing to conduct different training (a non pre-approved DPT) must submit their requests, including risk assessment, in the same format as training plans listed in this chapter. The training plans must include signature spaces for all of the chain of command. **The AOIC is the approval authority for non pre-approved DPT plans.** DPT plans for non pre-approved DPT events must be received by the Regimental PMO no later than 72 hours prior to the anticipated execution time. This lead time also allows companies to shift to alternative training, if required. Companies are encouraged to submit requests for DPT events well ahead of time to preclude short notice cancellation of anticipated training.

d. DPT request chits will be routed as such:

- 1-Company Commander (inform Company Officer)
- 2-Battalion Commander (inform Battalion Officer)
- 3-Regimental PMO
- 4-Company Officer (for pre-approved DPT plans)
- 5-AOIC (for non pre-approved DPT plans)

e. Company and Battalion Officers will be notified of DPT request before submission. Company Officers and Battalion Officers are informed by their respective unit leaders for situational awareness. The Midshipman chain of command is responsible for routing DPT chits to the AOIC, regardless if the midshipman chain of command recommends disapproval.

4. Company Officers, Senior Enlisted Leaders, and the Midshipman Chain of Command must provide oversight for DPT events under the following guidelines:

a. Company Commanders or Executive Officers must be present with the approved plan.

b. Not authorized within 24 hours after live virus inoculations or 12 hours after non-live virus inoculations.

c. Unit leaders will conduct upper and lower body stretching routines before any DPT event.

d. Leaders will ensure unit integrity and will train within the guidelines established by the training plan screened by the Regimental PMO and approved by the AOIC (Training).

e. **Detailers will use appropriate motivational cadence calls. When in doubt, seek approval ahead of time. Improvised and otherwise inappropriate cadence calls are strictly forbidden. (What's appropriate? Ask yourself if it would pass the front page of the Washington Post test?)**

f. DPT events may be authorized if a Company/Platoon has less than three PE evolutions scheduled that day. PE evolutions are as follows:

- (1) PEP
- (2) Intramurals
- (3) Climbing Wall
- (4) High Ropes Confidence Course
- (5) Obstacle Course
- (6) Squad Endurance Course
- (7) Martial Arts
- (8) Swimming

g. One DPT session of less than 60 minutes counts as one ITE session. One DPT session of greater than 60 minutes counts as two ITE sessions. The unit must plan accordingly to not exceed two ITE sessions for the day.

h. The squad is the smallest unit that is authorized to conduct DPT. Squad and platoon level DPT must have two detailers present. Company level DPT must have four detailers present. At least one detailer must have a cell phone at all times.

i. DPT is not allowed the day prior to or the day of a scheduled PRT.

j. Only one running evolution is allowed each week to reduce impact/stress injuries to the lower extremities.

k. Chapter 8 outlines the heat stress training restrictions for all training events. The restrictions outlined for PEP guide any PT evolution.

l. Plebes must hydrate regularly two hours before and after the evolution. At the start of DPT, each midshipman must start with a full canteen.

m. DPT must avoid residential areas and remain within the limits of the Yard.

o. The Squad Endurance Course, Climbing Wall, Obstacle Course and High Ropes Confidence Courses may only be used during scheduled PE sessions as per the Plebe Summer Master Schedule.

p. Companies must complete DPT events during daylight hours and prior to the Evening Meal.

q. Unit runs are subject to the following guidelines:

(1) Not to exceed **3 miles** in duration.

(2) Pace is that of the slowest individual.

(3) The Company Commander or Executive Officer, one platoon commander and the squad leaders must be present for company runs.

(4) The run is conducted in running shoes.

r. Unit training marches/hike are subject to the following guidelines:

(1) Will not exceed **3 miles** in duration.

(2) The Company Commander or Executive Officer, one platoon commander and the squad leaders must be present for company training march/hikes.

s. An ITE session may not be within two hours before or after a DPT session.

902. PLEBE SUMMER DISCRETIONARY TRAINING - TUG OF WAR

1. Purpose:

- a. To build squad and platoon unity and spirit.
- b. To challenge Midshipmen Fourth Class mentally and physically.

2. Training Objectives:

- a. Unity and spirit will be built through the competition that is embodied in the tug-of-war challenge.
- b. The physical challenge of pulling will build confidence in each team, and the mental challenge of motivating each other will build team dynamics.

3. Outline of Events:

Total Elapsed Time	Action	Event Time
NLT 48 hours before event	Gain approval for the evolution through the chain of command	
NLT 48 hours before event	Company staff contacts Intramural Gear Issue (1 st floor MacDonough Hall) to reserve rope	
0 minutes	Company/Platoon moves to flat, grassy area. Rope is picked up beforehand or enroute to the tug-of-war site.	10 minutes
10 minutes	Tug-of-war competitions	35 minutes
45 minutes	After the winner is declared, the group does a cool down stretch.	5 minutes
50 minutes	The group marches to company area or to the next evolution.	10 minutes
60 minutes	Evolution complete	

4. Special Notes:

- a. Detailers must ensure that safety standards are maintained in accordance with the attached risk assessment and the unique dynamics of the situation.
- b. Squads should compete against each other once. Winners should compete for first and second place.
- c. There should be 5 minutes between each competition for rest and recovery for the winning squad.
- d. The losing squad does 10 push-ups and 10 squats together.
- e. Squad leaders should check for injuries and push hydration between each competition.

5. Leadership Requirements:

- a. Company Commander, Executive Officer or Platoon Commander present.
- b. Squad leaders for each participating squad.

6. Uniform Requirements:

- a. Regulation PT gear.

b. Camouflage Utilities.

Plebe Summer Tug of War Risk Assessment

Risk	RAC	Causes	Options
Muscle pulls/ sprains	5	Insufficient stretching	Stretch as a group
Dehydration	4	Lack of water	Bring canteen
Fatigue	5	Overexertion	Do not exercise past failure
Heat related illnesses	4	Lack of water/extreme heat	Remain hydrated/stop training at first symptom
Broken bones	4	Falling/stepped on	Proper control by Detailers
Rope burns	5	Sliding on rope	Proper safety brief

Risk Assessment:

The Tug of War is a medium risk evolution, but proper supervision and common sense minimizes the risks. The major risk is rope burn, broken bones, or muscle sprains.

Selected Controls:

Detail leaders brief all participants. Briefers must emphasize that, although this event is competitive in nature, safety is vital. Dangerous activity is automatically disqualifying. Detailers in charge must monitor the start and stop of the competition and when the rope should be put down to avoid burns, broken bones, and sprains. Company staff and squad leaders in particular must supervise the participating squads and be alert to signs of dehydration, extreme fatigue, and heat related illnesses. If any of these warning signs appear, leadership must halt training and take appropriate action.

903. **PLEBE SUMMER DISCRETIONARY TRAINING - CIRCUIT PT**

1. Purpose:

- a. To build squad, platoon and company unity and spirit.
- b. To challenge Midshipmen Fourth Class mentally and physically

2. Objectives:

- a. Promote the physical mission of the Naval Academy by doing different exercises.
- b. Enhance unity by having the platoon/company complete the challenging exercises which cause Midshipmen Fourth Class to encourage their classmates throughout the event. Detailers will also relate exercises to necessary strength one must build. Hence, squats will build leg strength to help carry weights or injured shipmate.

3. Outline of Events:

Total Elapsed Time	Action	Event Time
NLT 48 hours before event	Gain approval for the event through the chain of command	
0 minutes	Company/Platoon Commander & squad leaders lead the platoon in a light warm up jog to a grassy area such as Hospital Point or Farragut Field.	
5 minutes	Upon arrival, Company/Platoon Commander & squad leaders lead the unit in a series of stretching exercises in preparation for the circuit course.	5 minutes
10 minutes	Begin the circuit course.	2 minutes
12 minutes	1 st squad starts at station one. 2 nd squad starts at station two. 3 rd squad starts at station three. 4 th squad starts at station four.	10 minutes
22 minutes	Water break.	2 minutes
24 minutes	Station rotation.	10 minutes
34 minutes	Water break.	2 minutes
36 minutes	Station rotation.	10 minutes
46 minutes	Water break.	2 minutes
48 minutes	Station rotation.	10 minutes
58 minutes	Water break.	2 minutes
60 minutes	Company/Platoon forms and unit commanders lead the unit in a light jog back to Bancroft Hall and evolution will be complete.	

4. Notes:

- a. There are four stations. Squad leaders lead the exercises at each station. Squads report to the stations consistent with their squad number.
- b. Suggested exercises at each station are as follows or as approved by the Regimental PMO:

Station	Event	Reps	Sets
1	Pushups (4 Count)	10	5
2	Squats (2 Count)	25	3
3	Arm Circles (4 Count)	75	3
4	Flutter Kicks (4 Count)	50	3

- c. There is a 30 second rest between each set.
 - d. Midshipman Fourth Class are briefed on the exercises at each station.
 - e. The platoon commander or company staff supervises the entire event and acts as the safety observer throughout.
5. Leadership Requirements:
- a. Company Commander, Executive Officer or Platoon Commander present.
 - b. Squad leaders for each participating squad.
6. Uniform - Regulation PT gear.

Circuit PT Risk Assessment

Risk	RAC	Causes	Options
Dehydration	4	Lack of water	Bring canteen
Fatigue	5	Overexertion	Do not exercise past failure
Heat related illnesses	4	Lack of water/extreme heat	Remain hydrated/stop training at first symptom
Sprains/Strains	3	Unnatural rotation of joints	Use caution during impact exercises

Risk Assessment:

The risk associated with circuit course training is controlled by knowledge of each exercise and supervision. There is no equipment involved with this evolution. The only injuries stem from improper execution of the exercises, dehydration and overexertion. These are controlled by instructing the Midshipmen Fourth Class before each exercise and giving the Midshipmen Fourth Class water breaks. A low Midshipman Fourth Class to detailers ratio allows closer scrutiny of their welfare and also reduces these risks.

Selected Controls:

Each Midshipman Fourth Class brings water to the training area. Detailer leadership provides supervision and instruction for the execution of each exercise.

904. PLEBE SUMMER DISCRETIONARY TRAINING - COMPANY/PLATOON RUN

1. Purpose: Physical development

2. Objectives:

a. To develop a sense of camaraderie and teamwork between midshipmen.

b. To develop the running skills of the Midshipman Fourth Class and to familiarize the Midshipman Fourth Class with different personal conditioning/running routes used during the academic year.

3. Outline of Events:

Total Elapsed Time	Action	Event Time
NLT 48 hours before event	Gain approval for the event through the chain of command	
0 minutes	Company/Platoon Commanders and squad leaders lead the unit on a light warm up jog to the course starting point.	5 minutes
5 minutes	Company/Platoon Commanders and squad leaders lead the platoon in of stretching exercises in preparation for the run.	5 minutes
10 minutes	The Company/Platoon begins the run on the selected course. This is a light jog pace, run at the slowest runner's pace as determined by the Company/Platoon commander and squad leaders	20 minutes
30 minutes	The run concludes with a slow cool-down jog led by the Company/Platoon commander and squad leaders	5 minutes
35 minutes	The Company/Platoon commander and squad leaders lead a cool-down stretch.	5 minutes
40 minutes	Company/Platoon forms and the Company/Platoon commander and squad leaders lead the unit in a light jog back to Bancroft Hall.	

