

# Allatoona High School NJROTC

## TRAINING TIME OUT

The safety of every cadet involved in NJROTC activities at Allatoona High School is our number one priority. Under the close supervision of the Senior Naval Science Instructor / Naval Science Instructor and senior cadets, the possibility of a serious accident is minimized, nevertheless, accidents can still occur. Cadets sometimes push beyond their normal limits, even in normal training situations. The most important concern during training and competition is that cadets understand that their personal safety shall always come first.

The following instructions will be read and understood by all cadets. Cadets should never feel pressured to exceed their personal limits and should likewise feel comfortable about their safety at all times.

*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 the activity taking place, correct the discrepancy, and then if possible, safely continue the activity or performance. The TTO is an appropriate means for anyone to obtain relief if he/she is experiencing pain, heat stress, or other serious physical discomfort. Any time a cadet or an instructor experiences apprehension concerning their own personal safety, the safety of another cadet, or uncertainty as to the requirements of the activity at hand, an immediate TTO shall be called. A cadet will never be penalized for calling a TTO, if the privilege is not abused. A TTO called while attempting the physical fitness (test to earn a ribbon) will result in that individuals test immediately ending. The cadet will not be allowed to resume the test, but will be given the option to test again at a later date.

The procedure for a cadet to call a TTO is to loudly state, "Training Time Out," make a T by placing one hand perpendicular to the other hand, or by simply waving a hand in the air vigorously back and forth. Upon hearing or seeing a signal for "TTO," the instructor will stop the activity as safely and as soon as possible and assist the cadet who initiated the TTO.

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Cadet Name (print)

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Cadet Name (sign)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name (print)

\_\_\_\_\_  
Parent Name (sign)

\_\_\_\_\_  
Date