

CIVILIAN TO SAILOR



Before someone can become an enlisted U.S. Navy sailor, they must first attend and graduate from **boot camp**. Boot camp, officially known as the Recruit Training Command, trains Navy recruits to become sailors. Since 1994, **Naval Station Great Lakes** in Great Lakes, Illinois has been home to the U.S. Navy's only boot camp.

According to the Recruit Training Command, at boot camp, "...recruits spend time learning the fundamentals of small arms marksmanship, seamanship, water survival, line handling, and fire fighting. Long days and intensive training leave the recruits little free time." During boot camp, recruits also learn how to adapt to their new life in the Navy.

After eight weeks of training, recruits have to use all the skills they learned during boot camp to complete a 12-hour test called **Battle Stations 21**. Once they successfully complete the test, recruits graduate from boot camp. Also known as **Pass-In-Review**, graduation honors the hard work of all the new sailors and previews their upcoming service in the Navy.

Based on what you just learned, do you think you have what it takes to become a Navy sailor?

INSTRUCTIONS

1. Read the brief history on the Navy's boot camp.
2. Complete the "True or False" activity below.
3. Take the "Obstacle Course" challenge on the second page to see if you have what it takes to become a U.S. Navy enlisted sailor.
4. Color the "Artifact Spotlight" on the third page to see a vintage Navy recruit's activity uniform!
5. Read about the survival skills sailors learn during boot camp on the last page.
6. Tag the National Museum of the American Sailor with your completed projects on social media:



National Museum of the American Sailor



@ntlmuseumamericansailor



TRUE OR FALSE?

Test your new knowledge of boot camp by circling whether each sentence below is true or false.

The Battle Stations 21 test is 21-hours long.

True False

The U.S. Navy's only boot camp is located at Naval Station Great Lakes.

True False

The Navy's graduation is called Fall-In-Review.

True False

The Navy's Boot camp is also called Recruit Training Command.



True False

This activity kit has been provided by the National Museum of the American Sailor

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OBSTACLE COURSE

Want to prove that you have what it takes to be a Navy Sailor?



Circle six of the following activities:



15 Jumping Jacks

10 Stomps

7 Crunches

March 15 Steps

10 Crabwalk Steps

5 Pushups

15 Hops

8 Arm Swings

Walk in a straight line for 8 steps

5 Shoulder Rolls

Once you have circled six activities, ask someone at home to time you as you complete them all. Write your time below:

Your Time: _____

Challenge a friend or someone in your family to try to beat your time! Write their time below:

Competitor's Time: _____



Who had the fastest time? _____

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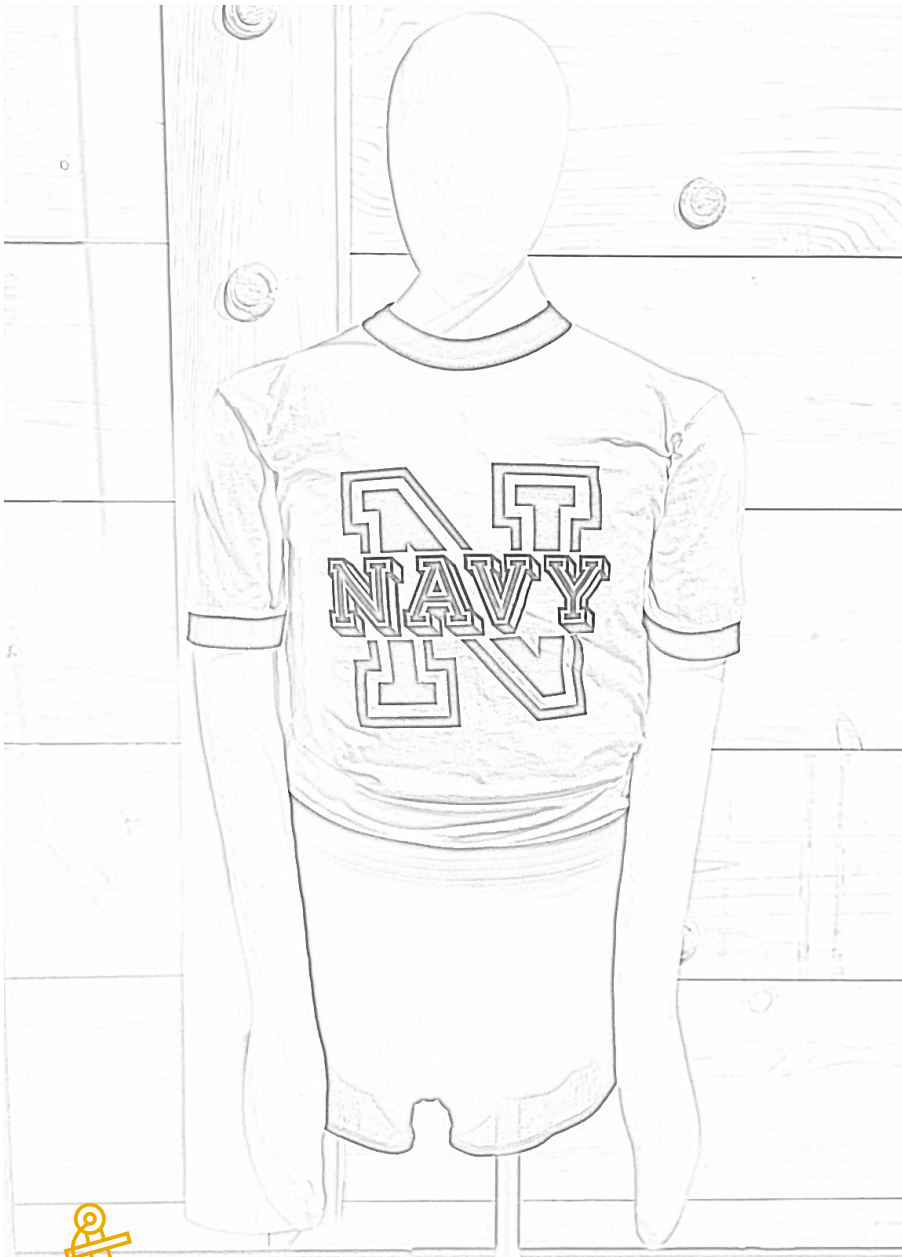


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ARTIFACT SPOTLIGHT

Use your imagination to color in this recruit's activity uniform:



Housed in the Permanent Collection at the National Museum of the American Sailor, this is an **activity uniform**.

Beginning in the 1980s, Navy recruits had to pass a physical fitness test to become a sailor. Current Navy recruits wear an activity uniform similar to this when completing all their physical training. This particular uniform dates from the 1990s and also included sweatpants with the same "NAVY" design from the t-shirt on the left pant leg.

Each Navy recruit completes B.A.S.E.S. (balance, agility, strength, explosion, and stamina) training every week as they learn to combine their shipboard skills with cardio and strength training.

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SAILOR SURVIVAL SKILLS

If you were training to become an enlisted Navy sailor, what types of survival skills do you think you would need to learn?



Image courtesy of Defense Visual Information Distribution Service

At boot camp, recruits learn survival skills, such as first aid, water survival, and fire fighting, to prepare them for their time as Navy sailors. Sailors use paracord, which is a strong cord that can hold up to 550 pounds, for various tasks. That's a lot of

weight! Some tasks could be creating shelter, making a sling or splint, and securing or hauling a heavy upbeat.

Pictured above is one of 115 **paracord bracelets** that "Navy veteran Mike Mikkelsen made for Team US athletes as they head to Toronto to compete in Invictus Games" in 2017.



-False: The Battle Stations 21 test is 12 hours long.
-True: The U.S. Navy's only boot camp is located at Naval Station Great Lakes.
-False: The Navy's graduation is called Pass-In-Review.
-True: In the Navy, boot camps is also called Recruit Training Command (or RTC).

"True or False" Answer Key:

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