4. Special Notes:

a. Run courses consist of typical "inner" courses around Farragut field, Dewey field or on other authorized/approved routes. The focus is time, not distance.

b. Time has priority.

c. Cadre will also help aid in running form technique.

5. Leadership Requirements:

a. Platoon Commander for each participating platoon, Company Commander or Executive Officer for company level runs.

b. Squad leaders for each participating squad.

6. Uniform - Regulation PT Gear and running shoes only.

Company/Platoon Run Risk Assessment

Risk	RAC	Causes	Options
Muscle pulls/ sprains	5	Insufficient stretching	Stretch as a group
Dehydration	4	Lack of water	Bring canteen
Fatigue	5	Overexertion	Do not exercise past failure
Heat related illnesses	4	Lack of water/extreme heat	Remain hydrated/stop training at first symptom

Risk Assessment:

We will train in an environment in which we are all very familiar. The terrain and roads provide very little danger to participants. All participants bring canteens to ensure that they stay hydrated throughout the event. If any participant experiences fatigue or muscles strains/pulls, they will stop training and receive necessary assistance. Any participant experiencing heat related illness symptoms will end training, hydrate and cool down. Symptoms include lack of sweating, cool, clammy skin, nausea and light-headedness.

Selected Controls:

The Company/Platoon Commander and Company Staff Members serve as primary safety observers. Squad leaders are secondary safety observers. Detailers should be alert for signs of dehydration, extreme fatigue, and heat related illnesses as well dangers from oncoming traffic. If any Midshipman Fourth Class displays these warning signs, the safety observers will stop training and render appropriate aid.

905. PLEBE SUMMER DISCRETIONARY TRAINING - PULL-UP PYRAMID

1. Purpose: Physical development

2. Objectives:

a. To develop a sense of camaraderie and teamwork between the midshipmen.

b. Understand the proper execution dead-hang pull-ups.

3. Outline of Events:

Total Elapsed Time	Action	Event Time
NLT 48 hours before event	Gain approval for the event through the chain of command	
0 minutes	Company/Platoon Commanders lead the unit to the pull-up bars in MacDonough Hall or on Farragut Field.	5 minutes
5 minutes	Detailers explain how to complete dead hang pull-ups and provide an overview of the pull-up pyramid. Detailers must stress the importance of spotting. When a Midshipman Fourth Class lacks the ability to complete a pull-up properly, his spotter provides assistance. Detailers also lead the Midshipmen Fourth Class through pre-workout stretching.	5 minutes
10 minutes	Pull-up pyramid	10 minutes
20 minutes	Water break.	2 minutes
22 minutes	Pull-up pyramid	10 minutes
32 minutes	Water break.	2 minutes
34 minutes	Platoon forms and moves to Bancroft Hall.	

4. Special Notes:

a. A pyramid is defined as starting at one pull-up, going up to five pull-ups and back down.

b. If there is a group of Midshipman Fourth Class who would like to try a pyramid up to ten pull-ups, it will be left up to the detailers if they want to lead a separate ability group.

c. There will be two Midshipmen Fourth Class per pull up bar. One Midshipman Fourth Class will execute a set of pull ups while the other observes, spotting if needed.

5. Leadership Requirements:

a. Platoon Commander for each participating platoon, Company Commander or Executive Officer for company level training.

b. Squad leaders for each participating squad.

6. Uniform. Regulation PT Gear.

Pull-up Pyramid Risk Assessment

Risk	RAC	Causes	Options
Dehydration	4	Lack of water	Bring canteen
Fatigue	5	Overexertion	Do not exercise past failure
Heat Related Illnesses	4	Lack of water/extreme heat	Remain hydrated/stop training at first symptom

Risk Assessment:

This is a low risk evolution. The risk associated with the pull-up pyramid is controlled by proper execution of pull-ups and supervision. There is no equipment involved with this evolution. Potential injuries stem from improper execution of the pull-up, dehydration and overexertion. These risks are controlled by instructing the Midshipmen Fourth Class before the pyramid and giving the Midshipmen Fourth Class water breaks. A low Midshipman Fourth Class to Detailers ratio allows closer scrutiny of the Midshipmen Fourth Class welfare and also reduces these risks.

Selected Controls:

Each Midshipman Fourth Class brings water to the pull-up training site. Detailer leadership provides supervision and instruction for the execution of the exercise and stressing spotting if needed.

906. PLEBE SUMMER DISCRETIONARY TRAINING - HIKE

1. Purpose: Physical development
2. Objectives:
 - a. Physical conditioning
 - b. To develop a sense of camaraderie and teamwork between the Midshipmen.
 - c. To learn basic march discipline.
 - d. Overview of Fire Team Tactics
3. Outline of Events:

Total Elapsed Time	Action	Event Time
NLT 48 hours before event	Gain approval for the event through the chain of command	
NLT 48 hours before event	Company Operations coordinates with Battalion/Regimental Operations to reserve ALICE packs for the event, if available.	
0 minutes	Detailers instruct the Midshipman Fourth Class on proper wear/use of the ALICE pack. Detailers then move the Company/Platoon to the hike start point.	10 minutes
10 minutes	Hike Segment-1	20 minutes
30 minutes	Water break	5 minutes
35 minutes	Fire Team Tactics Demonstration	15 minutes
50 minutes	Hike Segment-2	15 minutes
65 minutes	Evolution Complete	

4. Special Notes:
 - a. Hike segment 1 begins at the footbridge leading to Hospital Point and follows the path around Hospital Point to gate 8. The route continues from gate 8 around the perimeter of the baseball/softball fields. March units stop at the grassy area between the JV baseball field and the softball field. The unit grounds their packs for a water break.
 - b. Designated platoon commanders or squad leaders review basic fire team composition, fire team movement, low crawl, and fireman carries after the water break. The Midshipmen Fourth Class then conduct supervised demonstrations of these skills.
 - c. Hike Segment 2 begins at the softball field at the completion of the fire team tactics practical application. The route follows the perimeter of the yard past the baseball field toward Hubbard Hall. From Hubbard Hall the route passes the cemetery to the footbridge and returns to Bancroft Hall via Nimitz Library, Rickover Hall and Ingram Field. The hike route is approximately 2.5 miles.
 - d. Each Midshipman must have water.

5. Leadership Requirements:

- a. Company Commander, Executive Officer or Platoon Commander present.
- b. Squad leaders for each participating squad.

6. Uniform: Camouflage Utilities, Canteens, Rubber Rifles (obtained from the armory), ALICE Packs (if available).

Hike Risk Assessment

Risk	RAC	Causes	Options
Dehydration	4	Lack of water	Bring canteen
Fatigue	5	Overexertion	Do not exercise past failure
Heat Related Illnesses	4	Lack of water/extreme heat	Remain hydrated/stop training at first symptom
Sprains or Strains	3	Unnatural rotation of joints	Use caution during exercise

Risk Assessment:

We will be train in an environment in which we are all very familiar. The terrain and roads provide very little danger to participants. All participants bring canteens to ensure that they stay hydrated throughout the evolution. If any participant experiences fatigue or muscle strains/pulls, they will stop training and receive necessary assistance. Any participant experiencing heat related illness symptoms will end training, hydrate and cool down. Symptoms include lack of sweating, cool, clammy skin, nausea and light-headedness.

Selected Controls:

Two detailers serve as designated safety observers throughout the training period. Safety observers should be alert for signs of dehydration, extreme fatigue, and heat related. Safety observers will stop training and render appropriate aid if any Midshipman Fourth Class displays these warning signs.

907. **PLEBE SUMMER DISCRETIONARY TRAINING - ADMIRAL RUN**

1. Purpose: Physical development
2. Objectives:
 - a. Physical conditioning
 - b. To develop a sense of camaraderie and teamwork between the Midshipmen.
 - c. Learn basic formation running discipline
 - d. Overview of Fire Team Tactics
 - e. Learn about the career of Admiral Stockdale and the appreciation of those who have gone before us.
3. Outline of Events:

Total Elapsed Time	Action	Event Time
NLT 48 hours before event	Gain approval for the event through the chain of command	
NLT 48 hours before event	Company Operations coordinates with Battalion/Regimental Operations to reserve ALICE packs for the event, if available.	
0 minutes	Detailers instruct the 4/c to fill canteens and warm up jog to Admiral Stockdale's statue	10 minutes
10 minutes	Detailers perform stretching routine while discussing Admiral Stockdale's life.	10 minutes
20 minutes	Unit runs to Admiral Stockdale's gravesite.	15 minutes
35 minutes	Water break. Read citation of Admiral Stockdale.	10 minutes
45 minutes	Unit runs back to Admiral Stockdale's statue. Unit slows pace within the last 3 minutes of running.	15 minutes
60 minutes	Detailers perform stretching routine.	10 minutes
70 minutes	Evolution complete.	

4. Special Notes:
 - a. Run begins at the Admiral Stockdale monument outside of Luce Hall. The run proceeds down Holloway Rd and then around the front of Nimitz Library. The unit will go over the footbridge one at a time to Hospital Point. Once on Hospital Point, the unit will continue to Admiral Stockdale's gravesite and will not run within the gravesite. The route is approximately .75 miles.
 - b. Designated detailers will read citation and give history on Admiral Stockdale.
 - c. The return run is the same route listed in paragraph 4a; however, in reverse. The route is approximately .75 miles.
 - d. Each Midshipman must have water.

5. Leadership Requirements:

- a. Company Commander, Executive Officer or Platoon Commander present.
- b. Squad leaders for each participating squad.

6. Uniform: PT Gear, running shoes and socks, canteens.

Run Risk Assessment

Risk	RAC	Causes	Options
Dehydration	4	Lack of water	Bring canteen
Fatigue	5	Overexertion	Do not exercise past failure
Heat Related Illnesses	4	Lack of water/extreme heat	Remain hydrated/stop training at first symptom
Sprains or Strains	3	Unnatural rotation of joints	Use caution during exercise

Risk Assessment:

We will be training in an environment in which we are all very familiar. The terrain and roads provide very little danger to participants. All participants bring canteens to ensure that they stay hydrated throughout the evolution. If any participant experiences fatigue or muscle strains/pulls, they will stop training and receive necessary assistance. Any participant experiencing heat related illness symptoms will end training, hydrate and cool down. Symptoms include lack of sweating, cool, clammy skin, nausea and light-headedness.

Selected Controls:

Two detailers serve as designated safety observers throughout the training period. Safety observers should be alert for signs of dehydration, extreme fatigue, and heat related. Safety observers will stop training and render appropriate aid if any Midshipman Fourth Class displays these warning signs.

CHAPTER 10 - COLOR COMPANY COMPETITION

1001. **OVERVIEW**

1. In the Fleet, the Battle Effectiveness Award, commonly known as the Battle "E" is awarded annually to the small number of U.S. Navy ships, submarines, aviation squadrons and other units that win their battle effectiveness competition. The criterion for the Battle Effectiveness Award is the overall readiness of the command to carry out its assigned wartime tasks, and is based on a year-long evaluation. The competition for the award is intense.

