



# Training Center Cape May

*Birthplace of the Enlisted Corp*

# RECRUIT TRAINING

# POCKET GUIDE

*United States Coast Guard*

Instruction & Design Section  
Training Center Cape May, NJ  
Revised OCT 2018

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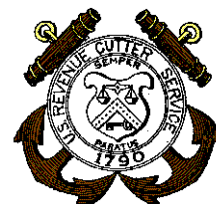
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# CG HISTORY

The Coast Guard is a military, maritime, multi-mission service operating within the Department of Homeland Security dedicated to the safety and security of the American people.



The Coast Guard traces its roots to the United States Revenue Cutter Service established by Alexander Hamilton (The father of the Coast Guard) under the Department of the Treasury on August 4, 1790. The initial laws establishing the Revenue Cutter Service authorized the building of ten cutters which were tasked with enforcement of tariff laws and the prevention of smuggling.



The original ten cutters were named Massachusetts, Scammel, Active, Eagle, Diligence, Argus, Vigilant, Virginia, South Carolina and General Greene.

The modern Coast Guard dates to 1915, when the Revenue Cutter Service merged with the United States Life-Saving Service. President Woodrow Wilson signed into law the “Act to Create the Coast Guard.” In 1939, the U.S. Lighthouse Service was added. In 1942, the Bureau of Marine Inspection and Navigation was transferred to the Coast Guard. In 1967, the Coast Guard moved from the Department of the Treasury to the Department of Transportation, which lasted until 2003 when it was transferred to the new Department of Homeland Security in response to the September 11, 2001 terrorist attacks.



The five uniformed services that make up the Armed Forces are defined in 10 U.S.C. 101(a) (4) The term “armed forces” means the Army, Navy, Air Force, Marine Corps, and the Coast Guard.

Armed Forces of the United States of America				
(DoD)				DHS
Army	Marine Corps	Navy	Air Force	Coast Guard

The Coast Guard is further defined by 14 U.S.C. 1 “The Coast Guard as established 28 January 1915 shall be a military service and a branch of the armed forces of the United States at all times. The Coast Guard shall be a service in the Department of Homeland Security, except when operating as a service in the Navy.”

# SUICIDE PREVENTION

## SUICIDE PREVENTION HELPCARD

### SUICIDE WARNING SIGNS

- Appears depressed, sad, fearful, hopeless, poor appetite, poor sleep.
- Threatens suicide.
- Talks about wanting to die or sleep the pain away.
- Feeling anxious, agitated, frequent nightmares, or unable to sleep (or sleeping all the time).
- Feeling trapped, like there is no way out.
- Withdrawing from family, friends, usual activities, society.
- Shows changes in behavior, appearance, or mood.
- Abuses drugs or alcohol.
- Experienced significant loss or trauma; NJP or legal accident.
- Deliberately injures self.

### WHAT TO DO

Be the ACE     **A**sk - **C**are - **E**scort  
Provide AID  
Preserve LIFE

#### **Provide A.I.D.**

**ASK.** Don't be afraid to ask "Are you thinking about hurting yourself?"

**INTERVENE** Immediately.

**DON'T** keep it a secret.

#### **Follow the acronym L.I.F.E**

**LOCATE HELP:** Company Commander, Instructor or Permanent Party member.

**INFORM:** Inform someone in your Chain of Command.

**FIND:** Someone to stay with the person. Do Not leave the person alone.

**EXPEDITE:** Get help –ASAP.  
**Call 911**

While we protect the citizens of the United States, we must remember to also protect each other. Be aware of the warning signs and if a shipmate is in pain, help your shipmate!

# HAZING and BULLYING

**Definition:** **Hazing** is defined as any conduct whereby one military member or employee, regardless of Service or rank, unnecessarily causes another military member or employee, regardless of Service or rank, to suffer or be exposed to an activity that is cruel, abusive, oppressive, or harmful. **No service member may engage in hazing or consent-to being hazed.** Soliciting or coercing another to conduct such activity also constitutes hazing. This policy applies to all personnel at all times, on or off duty, at sea or ashore, on or off base. Hazing is contrary to our Core Values and negatively impacts esprit de corps. There is no place in the Coast Guard for dehumanizing treatment.

Some examples of Hazing include: Playing abusive or mean-spirited tricks intended to ridicule, humiliate, or ostracize. "Tacking on crows," Group wrestling matches targeting a particular member, forcibly cutting or shaving hair, Handcuffing or otherwise securing a member to a fixed object or another member(s), Striking, Slapping, Branding, Tattooing, or Painting another. (Note: these are just a few examples.)

**Definition:** **Bullying** is defined as Abusive conduct by a military member or members which harms a military member or any other persons, either physically or psychologically, without a proper military or other governmental purpose and with the intent to exclude the member. Bullying is threatening, humiliating, or intimidating. Bullying can also be work interference, undermining performance, or verbal abuse. Bullying may also be described as psychological abuse, psychological harassment, "status-blind" harassment, and mobbing.

Some examples of Bullying include: Physically striking another in any manner or threatening to do the same, Intimidating, Teasing, Taunting, Oral or written berating of another for the purpose of belittling or humiliating, Encouraging another to engage in illegal, harmful, demeaning, or dangerous acts, Abusive or malicious tricks such as: Branding, Handcuffing, Duct taping, Tattooing, Shaving, Greasing, or Painting, Forced consumption of food, alcohol, drugs, or any other substance. Degrading or damaging the person or his or her property or reputation.

