OFFICER CANDIDATE
INDOCTRINATION (OCI) COURSE

Pre-Reporting Guide

Leadership Development Center, New London, CT
**Introduction**

**Welcome**

Congratulations on your selection to attend the Officer Candidate Indoctrination (OCI) Course. You have successfully undergone close scrutiny and the Coast Guard believes that you possess the skills and exhibit the qualities that will make you an effective officer. Now it is up to you to prove the selection process really works. OCI will prepare you for the academic and physical challenges of OCS.

**Conduct**

As perspective Officer Candidates/Commissioned Officers in the United States Coast Guard, you are expected to hold yourself to extremely high standards of conduct at all times. All conduct in the barracks will be IAW policy as set forth by Munro Hall. Sexual or inappropriate physical contact is prohibited onboard the Coast Guard Academy (CGA), including barracks rooms.

**Contact Info**

If you have any questions about the OCI Course or encounter any travel problems, you may contact Officer Candidate School:

- Ms. KC Moran (860) 701-6887
- LT Romero (860) 701-6402
- BOSN3 Brandt (860) 701-6898

**Reporting In**

**Arrival Time**

You must report to Chase Hall on your class convening date. Processing begins at **1400 on Sunday, 20 May 2018**. You shall be on time, with orders in hand. You will report in Tropical Blue with combination cover.

You must contact the Guest Housing Office at 860-444-8664 to confirm room reservations and payment prior to arrival.

**Early Arrival**

You will need to check into your room (located in Munro Hall) with the Base JOOD, 860-234-1481. You may not check in to your room prior to Sunday, 21 May 2017.

If arriving the day before check-in and you need a place to stay, you must call the Munro Hall housing office to arrange a room. You will need a copy of your orders to do this and there is a nominal fee. The number for the office is (860) 444-8664. If rooms are not available, you may be authorized commercial lodging. Please contact LT Romero (860) 701-6402, for questions regarding lodging.
You will present the following documents immediately upon check-in:

- Orders to Officer Candidate Indocrtination Course
- Valid Military ID
- Medical records/paperwork (neatly packaged in envelope)

Officer Trainees (OTs) should report to OCI fit for full duty. Should an OT believe that his/her medical condition would deem him/her unfit for all aspects of the OCI program, the OT shall immediately contact the CSPI Program Manager at (202) 795-6855. If you are currently taking prescription medication (of any kind) for an already disclosed medical condition, every effort should be made to arrive with a three-week supply in hand. In the event you are unable to obtain a three-week supply prior to your arrival, it is your responsibility to bring this to the attention of the OCI coordinators so an order can be placed for the necessary refills.

Commercial travel is available to the Coast Guard Academy (CGA) by three convenient means:

- Air
- Bus
- Train

There are two airports servicing the New London area. T. F. Green Int’l Airport is preferred due to the lower cost.

<table>
<thead>
<tr>
<th>Airport</th>
<th>Location</th>
<th>Distance from CGA</th>
</tr>
</thead>
<tbody>
<tr>
<td>T. F. Green Int’l Airport</td>
<td>Warwick, RI</td>
<td>45 Miles</td>
</tr>
<tr>
<td>Bradley Int’l Airport</td>
<td>Windsor Locks, CT</td>
<td>60 Miles</td>
</tr>
</tbody>
</table>

A Greyhound bus terminal is located at the Amtrak Station in New London, CT. The Amtrak station is 1.5 miles from the CGA.

Amtrak provides daily service from all major cities in the U.S. to New London, CT. The Amtrak station is 1.5 miles from the CGA.
Modes of transportation to the CGA, their availability, and approximate costs are as follows:

<table>
<thead>
<tr>
<th>Arrival Point</th>
<th>Mode</th>
<th>Approx Cost</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>T. F. Green Int’l Airport</td>
<td>Taxi</td>
<td>$150</td>
<td>Upon Demand</td>
</tr>
<tr>
<td>Bradley Int’l Airport</td>
<td>Taxi</td>
<td>$170</td>
<td>Upon Demand</td>
</tr>
<tr>
<td>New London Amtrak Station</td>
<td>Taxi</td>
<td>$15</td>
<td>Upon Demand</td>
</tr>
</tbody>
</table>
Directions to the CGA

Directions

Directions to the Coast Guard Academy:

<table>
<thead>
<tr>
<th>From</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>I-95 (Boston/Providence)</td>
<td>Take I-95 South to Exit 83 in New London, CT and follow signs to CGA</td>
</tr>
<tr>
<td>I-95 (New York/New Haven)</td>
<td>Take I-95 North to Exit 82A in New London, CT and follow signs to CGA</td>
</tr>
</tbody>
</table>

Map

Map of the Coast Guard Academy:
## Finances

**Recommended Financial Reserve**

The total cost you can expect while you are at OCI range from approximately $300 to $750 depending on what optional uniform items you purchase and/or activities you participate in while on liberty. OTs will be required to pay for their meals prior to departing OCI with cash or check (estimated daily total of $14.00).

*The above cost is an estimate only.* It does not include expenses related to travel, hotels, or food purchased outside of the galley.

There are 5 ATM’s available on base for a $1.50-3.00 service charge. Visa and MasterCard are accepted at the Exchange, Clothing Locker, Bookstore and Tailor Shop.

## Uniforms

**Overview**

The uniform is what identifies us as members of the Coast Guard. When we wear it, we are essentially walking advertisements for our service. Accordingly, our appearance must be impeccable at all times. The standards set at Officer Candidate School (OCS) reflect this need.

Having completed basic training, all OTs are required to have a COMPLETE SEABAG, IAW with Uniform Regulations COMDTINST M1020.6 (series). All uniforms must be to Coast Guard Uniform Regulations during the OCI program.

**Additional Items**

You **shall** bring the following items with you:

- Swim goggles (optional, but recommended)
- Running shoes
- White athletic socks (6 pairs)
- Coast Guard issued swimsuit
- Towel
- Laptop computer (optional, but recommended)

## Personal Appearance

**Weight Standards**

Coast Guard weight standards are strictly enforced in accordance with the Coast Guard Weight and Body Fat Standards Program Manual COMDTINST M1020.8 (series). All members are expected to arrive for training in compliance with Coast Guard weight standards.
Personnel Policies

Dependents
It is strongly discouraged to bring your dependents to New London for many reasons:

- High cost of living
- Extreme scarcity of rental properties
- Heavy academic schedule
- Liberty hours are limited

Interpersonal Relationships
See CSPI Summer Training Program Manual, Appendix B.

Alcohol Use
Alcohol will not be consumed while onboard the Coast Guard Academy. Alcohol may be consumed in a liberty status IAW CSPI Summer Training Program Manual, Appendix A.

Liberty
Based on class performance, liberty may be granted during certain hours on the weekends.

Leave
Leave will only be granted for extreme emergencies.

Contact Information
While you are in New London, your mailing address will be:

Commanding Officer  
Leadership Development Center  
Officer Candidate School  
37 Mohegan Ave  
New London, CT 06320  
Attn: OT _______

Academics
Overview
The Academic section will provide OTs with basic academic skills necessary for success during OCS. Classroom and practical exercises are designed to give students a realistic picture of the training of an Officer Candidate.
## Health and Physical Readiness

### Conditioning and Fitness

The Health and Physical Readiness (HPR) section will enable OTs to improve overall health and physical readiness through aerobic conditioning, strength and flexibility.

### Swimming and Water Safety

HPR will also enable OTs to improve overall swimming abilities and increase confidence during water survival situations.

### Tobacco Use

Smoking and chewing tobacco products are prohibited during OCI.

## Health and Physical Readiness Testing

### Categories

Testing will be divided into three categories. These will include the following:

- Physical Fitness Battery Test (3 Part)
- Swimming Proficiency Test/12-minute Swim
- Introduction to the Survival at Sea Test

### Physical Fitness Battery Test

The 3-part HPR test and swim test are given twice during OCI.

The 3-part test measures three areas, muscular strength, muscular endurance, and cardiovascular endurance. The test consists of the following:

- Cadence Push-ups – 2 minutes
- Curl-ups – 2 minutes
- 1.5 Mile Run

The swim test consists of a 12 minute lap swim. OTs must swim as many lengths as they can in 12 minutes. One length equals 25 yards.

## Course Completion

### Departing OCI

OTs departing via airlines should consider the drive to the airport and the airport requirement of arriving one hour prior to take-off when scheduling flights home. Based on past experiences, departing flights should not be scheduled before 1600.