2. The Battle Effectiveness Award recognizes sustained superior performance in an operational environment, and sustained continuous readiness throughout the Fleet Response Training Plan (F RTP). Eligibility for this award demands day-to-day demonstrated excellence in addition to superior achievement during certifications and qualifications conducted throughout the competitive period. It should be recognized that the Battle Effectiveness Award is not a qualification award or an award for mere excellence, but an award for being the best ship in the organization.

3. During Plebe Summer, the Battle "E" is replicated through the color company competition. Companies will have the opportunity to compete with each other throughout Plebe Summer in the areas of professionalism, drill, and athletics. The goal of the Color Company Competition is to:

a. Identify, recognize, and reward the Company that demonstrates the highest levels of performance within the mission areas.

b. Establish meaningful and relevant performance measurements within each mission area.

c. Provide frequent feedback to allow each Company to track progress and identify areas for improvement.

d. Foster good-natured rivalry and unit cohesion.

4. The following events comprise the Color Competition:

a. There are three areas which will count equally towards a Company's final Color Company Competition grade. These are listed with their specific events:

(1) Professionalism

- (a) Room/Uniform inspections
- (b) Pistol/Rifle Quals
- (c) Rate/Basic Seamanship Tests
- (d) Plebe Rate Competition

(2) Drill

- (a) Formal Parades (x4)
- (b) Platoon Drill (x2)

(3) Athletics

- (a) Final PRT
- (b) O-/E-/Assault Courses
- (c) Soccer/Basketball Championships
- (d) Wrestling, boxing, and track smokers

1002. **SPECIFIC RULES**

1. Grading sheets, where applicable, are provided at the end of this appendix and are posted on the Plebe Summer website. Companies will not be penalized for the absence or non-participation in events for those Midshipmen who are on chit. All scores will be reported up the administrative chain of command NLT three days after an event. Each event will be worth 100 points, corresponding to the percentage score for the event. A total of 2000 points are possible, with bonus points awarded for certain events.

2. Room inspections. Room inspections will be based off the USNA Class Alpha Chit. There will be one alpha room inspection per set. The average grade of all rooms in a company will be reported as a percentage.

$$\text{Company Grade} = (\text{average}/50) \times 100$$

3. Uniform inspections. The maximum score for a uniform inspection is 10. Inspections will be conducted weekly by the Company Platoon Commander. One point will be subtracted for each discrepancy. The company average will be calculated and submitted NLT Thursday of each week. An overall average score will be calculated for each set and the final percentage (including average from all three weeks) will be used to determine final color company points.

$$\text{Company Grade} = \text{average} \times 10$$

4. Pistol/Rifle Qualifications. Companies will receive a raw score for rifle and pistol qualifications determined by the following equation should the qualification be a expert, sharpshooter or marksmen qualification:

$$\text{Raw Score} = \frac{[(3 \times \# \text{ of expert}) + (2 \times \# \text{ of sharpshooter}) + (1 \times \# \text{ of marksmen})]}{\text{Total number of Fourth Class}}$$

A Company's grade will be determined by the following equation:

$$\text{Grade} = (\text{Raw Score}/3) \times 100$$

These scores will be compiled by the Weapons detailers and sent to the Battalion XO no later than three days following the date of shooting.

5. Rate/Basic Seamanship Tests. Companies will receive a grade for both the Basic Seamanship Test and Rate Test. The Rate Test will be administered during second set. Scores will be awarded based on Company averages.

6. E-Course. Company Admin Officers will add up the times for their squads on the E-course and submit them up the chain of command. The companies will then be ranked on total time. Percentages will be assigned based on the following formula:

$$\text{Company Grade} = 103 - (3 \times \text{Company Rank})$$

7. Combat Assault Course and Obstacle Course. Companies will receive points based on how many Midshipmen Fourth Class successfully completed the course divided by number of Midshipmen Fourth Class in the Company (not including those on chit at the time of the event). For the obstacle course, only those Midshipmen who complete the course on the Company's assigned visit to the course will be counted for the Color Company Competition. Midshipmen may run the course as many times as the course staff and detailers allow. The results of this day will be compiled by squad leaders and sent to the Company Admin Officer for submission.

8. Physical Readiness Test (PRT). Companies will receive a grade for the PRT by taking the average score divided by the number of Midshipmen Fourth Class that took the PRT. Midshipmen who attempt and fail a PRT will receive a score of 0 which will be factored into the company's overall average.

9. Formal Parades and Platoon Drill. Grading for Formal Parades and Platoon Drill will be conducted using the grading sheets included in this chapter. For Platoon Drill, the results of the Company's two platoons will be combined to determine rankings. Grades will be reported as percentages.

10. Circuit training. During PEP, the Fourth Class Regiment will participate in a graded circuit course. Scores will be recorded by the PMO staff and forwarded to the Regimental Admin Officer by the Regimental PMO. Companies will be ranked and awarded points using the following formula:

$$\text{Company Grade} = 103 - (3 \times \text{Company Rank})$$

11. Intramural Champions and Rates Competition Winners. The winning company for the soccer and basketball intramural championships and the rates competition winner will each be awarded 50 bonus points. The runner-up in all three events will be awarded 25 bonus points.

12. Smokers and Meets. Any Midshipman Fourth Class who wins an individual event in the boxing and wrestling smokers or the track meet will earn 10 bonus points for his or her company.

13. Final Scores. After all scores have been compiled by the Battalion XOs, first set will forward their compiled scores to their respective Battalion Commanders for final compilation. First set Battalion Commanders will forward their set's results to the second set Starboard Battalion Commander. The Starboard Battalion Commander for second set will be in charge of the awarding of Color Company banners.

Company Drill Grading sheet for Formal Parades

Company: _____ Total Present: _____ Date: _____

MARCH OVER TO WORDEN

<u>AREA</u>	<u>POINTS</u>	<u>COMMENTS</u>
1. Distance (CC, Plt Cmdrs)	0 1 2	_____
2. Alignment (A2B, dist)	0 1 2	_____
3. Rifle Carriage (Hi/lo 4's, cants)	0 1 2	_____
4. Etiquette (Talking, Improper marching)	0 1 2	_____

MARCH ON OF THE BRIGADE

<u>AREA</u>	<u>POINTS</u>	<u>COMMENTS</u>
5. Entrance to Worden Field (Company) (Dist, A2B, In step, Arm swing, Rifle carriage)	2 4 6 8 10	_____
6. Left Turn on Designated Block (Pivot Sequence, March straight to Block, Rifle carriage, Cover)	2 4 6 8 10	_____
7. Company on Line (Rifle carriage, Cover)	0 1 2	_____
8. Mark Time March (No rolling mark time, Arm swing, Cover, Rifle cover)	0 1 2 3 4	_____

FORMING THE BRIGADE

<u>AREA</u>	<u>POINTS</u>	<u>COMMENTS</u>
9. Dress Right Dress (Execution, Head angle, Excess mvmt)	0 1 2 3	_____
10. Platoon Commander Movement (Carry sword, Appr steps, Exec)	0 1 2 3	_____
11. Present Arms (Staff) (Sword exec, Guidon exec, Excess mvmt, Guidon parallel)	0 1 2 3 4	_____
12. Present Arms (Co) (Hi/Lo 4's, Wpn cntr on body, Excess mvmt)	0 1 2 3 5	_____
13. Parade Rest (Execution, Excess mvmt, Wpns straight out)	0 1 2 3	_____
14. Present Arms (Hi/Lo 4's, Wpn cntr body, Excess mvmt)	0 1 2 3 5	_____

MANUAL OF ARMS

<u>AREA</u>	<u>POINTS</u>				<u>COMMENTS</u>	
15. Port (Hi/Lo 4's, Wpn angle, Timing, Excessive mvmt)	2	4	6	8	_____	
16. Right Shoulder (Head Mvmt, Hi/Lo 4's, Cuts, Rifle Cover, Excessive mvmt)	2	4	6	8	10	_____
17. Port (Hi/Lo 4's, Wpn angle, Timing, Excessive mvmt)	2	4	6	8	_____	
18. Left Shoulder (Head Mvmt, Hi/Lo 4's, Rifle Cover, Cuts, Excessive mvmt)	2	4	6	8	10	_____
19. Port (Hi/Lo 4's, Wpn angle, Timing, Excessive mvmt)	2	4	6	8	10	_____
20. Order (Grasp of wpns, Cuts, Wpns hitting deck, Excess mvmt)	2	4	6	8	_____	

PRESENTATION OF BRIGADE TO REVIEWING OFFICER

<u>AREA</u>	<u>POINTS</u>				<u>COMMENTS</u>	
21. Present Arms (Staff) (Sword exec, Guidon exec, Excess mvmt, Guidon parallel)	0	1	2	3	4	_____
22. Present Arms (Co) (Hi/Lo 4's, Wpns cntr on body, Excess mvmt)	0	1	2	3	_____	
23. Left Turn to Pass in Review (Repeat) (A2B, Pivot Seq, In step, Wpns carriage)	0	1	2	3	4	_____
24. Eyes Right (Staff) (Distance, Commands, Sword/Head exec)	2	4	6	_____	_____	
25. Eyes Right (Co) (Distance, A2B, In step, Head angle, Wpns carriage)	2	4	6	8	10	_____
26. Exit Worden Field to McNair Road (Distance, In step, Wpns carriage, Exit at turn flag)	0	1	2	3	4	_____

MARCH OVER TO BANCROFT HALL

<u>AREA</u>	<u>POINTS</u>			<u>COMMENTS</u>
27. Distance (CC, Plt Cmdrs)	0	1	2	_____
28. Alignment (A2B, Dist)	0	1	2	_____
29. Rifle Carriage (Hi/Lo 4's, cants)	0	1	2	_____
30. Etiquette (Talking, Improper marching)	0	1	2	_____

31. Dismissal 0 1 2 _____
(Command, Exec)

32. General Appearance 2 4 6 8 _____
(Co sized, Uniforms, Equipment, Bearing)

TOTAL POINTS _____/160

Additional Comments: _____

Grader's name: _____

Alpha code: _____

Company: _____

Initial Platoon Drill Evaluation

Date: _____

Grader: _____

Score: _____/53

Plt Cdr: _____

Co/Plt: ____/____

- 1. Fall In 0 1 2 3 4 5
(Align, Cover, Sqd leaders dist., 1st Sqd execution, Rifles at order)
- 2. Side Steps 0 1 2 3 4
(Trail arms, 12 inch, legs straight, interval)
- 3. About Face 0 1 2 3 4
(Trail arms, Bent knees, Thumb along trouser seam, Heels online)
- 4. Parade Rest 0 1 2 3 4
(Hand placement, 12 inches, Rifles straight, Hand placement on rifle)
- 5. Port Arms 0 1 2 3 4
(2 Count, Hi/Lo 4's, Wpn angle, Hand placement)
- 6. Right Shoulder Arms 0 1 2 3 4
(3 Count, Hi/Lo 4's, Head Mvmt, Cuts)
- 7. Column Right 0 1 2 3 4
(Pivot Seq, A2B, Distance to base, Half Steps)
- 8. Mark Time 0 1 2 3 4
(Rolling Mark Time, Arm Swing, In Step, Rifle Carriage)
- 9. Column Left 0 1 2 3 4
(Pivot Seq, A2B, Distance to base, Half Steps)
- 10. To The Rear 0 1 2 3 4
(Foot placement, 180 to the right, Thumb along trouser seam, 30" out)
- 11. Column Half Left (Repeat) 0 1 2 3 4
(Pivot Seq, A2B, Distance to base, Half Steps)
- 12. Eyes Right 0 1 2 3 4
(A2B, In step, Head Angle, Wpns Carriage)
- 13. Fall Out 0 1 2 3 4
(Execution)