**Reporting Procedures:** Actual or Suspected Hazing and/or Bullying may be reported to your Company Commander(s) without fear of reprisal.

Recruits who feel they cannot discuss this matter with their Company Commander(s) should approach any of the following members: Instructor Section Commander Chaplain Battalion Commander Command Master Chief Work Life staff

On or off duty, in or out of uniform, there is no place in the Coast Guard for dehumanizing treatment, Any incident of Hazing or Bullying shall be investigated and appropriate disciplinary action shall be taken against the perpetrators.

# SEXUAL ASSAULT RESPONSE RESOURCES

We are committed to a zero tolerance policy regarding Sexual Assault. If an assault does happen, - **There are Two Reporting Options for ALL Coast Guard Personnel**.

**RESTRICTED REPORTING** - Restricted Reporting (Confidential) allows a sexual assault victim to confidentially disclose the details of an assault to specific categories of individuals (see listed below) and receive advocacy, medical treatment and counseling **without triggering the official Coast Guard investigative process and notification of the victim's command**. A sexual assault report is considered a "Restricted Report" ONLY when the victim reports the matter to one of the following:

- Sexual Assault Response Coordinator (SARC): **(609) 898-6451[work]**  
**(609) 780-6152 [cell]**
- Family Advocacy Specialist (FAS)/ backup Sexual Assault Response Coordinator: **(609) 898-6925 [work]** **(609) 675-1720 [cell]**
- Unit Victim Advocate (VA)
- TRACEN Medical Clinic Staff: **(609) 898-6610/6366** (duty and after hours)
- Chaplain: **(609) 898-6239**

**IMPORTANT NOTE:** If the victim discloses their sexual assault to anyone, other than a SARC, FAS, VA, Medical Staff, or Chaplain, the report is an Unrestricted Report (see definition below).

**UNRESTRICTED REPORTING** - A service member who is sexually assaulted and desires medical treatment, counseling, and/or an official investigation of the allegation can report the matter using official reporting channels (e.g., your company commander, an instructor, TRACEN Police, civilian CG employee). The Unrestricted Reporting option provides for and triggers an immediate formal investigation by trained criminal investigators as well as the full range of protections to the victim. It is the only option that may lead to offenders being held accountable for their actions. Anyone who receives a report, hears about, suspects, or witnesses a sexual assault; it SHALL be reported: Resources include:

- CCs/RDO/OOD/TRACEN Police Department (**911**), your Chain of Command
- Cape Regional Medical Center: (609) 463-2000
- CG SUPRT: 855-CGSUPRT (247-8778) [www.cgsuprt.com](http://www.cgsuprt.com)

## **NO BY-STANDERS – TAKE ACTION**

**SAFE HELPLINE AVAILABLE 24/7 FOR VICTIMS OF SEXUAL ASSAULT:**

- a. Chat at [www.Safehelpline.Org](http://www.Safehelpline.Org) or call 877-995-5247
- b. Text location to 55-247 inside the United States

# NOTES

# NOTES



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## REQUIRED KNOWLEDGE BY WEEK

CATEGORY	Start	Required	Probation
<b>Chain of Command</b>	01	02	03
<b>Required Telephone Numbers</b>	01	02	03
<b>11 General Orders of the Sentry</b>	01	02	03
<b>Coast Guard Pay Grades</b>	02	02	03
<b>Coast Guard Collar Devices</b>	02	02	03
<b>Coast Guard Sleeve Insignia</b>	02	02	03
<b>Coast Guard Shoulder Boards</b>	02	02	03
<b>Coast Guard Enlisted Ratings</b>	02	02	03
<b>Five types of Followers</b>	02	03	03
<b>Coast Guard Ethos</b>	02	03	04
<b>Force Protection Conditions</b>	03	04	04
<b>Flags/Pennants/Knots/Parts of Line</b>	03	04	04
<b>Firefighting Basics</b>	03	04	04
<b>Piece Nomenclature</b>	03	04	04
<b>Coast Guard Roles &amp; Missions</b>	03	04	05
<b>Grooming Standards</b>	04	05	05
<b>Uniform Regulations</b>	04	05	05
<b>Enlisted Evaluation System</b>	04	05	05
<b>Semper Paratus</b>	06	07	07

# CHAIN OF COMMAND

*(Fill in the "Starboard" column)*

<b>COMMANDER IN CHIEF:</b>	<b>PRESIDENT</b>
<b>SECRETARY OF HOMELAND SECURITY:</b>	<b>THE HONORABLE</b>
<b>COMMANDANT OF THE COAST GUARD:</b>	<b>ADMIRAL</b>
<b>DEPUTY COMMANDANT FOR MISSION SUPPORT: (DCMS)</b>	
<b>COMMANDER - FORCE READINESS COMMAND: (FORCECOM)</b>	
<b>COMMANDING OFFICER TRACEN CAPE MAY (CO)</b>	
<b>EXECUTIVE OFFICER: (XO)</b>	
<b>TRAINING OFFICER: (TO)</b>	
<b>REGIMENTAL OFFICER: (RO)</b>	
<b>BATTALION OFFICER: (BO)</b>	
<b>BATTALION COMMANDER: (BC)</b>	

## IMPORTANT PHONE NUMBERS

<b>EMERGENCY</b>		<b>911</b>
<b>OOD</b>	CELL# (609) 780-1346	
<b>RDO</b>	CELL# (609) 374-4388	X6905
<b>SEXTON HALL</b>		X6971



