



12 February 2003

From: Director of Academics, Naval Aerospace Medical Institute  
To: Future Flight Surgeon Student

Subj: WELCOME ABOARD

1. I congratulate you on your decision to join the aerospace medicine community. Becoming a U.S. Navy flight surgeon will afford you a fascinating experience with travel opportunities, professional responsibilities, and rewarding associations with an outstanding group of men and women. You are soon to become a part of an exciting specialty, and I am happy to welcome you.
2. My staff is eager to help you make the transition to your new role. Pensacola is one of the most historical, friendly, and Navy-minded communities in the United States. NAS Pensacola is known as the "Cradle of Naval Aviation", and serves as the launching point for training of every Naval Aviator, Naval Flight Officer and Enlisted Aircrewman. NAS is also home to the world-famous Blue Angels. If you need PCS information assistance our Family Service Center (FSC) is located in Building 625 and is an outstanding "one-stop" assistant center for your needs. The FSC have "hospitality kits" provided through our relocation office for use should you arrive in the area in advance of your household effects. They can provide information and referrals regarding community and military resources. The FSC also provides employment assistance for spouses, youth programs, and Exceptional Family Member program information. Along with the Family Service Center, NAMI fully supports the Exceptional Family Member Program (EFMP) for family members with special educational or health care needs. NAMI's points of contact are HMC Cole at (850) 452-8365 or DSN 922-8365 or the command ombudsman, Ms Robin Plombom at (850) 492-1212. The FSC staff is available for information, referral, and assistance Monday through Friday 0730-1600, telephone (850) 452-5990 or DSN 922-5990. Additional information regarding the Pensacola area is available in detail on the Internet at the following web sites: <http://www.cnet.navy.mil/naspcola/naspcola/htm>. Of particular note is a recent change in Bachelor Officer Housing (BOQ) availability on base. Due to a major renovation project, approximately 50% of all BOQ's are unavailable for occupancy. Additionally, the Pensacola area has recently come off the critical housing shortage list of PCS locations. What this may mean is that - if you are married and come unaccompanied you may not be able to request variable housing allowance (VAH) at your dependents rate. We have been able to get individualized requests through, however, the BUPERS personnel are getting extremely intolerant to accepting these "exceptions to policy".



3. Should you require further assistance, please feel free to contact Ms Hosey, Student Control Officer or myself at the following address, telephone number, or e-mail address:

Naval Aerospace Medical Institute (Code 35)

340 Hulse Road

Pensacola, FL 32508-1092

Commercial: (850) 452-2458/57 DSN 922-2458

E-Mail: Ms Hosey                      ewhosey@nomi.med.navy.mil

CAPT Dudley                      nami\_mcdh@nomi.med.navy.mil

4. Your reporting date for your class will be documented in your orders and will be located at building 665 on the Naval Air Station Pensacola.

5. Reporting procedures. You are to report to NAMI on or before the **no later than date on your orders.** This will allow you to have sufficient time to check into the command and arrange for housing and delivery of your household goods before the course begins. Delivery and unpacking of household goods should be accomplished before the class convening date unless your spouse or another person can accept delivery for you. You should report to the Academics Department (Building 665, Room 105) during normal working hours. After 1700 hours and on weekends, report to the Officer of the Day (OOD), at the NAS Quarterdeck, Building 624, (850) 452-3100. Be in the uniform of the day when you report.

- Check-in information. Have your health record, dental record, service record, and pay record in hand, **NOT packed with your personal belongings.**
- Have your immunization record with you to prevent getting duplicate shots. Without an official written record, you will get them all again!

6. Uniforms should travel with you, not packed away in the household goods shipment. The uniform of the day at NAMI year-around is summer khaki (Certified Navy Twill or Poly Cotton) with ribbons. Our Navy Exchange Uniform Shop routinely carries a selection of the common types of uniforms and accessories. Specialized uniform items can be obtained from your Uniform Center Support either online at <http://www.navy-nex.com/pus-0.htm> or by telephone (CONUS) at 1-800-368-4088.

- ★ 7. If you have not completed Step III or do not have a state medical license, it is imperative that you begin your application process **immediately.** Many states have lengthy lead times before a license can be granted. A medical license must be obtained before you obtain your flight surgeon billet assignment.

8. A flight physical will be done during your first week, and you will be expected to meet the Navy's weight-height requirements. The Flight Surgeon training program, recognized worldwide,



is unique and acknowledged as one of the cornerstones of the Naval Aerospace Medical Institute. One of its strengths is the basic flight training provided to every student. You will be required to successfully complete a syllabus, along with student naval aviators and naval flight officers, as a prerequisite to designation as a Flight Surgeon.

9. Due to the recent upgrading of both the Flight Surgeon curriculum and method of information delivery – it is ***strongly recommended*** to have available a notebook computer with CD-ROM reading capability. A majority of your training materials will be provided on CD-ROM to supplement the classroom presentations.
10. The Flight Surgeon training can be very demanding at times, however, it can provide you with an enjoyable challenge both in and out of the classroom. During the swimming phase, you will be required to swim a mile wearing a flight suit in less than 80 minutes. Other swimming events include jumping from a fifteen-foot tower, swimming approximately 25 yards underwater, and demonstrating proficiency in the side, back, breast and crawl strokes. Failure to meet these requirements can affect your enrollment in the class. I advise that you begin a swimming regimen before you arrive, particularly if you are a weak swimmer. Remember that aerobic fitness does not guarantee swimming expertise! You will experience training in the Helo Dunker, which is an underwater escape trainer. The pre-flight training indoctrination portion of your training will also require you to possess a certain level of physical conditioning. Male student flight surgeons between 20-29 years of age will be required to do 58 sit-ups and 47 push-ups in 2 minutes as well as run 1.5 miles in no more than 12 minutes. Female students of the same age are required to do 58 sit-ups and 21 push-ups in 2 minutes and complete the run in no more than 14:15 minutes. Many students, prior to arriving in Pensacola, are out of shape; therefore, I encourage you to begin a physical training program prior to your arrival. A prudent approach to aerobic conditioning as recommended in the current literature, and honing your swimming skills will be of great benefit in preparing yourself for the physical requirements of the program. . Although these out-of-class training evolutions may seem formidable, but are by no means impossible. In fact, most students consider these activities fun or at least adventuresome.
11. Of final note, keep in mind that the entire staff of the Naval Aerospace Medical Institute stands by ready to help you succeed and become a designated Flight Surgeon. We are happy you have chosen aerospace medicine and welcome you to the Naval Aerospace Medical Institute.

J. S. DUDLEY  
By direction