Comments:

Final Platoon Evaluation Drill Card

Date: _____

Grader: _____

Score: _____ / 55

Plt Cdr: _____

Co/Plt: _____ / _____

1. Form the Platoon at Close Interval 0 1 2 3 4 5 6
(Align, Cover, 1st Sqd exec, Order arms, Sqd leaders dist., Report)
2. Count Off On Line 0 1 2 3
(Head angle, Quick Time Cadence, Plt execution)
3. Extend on Line 0 1 2 3 4
(Guide exe. Sqd ldrs dist, Sqd ldrs cover, Plt exe)
4. Open and Close Ranks 0 1 2 3 4 5 6
(Guide exe, 30" step, dress right, align, cover, sqd ldrs dist)
5. Port Arms 0 1 2 3 4
(rifle angle, bent wrist, Hi/Lo 4's, tight elbows)
6. Right Shoulder Arms and Rifle Salute 0 1 2 3 4
(bent wrist, Hi/Lo 4's, elbow tight and in line w/ back, POA)
7. Column Right 0 1 2 3 4
(Pivot Seq, A2B, Distance to base, Half Steps)
8. Mark Time 0 1 2 3 4
(Rolling Mark Time, Arm Swing, In Step, Rifle Carriage)
9. Column Left 0 1 2 3 4
(Pivot Seq, A2B, Distance to base, Half Steps)
10. To The Rear 0 1 2 3 4
(Foot placement, 180 to the right, Thumb along trouser seam, 30" out)
11. Column Half Left (Repeat) 0 1 2 3 4
(Pivot Seq, A2B, Distance to base, Half Steps)
12. Eyes Right 0 1 2 3 4
(A2B, In step, Head Angle, Wpns Carriage)
13. Fall Out 0 1 2 3 4
(Execution)

Comments:

CHAPTER 11 - LEADERSHIP DEVELOPMENT AND EDUCATION PROGRAM (LDEP)

1101. **OVERVIEW**

LDEP provides an opportunity for Plebe Summer Detailers to learn about the policies, instructions, and planned execution of the summer prior to interacting with the new Plebes. The goal is to prepare them to be effective leaders and trainers. A thorough LDEP program can increase the effectiveness and efficiency of Plebe Summer, but only if the detailers are enthusiastic learners and make the most of this opportunity. Constructive feedback on the program is strongly encouraged so that Plebe Summer staff can maximize the training potential of LDEP.

1102. **POLICY**

1. **LDEP I**: This is a decentralized plan. Specific training times are set by the CO/SEL and may include both sets as well as both academic companies. COs/SELs shall stay on schedule.

a. Plebe Summer Detailer training during LDEP I will consist of completing two requirements. The first requirement is to obtain an intimate knowledge of this SOP as demonstrated through PQS signatures. The second requirement is to complete a refresher course in close order drill with an emphasis on learning how to teach drill to the Plebes.

b. The instructional texts for PQS completion are this SOP and the drill manual. The course of instruction will follow a schedule promulgated by the Regimental SEL. Training will be conducted weekly by the academic year CO/SEL. SOP training will be documented using the detailer PQS card included at the end of this chapter.

c. Drill training will consist of two phases. Phase one is a classroom refresher and will be taught from reference (e). Phase two will consist of practical drill training on Farragut field. A practical examination for platoon commanders will occur during LDEP II and LDEP III for the respective sets.

d. Completion of LDEP I training will be tracked by the Port and Starboard Battalion SELs who will report to the Regimental SEL.

2. **LDEP II**: Training of the first set of Plebe Summer Detailers will occur during LDEP II. LDEP II will consist of three basic training types: Drill, specialized training, and Unit Commander time.

a. Drill training will consist of classroom refresher training followed by practical training. The focus will be on striper sword practice, platoon drill with a practical exam, and meal formation training. Platoon drill will focus on learning the specifics of the Initial Drill Card exam for 1st set Plebes. Each Platoon Commander shall be able to step his/her detailers satisfactorily through the drill card. SELs, with the aid of GySgt SELs, will determine the pass/fail of a platoon commander's practical exam.

b. Specialized training will be held in Mitscher Auditorium unless otherwise indicated on the LDEP schedule. The training will include, but is

not limited to, the following: OIC call, CO/SEL brief, khaki uniform inspection, medical, nutrition, Physical Education and PEP, hazing versus motivational intensity, SAVI, Midshipman Development Center (dignity and respect, suicide prevention, and PTSD), Chaplain training, 1st LT, I-Day brief, Tango procedures, and oath of office rehearsal. Detailers will also take a PRT during LDEP II.

c. Unit Commander time is for use by the CO/SEL. It accounts for meal and after hours periods to address training deficiencies and to build team cohesion.

3. LDEP III: LDEP III is for second set Plebe Summer Detailers and mirrors LDEP II with two exceptions:

a. Berthing for 2nd set detailers will be in NASP/Transient Company area for the duration of the LDEP III week until after the turnover Parade.

b. One day will be designated as a shadow day in which the 2nd set detailers will silently shadow and observe the training routines in their prospective Companies. Additionally, they will observe and participate in PEP during the morning. The shadow training day will be concluded at the completion of the evening planning and operations meeting.

DETAILER PQS QUALIFICATION CARD

Int/Date

CO/SEL

___/___ **CHAPTER 1 - COMMAND GUIDANCE** _____

- COMMANDANT'S INTENT FOR PLEBE SUMMER
- PURPOSE OF PLEBE SUMMER
- RECITE THE PLEBE DETAIL OATH
- ATTRIBUTES OF A USNA GRADUATE
- MISSION AND OBJECTIVES OF PLEBE SUMMER

___/___ **CHAPTER 2 - ORGANIZATION OF THE FOURTH CLASS REGIMENT** _____

- BASIC FUNCTIONS OF THE REGIMENTAL, THE BATTALION, AND THE COMPANY STAFF AND OFFICERS
- DUTIES AND RESPONSIBILITIES OF THE REGIMENTAL, BATTALION, AND COMPANY STAFF AND OFFICERS

___/___ **CHAPTER 3 - PLEBE SUMMER WATCHSTANDING RESPONSIBILITIES** _____

- DUTIES AND RESPONSIBILITIES OF THE REGIMENTAL DUTY OFFICER, BATTALION OFFICER OF THE WATCH, COMPANY DUTY OFFICER, COMPANY MATE OF THE DECK, AND ROVING SECURITY WATCH
- TRAIN THE MIDSHIPMEN FOURTH CLASS TO STAND A PROPER CMOD WATCH
- RECITE THE ELEVEN GENERAL ORDERS TO THE SENTRY
- PROCESS OF GENERATING, EXECUTING, AND MAKING FORMAL CHANGES TO A POSTED WATCHBILL

___/___ **CHAPTER 4 - GUIDELINES FOR THE PROFESSIONAL CONDUCT OF THE DETAIL** _____

- UNDERSTAND THE NAVY'S AND USNA'S GUIDANCE ON HAZING PER SECNAVINST 1610.2
- LIST SIX TIMES WHEN PHYSICAL CONTACT IS ALLOWED WITH A MIDSHIPMEN FOURTH CLASS
- RULES SET IN PLACE TO ENHANCE PROFESSIONALISM AND TO PREVENT FRATERNIZATION
- PROPER METHOD OF COUNSELING MIDSHIPMEN FOURTH CLASS
- UNDERSTAND THE PROHIBITION ON MAKING FINANCIAL UNDERTAKINGS WITH MIDSHIPMEN FOURTH CLASS
- REQUIREMENTS OF THE MIDSHIPMEN FOURTH CLASS AND THE DETAILERS WHILE IN KING HALL

___/___ **CHAPTER 5 - SPECIAL PLEBE SUMMER RULES AND REGULATIONS** _____

- CONDITIONS, LIMITATIONS, AND RESTRICTIONS FOR DETAILER LIBERTY AND OVERNIGHT LIBERTY
- LIMITATIONS OF USE OF ALCOHOL AND TOBACCO PRODUCTS
- CIVILIAN CLOTHES LIMITATIONS AND THE PROPER UNIFORM WHILE TRANSITING ON AND OFF THE YARD
- VISITOR RESTRICTIONS ON THE MIDSHIPMEN FOURTH CLASS DURING PLEBE SUMMER
- PROCESS FOR REMOVING, STORING, AND RETURNING A MIDSHIPMEN FOURTH CLASS'S PERSONAL GEAR
- SANCTITY OF PLEBE PERSONAL TIME AND WHOSE PERMISSION IS REQUIRED TO INTERRUPT IT.
- MIDSHIPMEN FOURTH CLASS UNIFORM OF THE DAY SCHEDULE
- MAINTAIN THEIR ROOMS IN BRAVO CONDITION AT ALL TIMES

___/___ **CHAPTER 6 - PLEBE SUMMER TRAINING GUIDELINES AND ROUTINES** _____

- APPROPRIATELY INTRODUCE THEMSELVES AND THEIR POSITION TO THE MIDSHIPMEN FOURTH CLASS
- BRIEF THE MIDSHIPMEN FOURTH CLASS ON PLEBE SUMMER RULES AND REGULATIONS, THE OATH OF OFFICE, THE HONOR CONCEPT, AND DIGNITY AND RESPECT IN THE BRIGADE OF MIDSHIPMEN
- TEACH THE FIRE EVACUATION PROCEDURE TO THE MIDSHIPMEN FOURTH CLASS AND UNDERSTAND THE REQUIREMENT FOR A FIRE DRILL PRIOR TO TAPS ON THE PLEBE'S ARRIVAL DAY
- UNDERSTAND THE REQUIREMENTS FOR MIDSHIPMEN FOURTH CLASS TO WRITE AN INITIAL LETTER HOME
- CHANGES TO PLEBE RATES ADDITIONAL TO THE RATES DESCRIBED IN REEF POINTS
- DISCERN THE PRIORITY BETWEEN THE MASTER TRAINING SCHEDULE AND THE PLAN OF THE DAY
- REQUIREMENTS, LIMITATIONS, AND PROHIBITIONS OF THE SUNDAY MORNING CHRISTIAN WORSHIP AND OTHER FAITH WORSHIP ACTIVITIES
- THE PROCESS FOR MIDSHIPMEN FOURTH CLASS TO INTERVIEW WITH A CHAPLAIN AND HOW TO CONTACT A CHAPLAIN IN AN EMERGENCY SITUATION
- MAIL PROCEDURES FOR THE FOURTH CLASS REGIMENT
- REQUIREMENTS, LIMITATIONS, AND EXCEPTIONS OF THE FOLLOWING TRAINING SUPPORT EVOLUTIONS: BRACING UP, PLEBE-HO, UNIFORM RACES, AND EMI.
- REQUIREMENTS AND LIMITATIONS FOR THE USE OF INTENSIVE TRAINING EXERCISES (ITE.)