## **11 GENERAL ORDERS OF A SENTRY**

- 1.** To take charge of this post and all government property in view.
- 2.** To walk my post in a military manner, keeping always on the alert, and observing everything that takes place within sight or hearing.
- 3.** To report all violations of orders I am instructed to enforce.
- 4.** To repeat all calls from posts more distant from the guard house than my own.
- 5.** To quit my post only when properly relieved.
- 6.** To receive, obey, and pass on to the sentry who relieves me all orders from the commanding officer, field officer of the day, officer of the day, and officers and petty officers of the watch.
- 7.** To talk to no one except in the line of duty.
- 8.** To give the alarm in case of fire or disorder.
- 9.** To call the petty officer of the watch in any case not covered by instructions.
- 10.** To salute all officers and all colors and standards not cased.
- 11.** To be especially watchful at night, and during the time for challenging, to challenge all persons on or near my post, and to allow no one to pass without proper authority.





# RATES & RANKS



## Officer Grade Structure of the USCG


(Commissioned Officers)

### RANK:

Rank is defined as the plain language name for an officer. It is also known as grade. An example of rank would be Admiral (ADM).

Flag Officers			
<u>Rear Admiral (lower half)</u> RDML	<u>Rear Admiral</u> RADM	<u>Vice Admiral</u> VADM	<u>Admiral</u> ADM
O-7	O-8	O-9	O-10
			




Junior Officers				Senior Officers	
<u>Ensign</u>	<u>Lieutenant Junior Grade</u>	<u>Lieutenant</u>	<u>Lieutenant Commander</u>	<u>Commander</u>	<u>Captain</u>
ENS	LTJG	LT	LCDR	CDR	CAPT
O-1	O-2	O-3	O-4	O-5	O-6
					



Warrant Officers		
<u>Chief Warrant Officer 2</u>	<u>Chief Warrant Officer 3</u>	<u>Chief Warrant Officer 4</u>
W-2	W-3	W-4
		




# Enlisted Grade Structure of the United States Coast Guard




**RATE:**

Rate is the plain language name for an enlisted person, which identifies them by their occupation and pay grade. An example is Boatswains Mate Second Class (BM2).

Senior Enlisted		
<u>Command Master Chief Petty Officer</u>  (CMC)  E-9	<u>Area Command Master Chief Petty Officer</u>  or  <u>MCPOCGR</u> (Reserve Forces)  E-9	<u>Master Chief Petty Officer of the Coast Guard</u>  (MCPOCG)  E-9
		

Senior Enlisted		
<u>Chief Petty Officer</u>  (CPO)  E-7	<u>Senior Chief Petty Officer</u>  (SCPO)  E-8	<u>Master Chief Petty Officer</u>  (MCPO)  E-9
		























Non-Rate		
<u>Seaman Recruit</u>  (SR)  E-1	<u>Seaman Apprentice</u>  (SA)(FA)  E-2	<u>Seaman</u>  (SN)(FN)  E-3
		

Junior Enlisted		
<u>Petty Officer Third Class</u>  (PO3)  E-4	<u>Petty Officer Second Class</u>  (PO2)  E-5	<u>Petty Officer First Class</u>  (PO1)  E-6
		

# COAST GUARD ENLISTED RATINGS

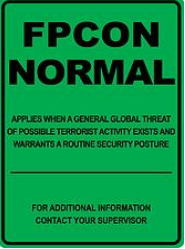
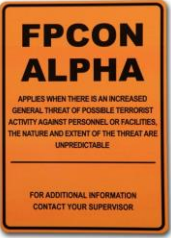
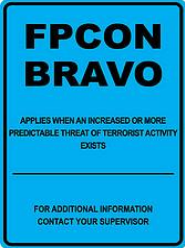
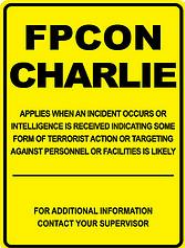

## RATING:

Rating is the plain language name for an enlisted person's occupational specialty. Only enlisted personnel have a rating.

ENLISTED RATINGS					
	<b>AET</b>	Avionics Electrical Technician		<b>IS</b>	Intelligence Specialist
	<b>AMT</b>	Aviation Maintenance Technician		<b>IT</b>	Information Systems Technician
	<b>AST</b>	Aviation Survival Technician		<b>ME</b>	Maritime Enforcement Specialist
	<b>BM</b>	Boatswains Mate		<b>MK</b>	Machinery Technician
	<b>CS</b>	Culinary Specialist		<b>MST</b>	Marine Science Technician
	<b>DC</b>	Damage Controlman		<b>MU</b>	Musician
	<b>DV</b>	Diver		<b>OS</b>	Operations Specialist
	<b>EM</b>	Electrician's Mate		<b>PA</b>	Public Affairs Specialist
	<b>ET</b>	Electronics Technician		<b>SK</b>	Storekeeper
	<b>GM</b>	Gunner's Mate		<b>YN</b>	Yeoman
	<b>HS</b>	Health Services Technician		<b>IV</b>	Investigator (Reserve only)

# FORCE PROTECTION CONDITIONS

Force Protection Condition (FPCON) is a terrorism threat system identifying what security measures should be taken in response to various terrorism threats. Increased FPCON levels will provide additional restrictions such as limiting who is authorized to enter the installation and increased Random Anti-terrorism Measures (RAM).

