



Norfolk Public Schools
NATIONALLY RECOGNIZED. GLOBALLY COMPETITIVE.

FROM: Sr. Naval Science Instructor, Granby High School NJROTC

TO: All Granby NJROTC Cadets

SUBJ: **TRAINING TIME OUT PROCEDURES**

1. The Granby NJROTC program has an outstanding safety record. We have had very few incidents throughout our history. Nevertheless, accidents do happen and cadets can sometimes be pushed beyond their limits even in the most normal training situations. The most important aspect of training is that you are completely safe at all times during training and drill sessions.
2. The following instructions should be read and understood by all cadets. This will ensure you are not pushed beyond your limits and feel uncomfortable about your safety.
 - A. At any time during drill, physical training, orienteering, or any instruction, you have the option of a training time out. If you feel you or any other cadets safety is in question, just raise your hand, and call "TRAINNG TIME OUT."
 - B. The instructor will honor this time out and will adjust the training to allow a recovery period. You will never be penalized for enacting this procedure. The procedure should never be used improperly or in jest.

/ s /

JEROME N. FERRETTE
CWO3, USN, (Ret)

Cadet Signature _____ **Date:** _____

Parent's Signature _____ **Date:** _____