___/___ **CHAPTER 7 - ADMINISTRATION OF THE FOURTH CLASS REGIMENT** _____

- LIST THE PERIODICITY REQUIREMENTS AND SPECIFIC FORMS REQUIRED FOR EVALUATING,

- COUNSELING, AND PROVIDING GENERAL DATA ON THE MIDSHIPMEN FOURTH CLASS
- HOW EACH FORM IS USED, HOW IT IS REVIEWED, AND ITS RETENTION REQUIREMENTS
- SUBMISSION, REVIEW, AND ROUTING REQUIREMENTS FOR THE MIDSHIPMEN FOURTH CLASS'S THOUGHT OF THE DAY
- PERIODICITY, TRIPWIRES, AND REQUIRED REMEDIATION FOR THE WEEKLY WEIGH-INS, AND THE REPORTING CRITERIA
- PROCESS AND JUSTIFICATION FOR CONVENING, AND THE PROCEEDING OF AN APTITUDE BOARD
- UNDERSTAND THE EVALUATION AND COUNSELING PROCESS FOR UPPERCLASS MIDSHIPMEN

____/____ **CHAPTER 8 - MEDICAL/EMERGENCY PROCEDURES** _____

- FACTORS THAT CONTRIBUTE TO HEAT TOLERANCE AND HEAT STRESS CASUALTIES
- WBGIT INDEX, COMDTMINDINST 5090.1, AND THEIR EFFECT ON THE PHYSICAL TRAINING MATRIX
- SYMPTOMS AND REQUIRED ACTIONS FOR:
 1. HEAT CRAMPS
 2. HEAT EXHAUSTION
 3. HEAT STROKE
- IMPORTANCE OF MONITORING FOR, THE COMMON TYPES, AND MEASURES TAKEN TO MINIMIZE FOOT PROBLEMS
- IMPORTANCE OF GOOD HYGIENE AND THE RISKS OF BAD HYGIENE
- PROCEDURE FOR THE WEEKLY CLEANING OF CANTEENS
- UNDERSTAND CONTACT USE POLICY FOR MIDSHIPMEN FOURTH CLASS
- LIST THE TIMES AND LOCATIONS OF WHERE MEDICAL CARE IS PROVIDED
- LIMITS AND RESTRICTIONS OF: LIGHT DUTY, NO DUTY, AND SICK-IN-ROOM
- UNDERSTAND THE LIMITS AND RESTRICTION ON MIDSHIPMEN FOURTH CLASS FOLLOWING LIVING AND NON-LIVING VIRAL INOCULATIONS
- MEDICAL EMERGENCY REQUIREMENTS TO INCLUDE:
 1. FIRST RESPONSE ACTIONS
 2. ACCOUNTABILITY OF THE INJURED MIDSHIPMAN
 3. ESCORT DETERMINATION

____/____ **CHAPTER 9 - DPT INSTRUCTION AND PROPOSALS** _____

- UNDERSTAND THE PURPOSE OF DPT
- KNOW HOW TO SUBMIT NEW DPT PROPOSALS FOR APPROVAL
- LIST GUIDELINES FOR CONDUCTING DPT
- BE FAMILIAR WITH THE VARIOUS PRE-APPROVED DPT PLANS

____/____ **CHAPTER 10 - PLEBE SUMMER COLOR COMPANY COMPETITION** _____

- BE ABLE TO EXPLAIN THE PURPOSE OF THE COLOR COMPANY COMPETITION
- LIST THE GRADED EVOLUTIONS THAT CONTRIBUTE TO COLOR COMPANY POINTS
- UNDERSTAND SPECIFIC RULES FOR EACH GRADED EVOLUTION
- BE FAMILIAR WITH THE GRADING SHEETS FOR ALL DRILL EVOLUTIONS

____/____ **CHAPTER 11 - LDEP PROCEDURES** _____

- UNDERSTAND THE PURPOSE OF LDEP
- LIST REQUIREMENTS FOR LDEP I, II, AND III
- COMPLETE LDEP DETAILER QUALIFICATION CARD

I fully understand all the guidelines governing the conduct of personnel assigned to PS Detail in accordance with the SOP and will enforce all rules and regulations.

MIDN SIGNATURE

CO SIGNATURE

SEL SIGNATURE

CHAPTER 12 - TANGO COMPANY

1201. **GENERAL GUIDANCE**

Tango Company leadership will be responsible for the care and well being of Plebes working through the separation process from the Naval Academy. While providing support, Tango Company leadership shall make an honest and concerted effort to highlight the positives of being a Midshipman and accepting the challenges and opportunities that exist at the Naval Academy and as a commissioned Officer in the United States Navy or United States Marine Corps.

1202. **PERIOD OF OPERATION**

Tango Company will open when directed by the Plebe Summer OIC after consultation with the Commandant. Notionally, Tango Company will accept Plebes no earlier than Training Day +10 and no later than Training Day +40.

Plebes do not transfer to Tango Company until approved by the Plebe Summer AOIC.

1203. **TANGO COMPANY SPACES**

Tango Company spaces will be in a separate wing from the Plebe Summer Regiment.

1204. **LETTER OF RESIGNATION**

Plebes complete a Letter of Resignation after interviewing with their Senior Enlisted Leaders. Civilian accessions use Figure 12.1. Prior service and NAPS graduates use Figure 12.2. The Letter of Resignation must be typed and signed.

1205. **WITHDRAWAL OF RESIGNATION**

Plebes may withdraw their Letter of Resignation at any time during the out process. When this occurs, Tango Company shall notify the Chain of Command and Midshipman Personnel Office. Tango Company will ensure the Plebe has all gear reissued before returning to the Regiment. Plebe's request to return to their original company or to be placed in a new company will receive the strongest consideration by the OIC.

1206. **PLEBE RESIGNATION PROCEDURES**

NOTE: AT ANY TIME, UP TO AND INCLUDING A PLEBE'S DEPARTURE HOUR FROM USNA, THE PLEBE MAY WITHDRAW THEIR LETTER OF RESIGNATION AND BE PLACED BACK IN THE REGIMENT.

1. The Plebe will notify his or her Squad Leader of their desire to resign. The Squad Leader will provide the Plebe with interview sheets from reference (j) and Figure 12.3 of this chapter.

2. The Squad Leader will conduct initial counseling with an emphasis on reaffirmation to the commitment made by the Plebe. The Squad Leader should provide the Plebe with a summary of his or her strengths and their potential

contribution to the Brigade. The Squad Leader can make full use of the chain of command to aid in the counseling and will document all counseling.

3. If the Plebe desires to resign after Squad Leader counseling, subsequent counseling will be performed by the Platoon Commander and Company Commander. Document all counseling and include it in the resignation packet.

4. During the Midshipman Chain of Command interview process, the CO and SEL shall be kept informed of the interviews. All support, to include Midshipman Development Center, Brigade Medical, Chaplains, and Equal Opportunity, can be utilized to assist the Plebe in his/her decision.

5. If the Plebe desires to resign after Midshipmen Chain of Command counseling, the Plebe will be directed to a Chaplain for counseling.

6. If the Plebe desires to resign after Chaplain counseling, the Company Senior Enlisted Leader (SEL) will interview the Plebe. The SEL will review all documentation, make any necessary calls to resources, and document the counseling session. With the Plebe's verbal permission, the SEL is authorized to notify the Plebe's parents of their son or daughter's intent to resign. The SEL shall make time available for the Plebe to talk to his/her parents regarding the consequences of resignation. If the Plebe still desires to resign, the SEL will direct the Plebe to draft a Letter of Resignation using Figures 12.2 or 12.3. The Company Senior Enlisted Leader will counsel the Plebe that the check-out process is a minimum of 10 working days and that the Plebe should make no commitment to family or friends regarding his/her departure date. When the Letter of Resignation is signed, the Plebe's separation package will be forwarded to the Company Officer for review.

7. The Company Officer will review the separation package for completeness and counsel the Plebe on all areas stated above. All support resources can be provided and additional phone calls to parents or mentors can be offered. Once the Company Officer interview is complete, the Company Officer will schedule interviews with the Assistant Officer in Charge (AOIC).

8. The AOIC will interview the Plebe and offer the full range of support in order to ensure the Plebe is making the most informed decision possible. The AOIC is authorized to delay entry into Tango Company by up to three days in order to provide the Plebe with a period of reflection followed by another interview. This period of reflection can be used to meet with successful Officers at USNA who have overcome adversity, to showcase our academic program, or to further discuss options with parents or mentors. For those Plebes who desire to attend a civilian university, the Plebe should show a budget plan and be allowed to confirm if past offers of scholarships are still available.

9. If the Plebe remains committed to resignation, the AOIC will approve the transfer request to Tango Company and the Plebe will immediately move to Tango Company spaces.

1207. **TANGO COMPANY OUT-PROCESSING**

Tango Company out-processing occurs in 4 phases:

Phase I: Initial Counseling
Phase II: Initial Checkout
Phase III: Deputy Commandant and Commandant Interviews
Phase IV: Final Outprocessing and Departure

1208. **PHASE I: INITIAL COUNSELING**

1. Initial Entry

a. Tango Company Leadership will review the separation interview package and all Thoughts of the Day.

b. Squad Leaders will create a file on each Plebe transferred into Tango Company that includes the Letter of Resignation, the Interview Tracking Sheet, Tango Company Initial Counseling and Guidance Form, Tango Company Rules and Regulations, Voluntary/Involuntary Check-Out Process, Tango Company Daily Routine, Brigade Services Division Account Summary, all counseling and documentation from the training company, as well as the MIDN Performance Jacket (if available).

c. Squad Leaders will welcome the Plebe into Tango Company and perform the following:

(1) Conduct an initial interview using Figure 12.4, Tango Company Initial Counseling and Guidance Form.

(2) Brief the Plebe on Figure 12.5, Tango Company Rules and Regulations and have the Plebe sign.

(3) Brief the Plebe on Figure 12.6, Involuntary/Voluntary Check Out Process and have the Plebe sign.

(4) Brief the Plebe on Figure 12.7, Tango Company Daily Routine and have the Plebe sign.

2. Mail

a. At the end of the counseling session, Tango Company Detail will recover the Plebe's mail key and mark with the name, alpha, and PO Box number. The key will be stored in the Tango Company office. This process facilitates future mail calls when the Tango staff recovers mail for the entire company each day.

b. Tango Detail turns in keys and a change of address form to the Post Office three working days prior to the Plebe's departure from the Naval Academy.

3. Rifle

a. Mark the Plebe's name and alpha on the rifle and bayonet using masking tape and store them in the Tango Company office. Tango maintains rifles and bayonets until after the Plebe separates so they may be returned to the Plebe if he/she decides to stay. Once discharged, return the rifle and bayonet to the armory.

4. Personal Gear. Recover the Plebe's personal belongings stored in his/her company area during I-Day processing and return them to the Plebe.