<p><b>FPCON NORMAL:</b> Routine security posture</p>	
<p><b>FPCON ALFA:</b> Possible terrorist activity</p>	
<p><b>FPCON BRAVO:</b> Predictable terrorist threat activity exist</p>	
<p><b>FPCON CHARLIE:</b> Terrorist targeting against personnel and facilities is imminent</p>	
<p><b>FPCON DELTA:</b> Terrorist action against a specific location imminent</p>	

# ROLES & MISSIONS

**The Coast Guard has a unique blend of military, humanitarian, and civilian law enforcement capabilities such as:**

## • **MARITIME SAFETY:**

One of the basic responsibilities of the U.S. Government is to protect the lives and safety of Americans. In partnership with other federal, state, and local agencies, we preserve safety at sea; through a focused program of mishap prevention. Our prevention activities include developing standards and regulations, plan reviews and compliance inspections, and safety programs designed to protect mariners. The two primary missions performed within the role of Maritime Safety are:

◆ <b>Marine Safety</b>	◆ <b>Search and Rescue</b>
------------------------	----------------------------

## • **MARITIME SECURITY:**

We enforce, or assist in enforcing, federal laws and treaties on waters under the jurisdiction of the United States. We possess the civil authority to board any vessel subject to U.S. jurisdiction. Once aboard, we may inquire, examine, inspect, search, seize, and arrest. The four primary missions performed within the role of Maritime Security include:

◆ <b>Illegal Drug Interdiction</b>	◆ <b>Undocumented Migrant Interdiction</b>
◆ <b>Defense Readiness</b>	◆ <b>Ports, Waterways, and Coastal Security</b>

## • **MARITIME STEWARDSHIP:**

Protection of Natural resources: America's marine waters and their ecosystems are vital to the health, well-being, and economy of the nation. Our marine environment is among the most valuable and productive natural resources on Earth, containing one-fifth of the world's fishery resources. The five primary missions within the role of Maritime Stewardship are:

◆ <b>Living Marine Resources</b>	◆ <b>Marine Environmental Protection</b>
◆ <b>Fisheries</b>	◆ <b>Aids to Navigation (ATON)</b>
◆ <b>Ice Operations</b>	

# FOLLOWERS

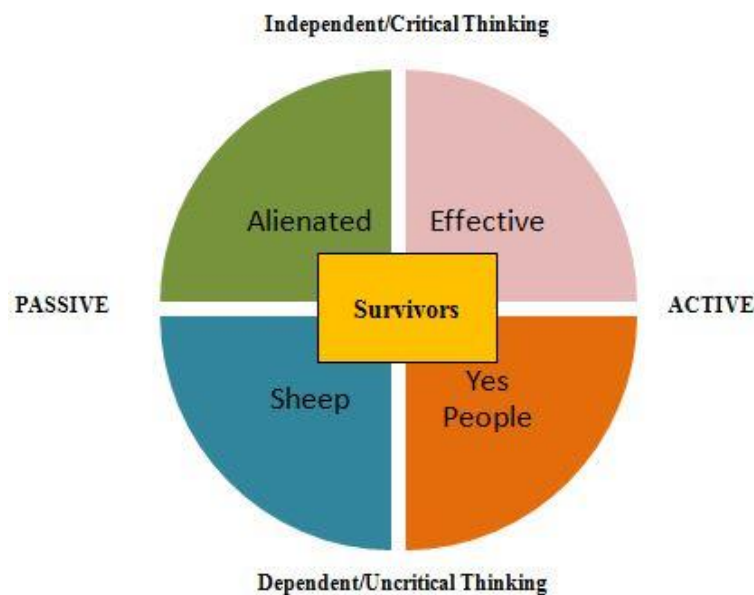
**Sheep:** A Sheep is the least desirable type of follower. Passive and dependent

**Yes People:** Yes People are more active, have the ability to critically think and be independent but they choose not to

**Alienated:** Can think critically, are independent but like SHEEP and YES PEOPLE they are also passive

**Survivors:** Survivors are watchers. If it works for others, then they will try it

**Effective:** Proactive and respectful of their leader's authority



# GROOMING STANDARDS

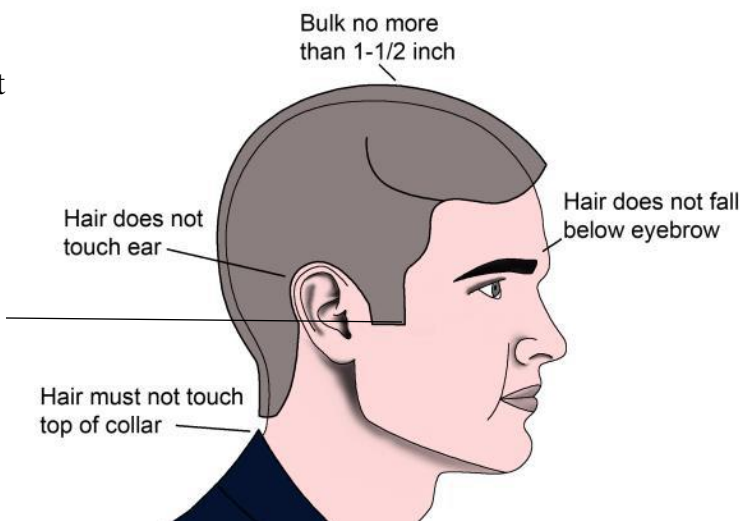
Grooming standards are based on several elements including neatness, cleanliness, safety, military image, and appearance.

