

**NAVAL RESERVE ACCESSION COURSE ANNUAL TRAINING CHECKOUT SCREENING**

Name: \_\_\_\_\_ Rate: \_\_\_\_\_ Class #: \_\_\_\_\_ Start Date: \_\_\_\_\_

Action Required	Date Completed	Verified by NRA Rep Name/Rate/Initials	NPS Student Initials
<b>1. ADMINISTRATION</b>			
1.a. Member is not NAVET or OSVET			
1.b. Member possesses valid Military ID card.			
1.c. Member possesses copy of NAVPERS 1070/602 (Page 2) (required to receive BAQ if eligible)			
1.d. Member possesses original AT orders <b>MUST BE STAMPED ORIGINAL</b> with: -Text Code directing arrival at O'Hare Airport no earlier than 0900 and by 1700 on day of arrival. -Statement that transportation is available from airport to RTC, and direction for member to report to the USO (second Deck, Concourse B) for shuttle.			
1.e. Member possesses airline tickets with itinerary -Ensure return flight departs no earlier than 1700 on day of graduation/departure.			
1.f. Member must possess \$50 cash, in small bills, \$5 and \$10 denominations as well as an ATM card, personal credit card, or checks in case they need cash to purchase items, for transportation, or for any emergency situation.			
1.g. Member reports with a copy of this completed checklist to turn in upon arrival at NRAC.			
<b>2. RTC WELCOME ABOARD PACKAGE</b>			
2.a. Member reports to NRAC with latest version of Welcome Aboard Package (dated: _____ )			
2.b. Welcome Aboard Package reviewed with member at least 1 month prior to departing for NRAC (date of review: _____ )			
<b>3. UNIFORM ISSUES</b>			
3.a. Member has received all required seasonal uniform items, as listed in the Welcome Aboard Package, to enable completion of the course. -Uniforms are tailored to fit and have embroidered name tapes on the required items. <b>Uniform items will not be issued at RTC</b> Summer Season: 01 May to 30 September Winter Season: 01 October to 30 April			
3.b. Member possesses required ditty bag (toiletry) items as listed in the Welcome Aboard Package. -Member informed that they will be required to purchase missing items at their own expense.			
3.c. -Females must bring their own swimsuit, must be solid blue or black, one piece, conservative with no low tops or thong type bottoms (minimal exposure all around) or they may purchase one at RTC for approximately \$22.00.			

(REV 1/2003)

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3.d Member understands requirements of class III swim Quals .			
3.e. Member has packed only a seabag and a blue/black nylon hang-up bag for required items. -No other luggage allowed. -Hang-up bag must not be a bulky garment travel case.			
3.f. NRA completes a formal seabag inspection on IDT preceding NRAC course.			
<b>4. PHYSICAL STANDARDS – This section must be completed by the Command PRT Coordinator.</b>			
4.a. Member meets Body Fat Standards as prescribed in OPNAVINST 6110.1 series.			
4.b. PRT Information -Risk Assessment Questionnaire, SF600 if required. -MDR has signed/authenticated body composition. Males: _____ Females: _____ Height: _____ Height: _____ Weight: _____ Weight: _____ If member does not meet height/weight requirements, complete the following: Neck: _____ Neck: _____ ABD: _____ Waist: _____ B/F%: _____ Hip: _____ B/F% _____  <b>Member has completed a Mock/Official PRT with a Minimum score of SAT medium on ___/___/20___</b>  _____ PRT Coordinator signature                      Date			
<b>5. MEDICAL – This section must be completed by the Command MDR.</b>			
5.a. Member is not in a Light Duty or TNPQ status.			
5.b. Medical Screening - Member meets requirements for moderate risk training. -Supporting documentation for all waivers is filed in the Medical Record. (required) -Members Medical and Dental Records are included in checkout package. -SF88 has examiners recommendation qualifying member for “Enlistment”, “Fit for Full Duty”.			
5.c. Current HIV test (within 12 months) lab results filed in Medical Record.			
5.d. Blood type lab report filed in Medical Record.			
5.e. Females -Current, normal PAP test (within 12 months) lab results filed in Medical Record.			
5.f. Females – not pregnant. Verification annotated on SF 600 and signed by member and MDR			

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5.g. G6PD/Sickle Cell Trait (SCT) lab results filed in Medical Record. SCT positive & G6PD deficient members: -Clearly documented on SF600 by medical personnel. -SCT positive &G6PD deficient member will be counseled regarding hydration requirements. -Counseling is clearly documented and signed by both the Member and MDR on the SF600 form.			
5.h. Prescriptions: -Member was informed max 3 week supply allowed -Member with prescribed/chronic use medications has prescription documented on SF 600. -Nicotine prescriptions clearly documented on SF 600. -Member was informed, no narcotics/controlled substances allowed per MANMED Chapter 21.			
5.i. Member does not have braces and/or is not under active orthodontic treatment as per MANMED Chapter 15 section 55.			
<b>6. TRAINING</b>			
6.a. Member has completed Basic Military Requirements (BMR)			
6.b. Member has completed, as a minimum, Pre-NRAC training requirements outlined in COMNAVSEVTRACOM/COMNAVRESFORCOMINST 3500.1: -Uniforms and Grooming -Officer and Enlisted Rank Recognition -Chain of Command -Military Customs and Courtesies -Military Conduct and UCMJ. -Watchstanding -ESGR -Military Order, Discipline and Laws -Montgomery Reserve GI Bill -Anti-Terrorism Training -Memorized 11 General Orders of a Sentry. -Memorized Sailor's Creed.			
6.c. Member has been counseled regarding RTC regulations contained in the Welcome Aboard Package.			
<b>7. ARRIVAL PACKAGE</b>			
7.a. Package all required records and documentation in a large envelope. - Mark the outside with members rate, last name, first initial and NRAC. - Attach a check off list for all enclosed records and documents to the outside of the envelope.			
_____ Signature of NRA CO or Designated Representative, E7 or above	_____ Date		
_____ Signature of Member	_____ Date		
After Completed Retain for 60 days.			