5. Gear Issued on I-Day. Have the Plebe sort his/her issued belongings and set aside those items that can be returned to the MIDN Store and Uniform Store. A list of those items issued to each Plebe is available from Uniform Issue and the MIDN store. A Rule of Thumb for items that can be returned is: "Would you buy it in the condition it is currently in?" Remaining items that cannot be returned are sent home with the Plebe. Each Plebe disposes of his/her belongings as they choose. Counsel them to not dispose of any issued items until they have departed USNA. This will preclude re-issue should they change their mind.

6. Schedule an OIC Interview Appointment

7. SF-88 Completion. Have the Plebe complete SF-88 and bring with them to their Dental and Medical appointment.

1209. **PHASE II: INITIAL CHECKOUT**

1. Escort the Plebe to the Midshipman Personnel Office. The Midshipman Personnel Office will issue all out-processing paperwork needed for checkout. The Midshipman will need to bring his/her Letter of Resignation. The Midshipman will be issued a Midshipmen Summary package for resignation and a Midshipmen Personnel Office Tango Company check-out sheet.

2. Complete the following *in order*:

a. Dental Exam: Brigade Dental will see patients during normal sick call hours. Coordinate pick up of the dental records that are sent home with the Plebe.

b. Physical Exam: Schedule an exam with Brigade Medical. Photocopy the Plebe's vaccination card and provide it to the Plebe to keep. The Plebe does not keep his/her original medical record.

c. Midshipman Store Item Return: Arrange an appointment with the Midshipman Store Assistant Manager to return issued gear. The Assistant Manager will determine the estimated credit line on the Checkout Sheet and signs.

d. Uniform Store Item Return: Schedule an appointment with the Uniform Officer/Uniform Manager at 0700 for turn in of all recoverable uniform items. Notionally, six appointments are available daily, with three at 1000 and three at 1300. Ensure that the Plebe brings all recoverable items to avoid follow-on trips. Include items such as parade jackets, corfams, covers, etc. The Uniform Store cannot recover items that were used, laundered, or stenciled. The Uniform Manager will also coordinate with the Repair Tailor Shop to stop uniform tailoring. Jogging suits are sent home with the Plebe if issued and embroidered.

e. Accounting: Schedule an appointment with accounting. Escort the Plebe to Midshipman accounting to receive their Letter of Indebtedness.

f. Disbursing: Schedule an appointment with Midshipman disbursing for a check out interview. Disbursing will document the monies due to the U.S. Government and SGLI Coverage on the checkout sheet. The Plebe also receives a travel claim form and a brief concerning his/her return travel arrangements.

3. Complete as able around the above appointments. The following items **do not** have to be completed in order:

a. Candidate Guidance: Schedule an appointment with Admissions and escort the Plebe to Leahy Hall. The Admissions Office collects statistics on Plebes who resign. If a Plebe departs due to medical reasons and anticipates returning next year, he/she needs to speak with a representative from Candidate Guidance.

b. Navy Federal Credit Union: Complete and turn in a change of address card. It is recommended the Plebe do this late in the checkout process when departure is guaranteed. The Plebe does not need to be present to turn in a completed form.

c. Post Office: Complete and turn in a change of address card. Attach the mail key to the back of the change of address form with masking tape. It is recommended the Plebe do this late in the checkout process when departure is guaranteed. The Plebe does not need to be present to turn in a completed form.

d. Personal Effects: **Complete this part of the process in the following order.**

(1) If the Plebe does not wish to ship any personal effects home, draw a diagonal line through both boxes on the checkout sheet and write "Not Shipping."

(2) If the Plebe's shipment weighs less than 100 lbs, ship from the Post Office.

(3) If the Plebe's shipment weighs more than 100 lbs, do the following:

(a) Contact the Personal Property Office in Halligan Hall to arrange an appointment. For the appointment bring the authorization letter from the Midshipman Personnel Office. Personal Property provides DD Form 1299 and is taken to the Express Office.

(b) The Express Office requires the DD Form 1299 received at Halligan Hall to authorize shipment of personal effects. The Express Office fills in the Date, Gross Weight, and number of units on the Check-out Sheet.

e. Additional Interviews: The Midshipman Personnel Office will determine if a Plebe requires to checkout with the following agencies:

(1) Diversity Officer: Detailer will escort the Plebe to Leahy Hall to speak with the Diversity Officer.

(2) Marine Representative: Schedule an appointment with the Marine Corps Representative in Sampson Hall through the Marine Staff Secretary.

(3) CMEO: Schedule an appointment with the Fourth Class Regiment Command Managed Equal Opportunity (CMEO).

1210. **PHASE III: DEPUTY COMMANDANT AND COMMANDANT INTERVIEWS**

1. Escort the Plebe to the Midshipman Personnel Office: The Midshipman Personnel Office will collect all out processing paperwork.

2. The Deputy's secretary will schedule an appointment with the Deputy and Commandant and will contact Tango Company with the time/location for the appointment.

3. The Plebe will meet with the Commandant only when directed.

1211. **PHASE IV: FINAL OUTPROCESSING AND DEPARTURE**

1. Midshipman Personnel will notify Tango Company when the file is complete. Detailers will then escort the Plebe to Midshipman Personnel to:

a. Complete final paperwork.

b. Receive a 30-Day Temporary ID.

c. Receive a travel itinerary.

d. Receive a debrief and provide their leave separation request chit.

2. Ensure the Plebe calls his parents/guardians to inform them of his/her itinerary.

3. After returning to Tango Company, the CDO signs the Plebe's separation request chit and logs them out of Tango Company. A member of the Tango Company Detail will deliver a copy of the separation chit to Main Office. Main Office and the Plebe will keep a copy of the separation chit.

4. The Tango Company/Main Office duty driver will bring the Plebe to BWI for their flight. If Plebe is local or have parents or relatives picking them up at the gate no duty driver is necessary. The Plebe will depart in civilian clothes.

1212. **ADMINISTRATION**

1. LOGBOOKS

a. Phone Log: Used to document/record details of the Plebe phone calls. Headings: Name, Alpha, date, Time In, Time Out, Person Called.

b. Accountability Log: Used to account for Detailer liberty and Plebes attending Sunday religious services. Headings: Name, Alpha, Location, date, Time Out, date, Time In.

c. Tango CDO Log ("The Tango Log"): Used to record acceptance and discharge of all MIDN 4/C to and from Tango Company and log all major events of the day. Headings: Date, Time, Event.

d. Vehicle Log: Used to record duty vehicle use. Headings: Driver, Destination, Mileage, date, Time Out, Time In, Notes.

2. TANGO PLEBE STATUS BOARD. Tango Company staff maintains a tracking board in the Tango Company office with each Plebe's check-out status.

3. DAILY COUNSELING. Detailers must perform at least one daily counseling session with the Plebes. Plebes should also be provided the opportunity to speak with teammates, coaches or company staff at any time to assist in their decision making process. If a Plebe decides to return to his/her company, the information documented while a member of Tango Company is useful in future intervention and counseling.

4. TANGO COMPANY 0800 REPORT. Each Company shall submit a daily 0800 report to the Regimental Duty Officer using Figure 12.8.

5. TANGO DAILY REPORT (TDR). The TDR is a summary of the demographics for the Tango Company Plebes. The Company Officer or Senior Enlisted Leader sends the TDR via e-mail to those personnel designated by the OIC.

Date

From: Midshipman Fourth Class, A. J. Plebe, USN
To: Superintendent, United States Naval Academy
Via: Commandant, United States Naval Academy

Subj: VOLUNTARY RESIGNATION (**Civilian Example**)

1. I hereby tender my voluntary resignation as a Midshipman at the United States Naval Academy.

2. Specify in your own words:

- a. Why did you decide to come to the Naval Academy?
- b. What made you decide to initiate resignation from the Naval Academy?
- c. What are your plans for the future if/when you leave?

State in paragraph form. Please be as brief as possible and make sentences coherent.

3. The contents of Department of Defense Directive 1304.25, Fulfilling the Military Service Obligation; Department of Defense Directive 1332.23, Service Academy Disenrollment; SECNAVINST 1531.1A, U.S. Naval Academy Midshipman Disenrollment; and MILPERSMAN article 1531-020 have been explained to me and I understand the military service requirements imposed upon me by these directives, and by Section 651, Title 10 U.S. Code. I understand I will not be assigned to the Naval Reserve, and that upon termination of my status as a midshipman, I will be subject to induction into active military service under the Military Selective Service Act.

4. I understand the submission of the resignation may be prejudicial in the event that I subsequently apply for a Navy officer-producing program. I further acknowledge that future enrollment in any Navy-subsidized educational program will be precluded in all but the most unusual circumstances.

5. I understand this resignation, whether or not accepted, may only be withdrawn in writing and that once I have departed the Naval Academy on the separation-pending leave it may only be withdrawn with the consent of the higher reviewing authority to whom the resignation has been forwarded or a person in the reviewing chain superior to him.

6. I am not in debt to the government

Or

I am in debt to the government, but will have sufficient funds on-hand to liquidate this indebtedness.

Very respectfully,

Typed Name (Sign above, nothing below)

Figure 12.1

Date

From: Midshipman Fourth Class, A. J. Plebe, USN
To: Superintendent, United States Naval Academy
Via: Commandant, United States Naval Academy

Subj: VOLUNTARY RESIGNATION (**Prior Service Example**)

1. I hereby tender my voluntary resignation as a midshipman at the United States Naval Academy.

2. Specify in your own words:

- a. Why did you decide to come to the Naval Academy?
- b. What made you decide to initiate resignation from the Naval Academy?
- c. What are your plans for the future if/when you leave?

State in paragraph form. Please be as brief as possible and make sentences coherent.

3. The contents of Department of Defense Directive 1304.25, Fulfilling the Military Service Obligation; Department of Defense Directive 1332.23, Service Academy Disenrollment; SECNAVINST 1531.1A, U.S. Naval Academy Midshipman Disenrollment; and MILPERSMAN article 1531-020 have been explained to me and I understand the military service requirements imposed upon me by these directives, and by Section 651, Title 10 U.S. Code. I have a remaining active duty obligation in the U.S. Navy/U.S. Marines Corps until 17 March 20xx and a remaining inactive obligation until 26 March 20xx in the U.S. Naval Reserve/U.S. Marine Reserves.

4. I understand the submission of the resignation may be prejudicial in the event that I subsequently apply for a Navy officer-producing program. I further acknowledge that future enrollment in any Navy-subsidized educational program will be precluded in all but the most unusual circumstances.

5. I understand this resignation, whether or not accepted, may only be withdrawn in writing and that once I have departed the Naval Academy on the separation-pending leave it may only be withdrawn with the consent of the higher reviewing authority to whom the resignation has been forwarded or a person in the reviewing chain superior to him.

6. I am not in debt to the government

Or

I am in debt to the government, but will have sufficient funds on-hand to liquidate this indebtedness.