Hair-overall must be clean, well-groomed and neat. Hair coloring, if used, must look natural. Hair must not touch the eyebrows when groomed, or extend below the front of properly worn headgear.

## **MEN:**

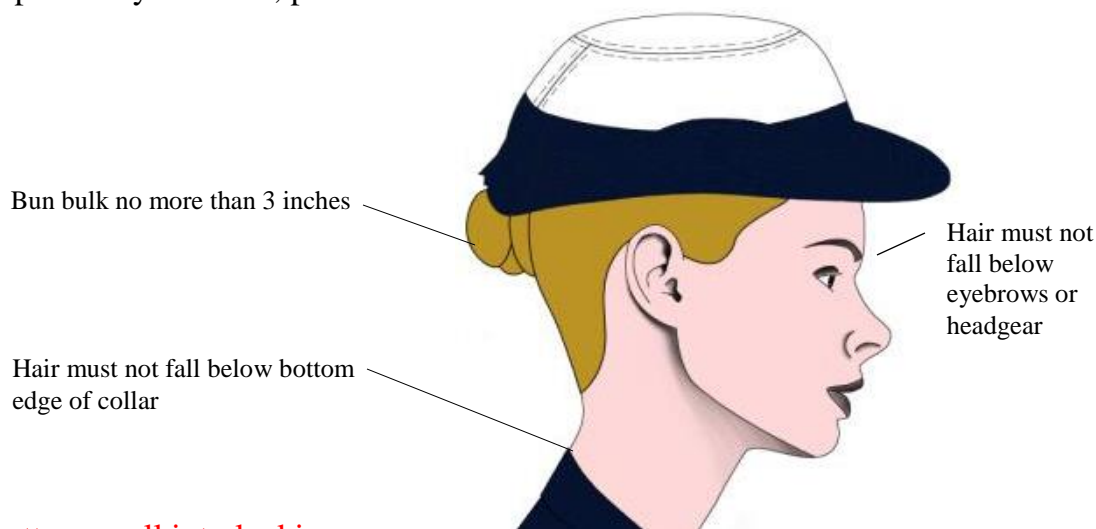
Hair above the ear and around the neck will be tapered. Hair on the back of the neck must not touch the collar. The bulk of hair must not be more than 1 ½ inches from the scalp.

Sideburns shall not extend below a point level with the bottom of the ear opening



## **WOMEN:**

Haircuts and styles will present a balanced appearance. The hair may touch but not fall below the bottom edge of the back of the collar. All ponytails and long hair, including braids, must be neatly and inconspicuously fastened, pinned or secured to the head.



Hairpins, small barrettes, small interlocking butterfly clips, elastic bands, scrunchies, and small combs in the colors: Black, dark blue, brown, silver, metallic gold or color similar to the individual's hair color are authorized.



# UNIFORM REGULATIONS

**Operational Dress Uniform:** The Operational Dress Uniform is a general purpose, everyday uniform intended for wear in any situation that does not require a dress uniform. The Operational Dress Uniform is authorized for wear while commuting in a private vehicle between the workplace and residence of the member, including brief non-social stops, such as for gas etc.



**ODU shirt:** (Sleeve rolled accordion style with only cuff showing or down as prescribed).

**ODU trousers:** (Bloused on safety boot between second and third eyelet)

**Blue T-shirt:** (Crew Neck)

**Footwear:** (8-10 inch safety boot with black socks).

**Belt:** (Black riggers belt, bitter end behind but not past first belt loop on left)

**Headgear:** (Ball cover, watch cap, or cold weather cap as prescribed)

**Jacket:** (Foul Weather Parka (FWP), FWP Liner)

# UNIFORM REGULATIONS

**Tropical Blue:** The Tropical Blue uniform is worn to compensate for climate variations. It is not acceptable at any event where a coat and tie would be required.



**Short sleeve dress shirt:** (Female version must be worn with female trousers).

**Dress pant:** (Wash and wear or standard dress pant)

**Belt:** (1 1/4" black web belt with brass belt buckle)

**Footwear:** (Black oxfords, females authorized to wear pumps)

**Headgear:** (Combination cover or garrison cap as prescribed)

**Ribbons:** (All, top three, or any nine ribbons worn on left side, 1/4" above pocket)

**Name tag:** (Worn on right side, 1/4" above pocket)

**Collar Devices:** (E-4 and up)

**Jacket:** (Trench Coat, Windbreaker, FWP)

# UNIFORM REGULATIONS

**Service Dress Blue Bravo:** The Service Dress Blue uniform is suitable to wear on all occasions when wearing a uniform is prescribed or appropriate.



## **Long sleeve dress shirt.**

**Dress pant:** (Wash and wear is not authorized)

**Belt:** (1 1/4" black web belt with brass belt buckle)

**Tie:** (Men-blue necktie, Women-overlapping blue tie tab)

**Footwear:** (Black oxfords, females authorized to wear pumps)

**Headgear:** (Combination Cover & Garrison)

**Ribbons:** (All, top three, or any nine ribbons worn on left side, 1/4" above pocket)

**Name tag:** (Worn on right side, 1/4" above pocket)

**Collar Devices:** (E-4 and up worn on dress shirt)

**Sleeve Insignia:** (E-4 and up on left sleeve)

**Jacket:** (Trench Coat)

# ENLISTED EVALUATION SYSTEM

**EER COMPETENCIES (E-2/E-3):** The non-rate EER is broken down to 4 factors consisting of 9 competencies that evaluate your performance during the marking period. Each category is scored from 1-7 with 1 being the lowest and 7 being the highest.

