

## Naval Basic Training



Week 0: Week 0 is known as the processing week where new recruits are put through drug tests, alcohol tests, are vaccinated for all common diseases to the civilian world, and are given a haircut and all the equipment they will need for the next 8 weeks (this is not considered part of the 8 weeks of basic training because there is no actual training involved in this week).



Week 1: This week consists of being taught how to march, how to properly salute and say at attention but most importantly basic navy classes on types of ships and basic call signs.



Week 2: This is the confidence week when recruits are trained on teamwork in situations that involve shipboard emergencies. This week is ALL about teamwork--no one works alone.



Week 3: During this week recruits board a land based training ship everything is hands on this week. Recruits learn things such as ship names, first aid training, signaling the flags, laws of armed conflict, ship communication and ship identification. This is also the week of your first physical training test.



Week 4: This week you'll learn all about shooting. Recruits train with the m16 and the 12 gauge shotgun. This is also the week for graduation photos and a test of what you've learned so far, And as you can see from the picture the recruits also train with the m9 handgun to a good extent because the m9 is the standard issue handgun in the navy.



Week 5: This week is about you and what you plan to do with your life. This goes from going to college, the workforce or making the navy a career.



Week 6: This week is the week every recruit is trained to become a basic fire fighter. This week deals with ship damage control and firefighting. It also deals with other ship disaster practices such as major storms. This is also the week recruits must go through the confidence chamber, a closed in room where recruits are given gas masks, the room is filled with tear gas and then recruits must remove their mask and take deep breaths.



Week 7: This week recruits go through battle stations, a 12 exercise scenario course where recruits demonstrate all they have learned in the previous weeks. If a recruit fails they do not graduation is they succeed then they are rewarded with a navy ball cap to show that they are no longer recruits but full fledged sailors.



Week 8: Graduation is finally here--this is the final week of your training. This week mainly consists of inviting family, writing letters, ordering uniforms and practicing the final march.



Next up after basic training is a school for the job that you have been assigned in meps.