Very respectfully,

Typed Name (Sign above, nothing below)

Figure 12.2

INTERVIEW TRACKING SHEET

Name: _____ Company / Platoon: _____

Standard Interviews:

- Squad Leader
- Platoon Commander
- Company Commander
- Chaplain
- Senior Enlisted Leader
- Company Officer
- AOIC (Tango recommendation: Yes No)
- OIC
- Deputy Commandant of Midshipmen (Commandant interview: Yes No)
- Commandant of Midshipmen
- Director of Admissions (File reviewed)
- Superintendent (File reviewed)

Additional Interviews (Case Specific)

- Female Midshipmen Counselor
- Marine Corps Representative
- Minority Representative
- Coach

Outside Information:

- Parents (Notified)
- Admissions (Notified)
- Math Department (Notified)
- Midshipman Development Center (Visited if necessary)

Administration:

- Letter of resignation
- Performance Jacket
- Operation phase checklist complete

NOTES:

Figure 12.3

Tango Company Initial Counseling and Guidance Form

Date:	Name (Last, First):	Company:																					
1. Areas Discussed: (Academic, Performance, Conduct, Etc.)																							
2. Performance Trend:																							
Improving	Consistent	Declining																					
N/A																							
3.																							
a. Why did you come to the Academy?																							
b. What made you decide to leave the Academy?																							
c. What are your plans for the future if/when you leave?																							
4. Narrative Summary (problems discussed and recommended courses of action, evaluation of performance, etc. Use back of page if necessary):																							
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;"></th> <th style="text-align: center; border-bottom: 1px solid black;"><u>Initial</u></th> <th style="text-align: center; border-bottom: 1px solid black;"><u>Date</u></th> </tr> </thead> <tbody> <tr> <td>CO</td> <td style="border-bottom: 1px solid black;"></td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td>SEL</td> <td style="border-bottom: 1px solid black;"></td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td>CO CDR</td> <td style="border-bottom: 1px solid black;"></td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td>PLT CDR</td> <td style="border-bottom: 1px solid black;"></td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td>SQD LDR</td> <td style="border-bottom: 1px solid black;"></td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td>MIDN</td> <td style="border-bottom: 1px solid black;"></td> <td style="border-bottom: 1px solid black;"></td> </tr> </tbody> </table>		<u>Initial</u>	<u>Date</u>	CO			SEL			CO CDR			PLT CDR			SQD LDR			MIDN			Interviewer: <hr/> Billet:	
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CO																							
SEL																							
CO CDR																							
PLT CDR																							
SQD LDR																							
MIDN																							

Figure 12.4

TANGO COMPANY RULES AND REGULATIONS

As a member of Tango Company, you should be aware of the following:

1. You are still required to:
 - a. Walk in the center of the passageway, squaring all corners and greeting all Detail on Tango Company decks
 - b. Wear a complete uniform while in the passageway
 - c. Properly greet and salute all Officers, Senior Enlisted Leaders and Midshipmen.
2. You will participate in Tango Company's physical fitness program, which includes a reduced form of PEP in the morning and a chosen intramural in the afternoon, to the extent of your abilities. Participation in the Regimental Intramural Program or varsity sports practice is NOT allowed.
3. There is no liberty for resignees. You are limited to Tango Company decks at all times, unless escorted by a Tango Company staff member.
4. There is NO SLEEPING from reveille to Taps. If not involved with out-processing, you may read, write letters, socialize, etc. Doors shall remain open except when showering or changing clothes.
5. Room standards are maintained, and room inspections are held accordingly.
6. Telephone calls to parents and family members are encouraged and are conducted daily from 1800-2100 unless there are extenuating circumstances. Collect or charge card calls are used with deck phones. Contact a staff member for permission, and record in the Phone Log.
7. The Company Commander has the authority to impose further restrictions as appropriate.

I have read and understand the above information.

Signature Printed Name Date

Figure 12.5

Date

From: Tango Company Senior Enlisted Leader
To: Individual Midshipman Fourth Class

Subj: INVOLUNTARY/VOLUNTARY CHECK-OUT PROCESS

1. This will serve as a guide to your exit from the United States Naval Academy. During the check-out from your "Oath of Office" commitment, you will be accountable to the Tango Company chain of command; therefore, you will have no contact with the Fourth Class Regiment.
2. The check-out process is very detailed and thorough; maximum cooperation is essential. The process consists of the interview phase and operations phase. Interview forecast relies on individual interviewer schedules. Operations phase will be slotted between scheduled interviews. The check-out is estimated to last up to ten working days.
3. **DO NOT ALLOW PARENTS TO PURCHASE PLANE TICKETS.** The Naval Academy will provide transportation on the day of departure. Normally, flights that depart between Monday and Friday will be scheduled.
4. During the check-out process you will be subject to all USNA regulations. Any violation will warrant conduct action which may delay the check-out process.
5. Your decision to resign from the United States Naval Academy may affect your subsequent application for any program leading to a commission as a Naval Officer. Additionally, your decision may preclude enrollment in any Navy subsidized program, except for the most unusual circumstances.
6. While you are in a pending-separation status you are subject to the UCMJ and may be recalled by the Naval Academy for official reasons. Unless recalled, you will hold the privileges of a civilian visitor if you return to the Naval Academy yard. Notify the Midshipmen Personnel Office (MIDPERS) immediately of any subsequent changes of address that occur during your pending-separation status.
7. Midshipmen Personnel will contact prior enlisted concerning military service obligations. They will be in a pending-separation leave status until they receive a letter from MIDPERS along with the original copy of their DD-214, notifying them of their official separation date.

I have read and understand the above information.

Signature

Printed Name

Date

Figure 12.6

TANGO COMPANY DAILY ROUTINE

1. WEEKDAYS

0545 Reveille
0600 PEP. Tango Company PEP will be led by Tango Company Detail in Halsey or on Dewey field. Plebes on medical chit will observe PEP
0700 Detail staff meeting
0725 Morning meal formation
0730 Morning meal
0745 CDO and CC or XO brief with Senior Enlisted Advisor
0800 Commence Check-out procedures/Escort Plebes to appointments
1125 Noon meal formation
1130 Noon meal
1200 Continue Check-out procedures/Escort Plebes to appointments
1530 Afternoon sports period (Sport selection at the discretion of the Tango Detail)
1725 Evening meal formation
1730 Evening meal
1800 Phone Time (30 minutes). Plebes are encourage to make at least one phone call per day
1900 Evening events/exercise period for Plebe (at least 2 Detailers must attend)
2100 Personal time
2115 Detail meeting (alternate time)
2130 Evening formation, Blue and Gold
2145 Taps. Lights out

2. WEEKENDS/HOLIDAYS

0545 Reveille
0600 Saturday: PEP. Sunday: No PEP
0725 Morning meal formation
0730 Morning meal
0745 CDO and CC or XO brief with Senior Enlisted Advisor
0830 Sunday: Catholic Church Services
1100 Sunday: Protestant Church Services
1125 Noon meal formation
1130 Noon meal
1215 Sunday: Late Noon meal for Protestant Church Services
1725 Evening meal formation
1730 Evening meal
1800 Phone Time (30 minutes)
1900 Evening events/Exercise period for Plebe (at least 2 Detailers must attend)
2100 Personal time
2130 Evening formation, Blue and Gold
2145 Taps. Lights out

I have read and understand the above information.

Signature

Printed Name

Date

Figure 12.7

Tango Company 0800 REPORT (SAMPLE)

Date

MEMORANDUM

From: MIDN 1/C Chevy, USN, Tango Command Duty Officer
To: Regimental Duty Officer

Subj: TANGO COMPANY 0800 REPORT FROM 0800 00JULXX TO 0800 00JULXX.

1. On-coming CDO: MIDN 1/C Brown, USN

2. Significant Events:

a. Injuries/Hospitalizations/Death Notifications/Medical Chits/SIQ (Date)

Name	Alpha	Company	Description
None			

b. Major Conduct Offenses

Name	Alpha	Description
None		

3. Accountability

Tango Company	Assigned	Present	AA	UA
<u>Detail (second set)</u>	5	5	0	0
<u>Midshipmen 4/C</u>	6	6	0	0
<u>Total</u>	11	11	0	0
Yesterday's Total (inc. detail)	11	11	0	0

a. Authorized Absences-Special/Emergency Leave

Name	Alpha	Company	Reason	Return
None				

b. Separations

Name	Alpha	Company	Comment
None			

c. Unauthorized Absences:

Name	Alpha	Company	Reason	Action
None				

d. Bed Checks:

Room(s)	Present
None	

4. Administrative Notes

a. MIDN 4/C Pontiac was sent to MDC for evaluation, returned on deck at 2100.

b. No Midshipmen 4/C separated today.

Submitted by:

Reviewed by:

Off-going CDO
MIDN 2/C XXX

On-coming CDO
MIDN 2/C YYY

Figure 12.8

APPENDIX A - PLEBE RATE LEARNING SCHEDULE

1. Overview. The following schedule identifies knowledge requirements for Midshipmen Fourth Class during Plebe Summer. If no new requirements are assigned on a training day, the only new rates are the daily rates, and that day is intended for review purposes. Knowledge requirements are cumulative in nature, meaning that Midshipmen Fourth Class are responsible for knowledge requirements on the specified day and those of the preceding days.

2. The following definitions are provided for use with this schedule:

a. Memorize. Fourth Class must be able to repeat the requirement verbatim.

b. Read with conversational understanding. Fourth Class should be able to discuss the major points of this knowledge requirement.

3. The following abbreviations are used:

- a. RP - Reef Points
- b. BJM - Blue Jacket's Manual
- c. S&A - Ships and Aircraft of the U.S. Fleet
- d. SLI - Squad Leader Instruction Manual

4. With the exception of Induction Day, Midshipmen Fourth Class are responsible for the knowledge requirements by 0800 on the specified day. Midshipmen Fourth Class will learn Induction Day requirements as early as possible, but no later than 2100 on training day 1.

5. Midshipmen Fourth Class are responsible for reading with conversational understanding several chapters in The Bluejackets Manual. These chapters must be read two days prior to the training evolution. The training evolutions are conducted by Senior Enlisted Leaders and are scheduled on the Master Training Schedule. The reading of these chapters is a rate and Midshipmen Fourth Class can be asked to discuss the information like any other rate.

The Bluejackets Manual - All Chapters are to be read no later than two days prior to the training with conversational understanding.