## **MILITARY**

- MILITARY BEARING
- CUSTOMS, COURTESIES, AND TRADITIONS

## **PERFORMANCE**

- QUALITY OF WORK
- COMMITMENT

## **PROFESSIONAL QUALITIES**

- DECISION MAKING AND PROBLEM SOLVING
- MILITARY READINESS
- SELF-AWARENESS AND LEARNING

## **LEADERSHIP**

- RESPECT FOR OTHERS
- FOLLOWERSHIP

**CONDUCT:** The degree to which the member adhered to military and civilian regulations.

## **RECOMMENDATION FOR ADVANCEMENT:**

**Ready:** Given if the member is deemed ready to advance to the next paygrade.

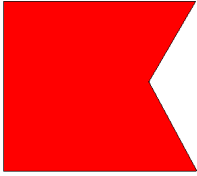

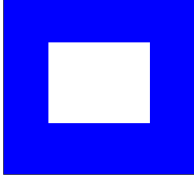
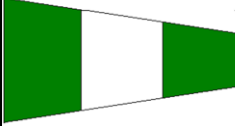
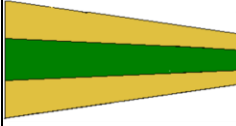

**Not Ready:** Given if the member is performing in their current paygrade but not ready to assume the responsibilities of the next pay grade.

**Not recommended:** Given if the person had negative conduct or poor performance and should not be allowed to advance to the next pay grade.



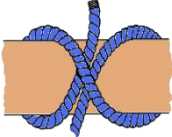
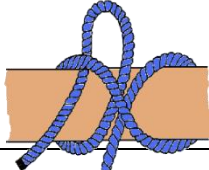
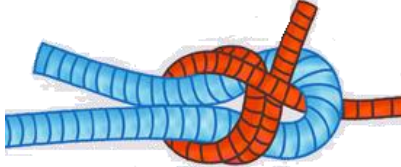
# COMMON NAUTICAL TERMS

<b>Aft</b>	Towards the rear
<b>Aloft</b>	Above the ship's uppermost solid structure, overhead or high above
<b>Alongside</b>	By the side of the pier or ship
<b>Awash</b>	Setting so low in the water that the water is constantly washing across the top surface
<b>Beam</b>	Greatest athwart ships width of a vessel
<b>Billet</b>	A crew members assigned duties within the ships organization
<b>BMOW</b>	Boatswain's mate of the watch is responsible to ensure all watches are
<b>Bow</b>	The front of the ship
<b>Brow</b>	A moveable ladder or ram used for boarding a vessel from a dock or pier
<b>Centerline</b>	Imaginary line running from ship's bow to stern
<b>Check</b>	To slack off slowly, to ease off a line a little
<b>Davit</b>	Shipboard crane that can be swung out over the side
<b>EOW</b>	An officer in charge of the engineering department while on watch
<b>Fast</b>	Snugly secured
<b>Fathom</b>	A six foot unit of length
<b>Fender</b>	A piece of equipment, such as an inflated ball, when inserted between the vessel and another object will absorb shock and prevent damage.
<b>Fore</b>	Towards the bow of the ship
<b>Forecastle</b>	Upper deck in the forward part of the ship, pronounced "FOKE-sul"
<b>Gunwale</b>	Upper edge or rail of a ship or boat's side, pronounced "GUN'nl"
<b>Hawser</b>	Large line
<b>Inboard</b>	Toward the center of the ship.
<b>Keel</b>	Center of the hull. Lowest in water where weight is most carried
<b>Lee</b>	Side of the vessel sheltered from wind
<b>Mast</b>	Vertical pole that may have a sail or rigging or antennas for powerboats
<b>Outboard</b>	Away from the center of the ship.
<b>Part</b>	To break, as of a line
<b>Port</b>	Left side of the ship from the perspective of looking forward
<b>Scullery</b>	Compartment for washing and sterilizing eating utensils
<b>Starboard</b>	Right side of the ship from the perspective of looking forward
<b>Stern</b>	Back of the vessel
<b>Strike</b>	Lower or bring down
<b>Turn to</b>	An order to begin work
<b>Void</b>	An empty compartment below decks
<b>Wake</b>	The track left in the water behind a ship
<b>Windward</b>	Side of the vessel wind is coming from

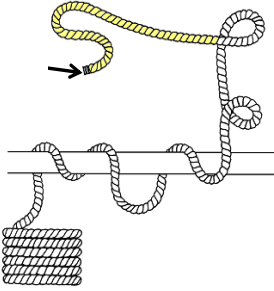
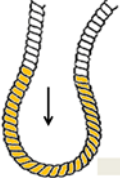
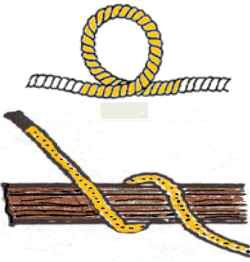
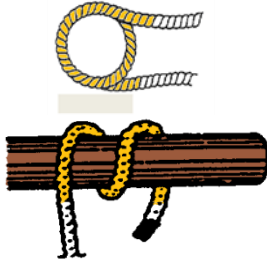
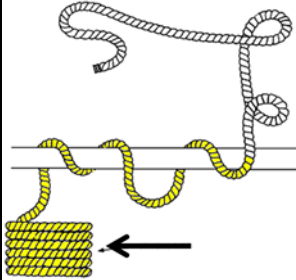
# FLAGS AND PENNANTS

