

TRAINING TIME OUT PROCEDURES

From: Naval Science Instructors

To: All Cadets

SUBJ: PROCEDURES TO FOLLOW FOR TRAINING TIME OUT

1. The safety of every cadet involved in NJROTC activities is the number one priority. Under the close supervision of the SNSI/ NSI and senior cadets the possibility of a serious accident is minimized, never the less accidents may still happen. Cadets sometimes push beyond their normal limits even in the most normal training situations. The most important concern during training and competition is that cadets understand that their personal safety must come first.
2. The following instructions will be read and understood by all cadets, to ensure that you never feel pressured to exceed your personal limits and that you feel comfortable about your safety at all times.
 - a. Training Time Out (TTO) is a safety procedure that allows cadets and instructors concerned for their personal safety, or the safety of others, to stop physical fitness evolution, correct discrepancy, and then, if possible continue the performance. The TTO is an appropriate means for anyone to obtain relief if he or she is experiencing pain, heat stress, or other serious physical discomfort. Any time a cadet or instructor experiences apprehension concerning personal safety, an immediate TTO shall be called. Cadets are not penalized for calling TTO if this privilege is not being abused.

Note: A TTO cannot be called while attempting to qualify for the Physical Fitness Ribbon. However, if a cadet experiences extreme physical discomfort during qualifications and must stop, the test is ended.

3. All cadets are required to read and sign this memorandum indicating that they understand the procedures available to them.



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SENIOR CHIEF SMITH
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CADET SIGNATURE _____