- BJM 1 - CH 6 Courtesies, Customs, and Ceremonies
- BJM 2 - CH 23 Health, Fitness, and First Aid
- BJM 3 - CH 19 Seamanship
- BJM 4 - CH 2 Naval Missions and Heritage
- BJM 5 - CH 17 Safety and Emergencies
- BJM 6 - CH 3 Ranks, Rates, Ratings, and Pay Grades
- BJM 7 - CH 13 Ships and Aircraft
- BJM 8 - CH 16 Shipboard life

6. Specific Rates. Specific knowledge must be acquired by each Fourth Class Midshipman by the day specified in the following schedule:

INDUCTION DAY (TRAINING DAY 1)

1/50

1. MEMORIZE
 - a. Alpha Code
 - b. Company letter and platoon number
 - c. Room number
 - d. Social Security Number
 - e. Five Basic Responses (RP)
 - f. Rank and Surname of Company Officer
 - g. Rank and Surname of Company Senior Enlisted
 - h. Mission of the United States Naval Academy
 - i. Chain of Command from Commandant of Midshipmen to the Commander in Chief
 - j. 1-4 General Orders of a Sentry (RP/BJM)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. The Meaning of the Oath of Office (RP)
 - b. The Concept of Duty (RP)
3. DETAILERS REVIEW WITH FOURTH CLASS MIDSHIPMEN
 - a. Rates & Oath of Office (SLI 1)
 - b. Personal Hygiene (SLI 2)
 - c. Mission of the Naval Academy (SLI 3)

PLEBE RATES - TRAINING DAY 2

2/50

1. MEMORIZE
 - a. 1st verse of Navy Blue and Gold (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Superintendent's Welcome Address and Biography (RP)
 - b. Commandant's Standard and Welcome Letter (RP)
3. DETAILERS REVIEW WITH FOURTH CLASS MIDSHIPMEN
 - a. Uniform and Grooming Standards (SLI 7)
 - b. Laundry/Meal Procedures (SLI 9)

PLEBE RATES - TRAINING DAY 3

3/50

1. MEMORIZE
 - a. Military Chain of Command from Commander-in-Chief to Midshipman
 - b. First name and hometown of squad members
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Saluting etiquette (BJM)
3. DETAILERS REVIEW WITH FOURTH CLASS MIDSHIPMEN
 - a. Commandant's Standard (SLI 4)
 - b. Chain of Command/Followership (SLI 11)
 - c. Memorandum Format (SLI 10)

PLEBE RATES - TRAINING DAY 4

4/50

1. MEMORIZE
 - a. First verse of "Anchors Aweigh" and "Marine's Hymn"
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Plebe Rates (RP and Posted on Company/Platoon Board)
 - b. Naval Academy History 1839-1900 (RP)
3. DETAILERS REVIEW WITH FOURTH CLASS MIDSHIPMEN
 - a. Room Standards (SLI 6)

PLEBE RATES - TRAINING DAY 5

5/50

1. MEMORIZE
 - a. 5-8 General Orders of a Sentry (RP)
 - b. First names and hometowns of platoon members
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. CMOD Standing Orders (RP)
 - b. Table of Priorities (RP)

PLEBE RATES - TRAINING DAY 6

6/50

1. MEMORIZE
 - a. 9-11 General Orders of a Sentry (RP)
 - b. Sailor's Creed (BJM/RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Naval Academy History 1901-1957 (RP)
 - b. Right Spirit Campaign (RP)

PLEBE RATES - TRAINING DAY 7

7/50

1. MEMORIZE
 - a. Ranks, insignia, and devices of Midshipmen Striper organization
 - b. Name, rank, and billet of Midshipman Stripers in the company
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Naval Academy History (1958-2001)

PLEBE RATES - TRAINING DAY 8

8/50

1. MEMORIZE
 - a. Name, rank, and billet of Midshipman Four Stripers and above in the Regiment
 - b. All Verses of "Anchor's Aweigh" (RP)
 - c. Third Verse of "Navy Blue and Gold" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Character Development Seminar/Midshipman Development Seminar (RP)
 - b. Human Education Resource Officer Program (RP)

PLEBE RATES - TRAINING DAY 9

9/50

1. MEMORIZE
 - a. Code of Conduct Articles 1-3 (RP/BJM)
 - b. "Navy Hymn" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Yard Gouge (RP)

PLEBE RATES - TRAINING DAY 10

10/50

1. MEMORIZE
 - a. Code of Conduct Articles 4-6 (RP/BJM)
 - b. Honor Concept (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Important Dates in Naval History (BJM)
 - b. The Honor Treatise (RP)

PLEBE RATES - TRAINING DAY 11

11/50

1. MEMORIZE
 - a. Daily Rates
 - b. Ranks, insignia, and devices of officers in the United States Navy and Marine Corps (RP/BJM)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. History of the Honor Concept (RP)

PLEBE RATES - TRAINING DAY 12

12/50

1. MEMORIZE
 - a. Daily Rates
 - b. Ranks, insignia, and devices of officers in the United States Army, Air Force, and Coast Guard (RP)
 - c. Names of Company Commanders in the Battalion
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Navy History 1775-1857 (BJM-Appendix B)

PLEBE RATES - TRAINING DAY 13

13/50

1. MEMORIZE
 - a. Daily Rates
 - b. Ranks, insignia, and devices of enlisted personnel in the United States Navy and Marine Corps (BJM)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Navy History 1861-1923 (BJM-Appendix B)

PLEBE RATES - TRAINING DAY 14

14/50

1. MEMORIZE
 - a. Daily Rates
 - b. The names of the Joint Chiefs of Staff (RP)
 - c. Ranks, insignia, and devices of enlisted personnel in the United States Army, Air Force, and Coast Guard (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Navy History 1925-Today (BJM-Appendix B)

PLEBE RATES - TRAINING DAY 15

15/50

1. MEMORIZE
 - a. Daily Rates
 - b. Laws of the Navy verses 1-4 (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Dignity and Respect (RP)

PLEBE RATES - TRAINING DAY 16

16/50

1. MEMORIZE
 - a. Daily Rates
 - b. Laws of the Navy verses 5-8 (RP)

PLEBE RATES - TRAINING DAY 17

17/50

1. MEMORIZE
 - a. Daily Rates
 - b. "How Long Have You Been In the Navy?" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Laws of the Navy verses 9-12 (RP)

PLEBE RATES - TRAINING DAY 18

18/50

1. MEMORIZE
 - a. Daily Rates
 - b. "How's the Cow?" and "What's Up?" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Laws of the Navy verses 13-16 (RP)

PLEBE RATES - TRAINING DAY 19

19/50

1. MEMORIZE
 - a. Daily Rates
 - b. "What Time is it?" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Laws of the Navy verses 17-20 (RP)

PLEBE RATES - TRAINING DAY 20

20/50

1. MEMORIZE
 - a. Daily Rates
 - b. "The Rules of the Road" (RP)
 - c. "The Goat is Old and Gnarly" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Sexual Assault Victim Intervention Program (RP)

PLEBE RATES - TRAINING DAY 21

21/50

1. MEMORIZE
 - a. Daily Rates
 - b. "Navy Victory March" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Laws of the Navy verses 21-24 (RP)

PLEBE RATES - TRAINING DAY 22

22/50

1. MEMORIZE
 - a. Daily Rates
 - b. Naval Academy Slang (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Missions of the Naval Service (RP)

PLEBE RATES - TRAINING DAY 23

23/50

1. MEMORIZE
 - a. Daily Rates
 - b. "Chow Call Format" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Laws of the Navy verses 25-27 (RP)

PLEBE RATES - TRAINING DAY 24

24/50

1. MEMORIZE
 - a. Daily Rates
 - b. *Qualifications of a Naval Officer* by Augustus C. Buell (RP)

PLEBE RATES - TRAINING DAY 25

25/50

1. MEMORIZE
 - a. Daily Rates
 - b. Second Set Chain of Command
 - c. Second Set name, rank, and billet of Midshipman Stripers in the company

- PLEBE RATES - TRAINING DAY 26* *26/50*
1. MEMORIZE
 - a. Daily Rates
 - b. Name, rank, and billet of second set Four Stripers and above in the regiment
- PLEBE RATES - TRAINING DAY 27* *27/50*
1. MEMORIZE
 - a. Daily Rates
 - b. "There's an Aggregation" (RP)
- PLEBE RATES - TRAINING DAY 28* *28/50*
1. MEMORIZE
 - a. Daily Rates
 - b. "Fight! Fight! Fight!" (RP)
- PLEBE RATES - TRAINING DAY 29* *29/50*
1. MEMORIZE
 - a. Daily Rates
 - b. Navy Core Values (RP)
- PLEBE RATES - TRAINING DAY 30* *30/50*
1. MEMORIZE
 - a. Daily Rates
 2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Irish Pennants (RP)
- PLEBE RATES - TRAINING DAY 31* *31/50*
1. MEMORIZE
 - a. Daily Rates
 2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Famous Naval Sayings (RP)
- PLEBE RATES - TRAINING DAY 32* *32/50*
1. MEMORIZE
 - a. Daily Rates
 2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Boarding and departing a ship (BJM)
- PLEBE RATES - TRAINING DAY 33* *33/50*
1. MEMORIZE
 - a. Daily Rates
 - b. "Up With the Navy" (RP)

PLEBE RATES - TRAINING DAY 34 34/50

1. MEMORIZE
 - a. Daily Rates
 - b. "Up and At 'em Navy" (RP)

PLEBE RATES - TRAINING DAY 35 35/50

1. MEMORIZE
 - a. Daily Rates

PLEBE RATES - TRAINING DAY 36 36/50

1. MEMORIZE
 - a. Daily Rates
 - b. "The Cassons Go Rolling Along" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Navy Terms and Acronyms A-M (BJM-Appendix K)

PLEBE RATES - TRAINING DAY 37 37/50

1. MEMORIZE
 - a. Daily Rates

PLEBE RATES - TRAINING DAY 38 38/50

1. MEMORIZE
 - a. Daily Rates

PLEBE RATES - TRAINING DAY 39 39/50

1. MEMORIZE
 - a. Daily Rates

PLEBE RATES - TRAINING DAY 40 40/50

1. MEMORIZE
 - a. Daily Rates

PLEBE RATES - TRAINING DAY 41 41/50

1. MEMORIZE
 - a. Daily Rates
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Navy Terms and Acronyms M - Z (BJM-Appendix K)

PLEBE RATES - TRAINING DAY 42 42/50

1. MEMORIZE
 - a. Daily Rates
 - b. "Semper Paratus" (RP)

PLEBE RATES - TRAINING DAY 43

43/50

1. MEMORIZE
 - a. Daily Rates
 - b. Naval Service Organization and the Joint Chiefs of Staff (RP/SLI 19)

PLEBE RATES - TRAINING DAY 44

44/50

1. MEMORIZE
 - a. Daily Rates
 - b. "Salvo Song" (RP)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Naval Power 21 (RP)

PLEBE RATES - TRAINING DAY 45

45/50

1. MEMORIZE
 - a. Daily Rates
 - b. "Why Didn't You Say 'Sir'?" (RP)

PLEBE RATES - TRAINING DAY 46

46/50

1. MEMORIZE
 - a. Daily Rates
 - b. Names and ranks of academic year company officers and company senior enlisted in the battalion
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. Notable Accomplishments and Graduates of the Naval Academy (RP)

PLEBE RATES - TRAINING DAY 47

47/50

1. MEMORIZE
 - a. Daily Rates
 - b. Names of academic year company commanders in the Battalion
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. The Fifty-Year Link in the Chain (RP)

PLEBE RATES - TRAINING DAY 48

48/50

1. MEMORIZE
 - a. Daily Rates
 - b. Academic year chain of command (Commander-in-Chief to Company Commander)
2. READ WITH CONVERSATIONAL UNDERSTANDING
 - a. USMA, USAFA, USCGA (RP)

PLEBE RATES - TRAINING DAY 49

49/50

1. MEMORIZE
 - a. Daily Rates
 - b. Name, rank, and billet of academic year company stripers

PLEBE RATES - TRAINING DAY 50

50/50

1. MEMORIZE
 - a. Daily Rates
 - b. Name, rank and billet of academic year Four Stripers and above in the Brigade and out-of-company stripers from academic year company