					
<b>BRAVO FLAG</b>	<b>OSCAR FLAG</b>	<b>PAPA FLAG</b>	<b>SOPA PENNANT</b>	<b>PREP PENNANT</b>	<b>THIRD SUBSTITUTE</b>
Transfer of Hazardous Cargo	Man overboard	Personnel Recall	Most senior officer as commanding officer	Five minutes before colors	Commanding Officer not on board





# 5 BASIC KNOTS

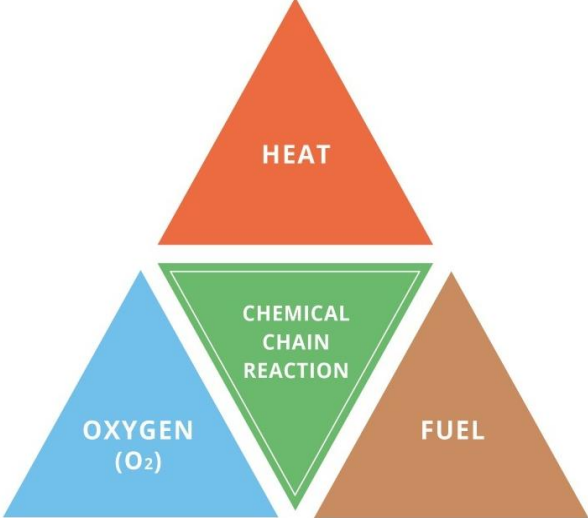
				
<b>SQUARE KNOT</b>	<b>BOWLINE</b>	<b>CLOVE HITCH</b>	<b>SLIP CLOVE HITCH</b>	<b>DOUBLE BECKET BEND</b>
Used to join two lines of equal size and material together	Used to put a temporary eye in a line.	Used to make fast (tie) a single line to a piling or railing.	Used to make fast (tie) a single line to a piling or railing, with a <i>quick release</i> .	Used to join two lines of unequal size

# PARTS OF A LINE

				
<b>Bitter End</b>	<b>Bight</b>	<b>Turn</b>	<b>Round Turn</b>	<b>Standing Part</b>

# FIREFIGHTING BASICS

Classes of Fire		
CLASS	FUEL	CHARACTERISTICS
<b>A</b> (ALPHA)		Ordinary Combustible Materials such as: wood, paper, plastics, etc...  White or Grey Smoke  Extinguishing Option: Water, AFFF
<b>B</b> (BRAVO)		Combustible liquids such as: gasoline, diesel, paints, fuels, solvents, grease, etc.  Black or Brown Smoke  Extinguishing Option: Halon, PKP Extinguisher, AFFF
<b>C</b> (CHARLIE)		<u>Energized</u> electrical equipment.  Blue or White Smoke  Extinguishing Option: CO2 Extinguisher, Safely Secure the source of the electricity
<b>D</b> (DELTA)		Combustible metals, such as magnesium or titanium  Smoke Color Varies, depending on the metal being burned.  Extinguishing Option: Jettison (push overboard), Advanced Training Needed

Fire Tetrahedron	
<p>The Fire Tetrahedron is a four-sided figure illustrating the four elements of the flaming combustion process.</p> <p>If any side of the Fire Tetrahedron is removed, flaming combustion will stop or the fire will go out.</p>	
<p style="text-align: center;"><b>UNINHIBITED CHEMICAL CHAIN REACTION:</b>                      The combining process of fuel, heat, and oxygen in the proper amounts to sustain flaming combustion or a fire.</p>	

# SEMPER PARATUS

## *Verse 1*

From Aztec Shore to Arctic Zone, to Europe and Far East,  
The Flag is carried by our ships in times of war and peace;  
And never have we struck it yet, in spite of foemen's might,  
Who cheered our crews and cheered again for showing how to fight.

## *Chorus*

We're always ready for the call, We place our trust in Thee.  
Through surf and storm and howling gale, High shall our purpose be,  
"Semper Paratus" is our guide, Our fame, our glory, too.  
To fight to save or fight and die! Aye! Coast Guard, we are for you.

## *Verse 2*

"Surveyor" and "Narcissus," the "Eagle" and "Dispatch,"  
The "Hudson" and the "Tampa," these names are hard to match;  
From Barrow's shores to Paraguay, Great Lakes or Ocean's wave,  
The Coast Guard fights through storms and winds  
To punish or to save.

## *Chorus*

We're always ready for the call, We place our trust in Thee.  
Through surf and storm and howling gale, High shall our purpose be,  
"Semper Paratus" is our guide, Our fame, our glory, too.  
To fight to save or fight and die! Aye! Coast Guard, we are for you.

