From: Commandant of Midshipmen

Subj: PLEBE SUMMER STANDARD OPERATING PROCEDURES

Encl: (1) Revised page 9-4

1. Purpose. To publish change 2 to the basic instruction.

2. Action

   a. Remove page 9-4 of the basic instruction and replace with enclosure (1).

   b. Enclosure (1) has been incorporated into the basic instruction and posted to the website.

Distribution:
Non-Mids (Electronically)
Brigade (Electronically)
a. Company Officers or SELs must be present for all non pre-approved DPT plans.

b. Company Commanders or Executive Officers must be present for all pre-approved DPT plans.

c. DPT is not authorized within 24 hours after administration of any vaccine.

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

e. Leaders will ensure unit integrity and will train within the guidelines established by the training plan reviewed by the Regimental PMO and approved by the AOIC.

f. 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).

g. DPT events may be authorized if a Company/Platoon has conducted less than three total PE evolutions 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
(9) ITE
(10) DPT
(11) Squad Combat Course

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

i. 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 charged cell phone at all times.

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

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