## *Verse 3*

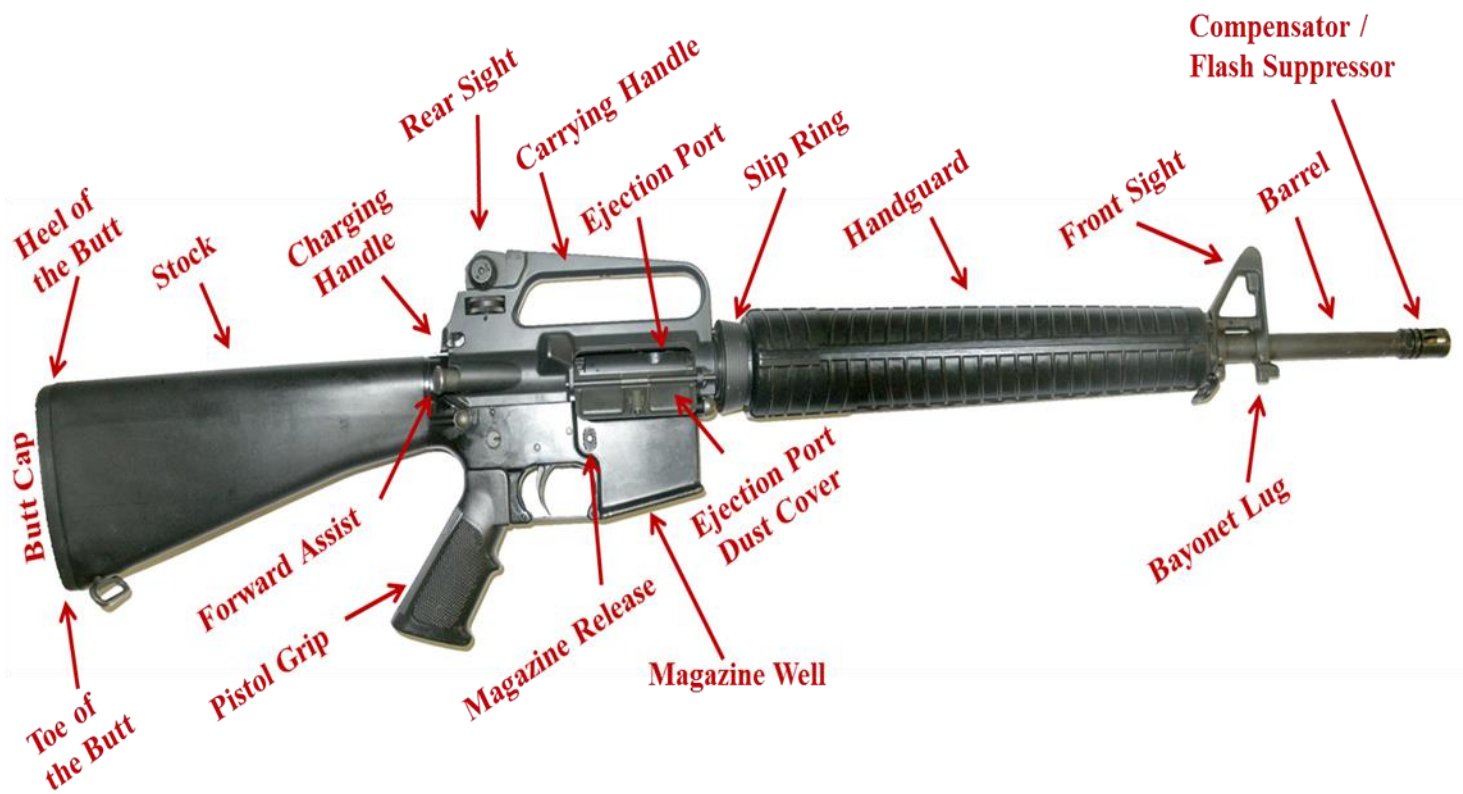
Aye! We've been "Always Ready" to do, to fight, or die!  
Write glory to the shield we wear in letters to the sky.  
To sink the foe or save the maimed our mission and our pride.  
We'll carry on 'til Kingdom Come, ideals for which we've died.

## *Chorus*

We're always ready for the call. We place our trust in Thee.  
Through surf and storm and howling gale, High shall our purpose be,  
"Semper Paratus" is our guide, Our fame, our glory, too.  
To fight to save or fight and die! Aye! Coast Guard, we are for you.



# M-16 NOMENCLATURE



Selector Lever  
(Safe / Semi / Burst)

## FIREARMS SAFETY RULES

1. Treat all firearms as if they are loaded.
2. Always maintain proper muzzle control.
3. Keep finger off the trigger until on target and ready to shoot.
4. Know your target and what is beyond it.

## “MY PIECE NOMENCLATURE IS...”

1. FLASH SUPPRESSOR
2. BARREL
3. FRONT SIGHT
4. HAND GUARD
5. SLIP RING
6. CARRYING HANDLE
7. REAR SIGHT
8. CHARGING HANDLE
9. EJECTION PORT DUST COVER
10. MAGAZINE RELEASE
11. FORWARD ASSIST
12. STOCK
13. HEEL OF THE BUTT
14. BUTTCAP
15. TOE OF THE BUTT
16. PISTOL GRIP
17. SELECTOR LEVER
18. TRIGGER
19. TRIGGER GUARD
20. MAGAZINE WELL
21. MAGAZINE CATCH
22. BOLT CATCH/BOLT RELEASE
23. BAYONET LUG

# UNITED STATES COAST GUARD ETHOS

**I am a Coast Guardsman.**

**I serve the people of the United States.**

**I will protect them.**

**I will defend them.**

**I will save them.**

**I am their Shield.**

**For them I am Semper Paratus.**

**I live the Coast Guard Core Values.**

**I am proud to be a Coast Guardsman.**

**We are the United States Coast Guard.**

The most up to date version of this Pocket Guide as well as all TRACEN Cape May educational materials may be found on the USCG TRACEN Cape May SHAREPOINT Site-Recruit Training-General Folder:

<https://cg.portal.uscg.mil/units/tracencapemay/ISB/Recruit%20Training/Forms/AllItems.aspx>