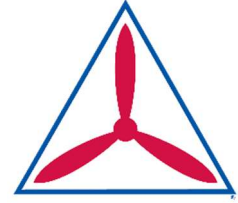




# PREPARATION



**NESA SOUTHEAST**

## **Why Participate?**

The NSSE training cycle is a valuable experience for cadets and senior members for several reasons.

- First and foremost, these activities are fun. The staff and students keep coming back year after year because they enjoy it and look forward to training CAP members in Search and Rescue. Participants keep coming back because the activities are real-world based, enjoyable and allow interaction with people from all across the southeast.
- Second, students receive excellent training throughout the training cycle. The staff is handpicked from among the most highly trained, motivated and professional Ground Team members, Aircrews, and leaders from several wings. Many have participated and taught at the National Emergency Services Academy, and bring that experience to our training in Alabama. The lessons and exercises participants go through are designed to be as realistic and useful as possible, meaning that the training you receive is top-notch. Many graduates have gone on to participate in SAREX's, actual searches, disaster relief operations such as Hurricane Katrina, and military training. In all instances, the training provided during the NSSE cycle can be invaluable.
- Third, NSSE is more challenging than most CAP activities. This program is designed to accurately simulate the physical and mental demands of search and rescue. We believe in the saying "train hard, work easy" -- it is our goal to provide a training environment that is more challenging than real world operations. Operational ratings are not given out; they must be earned. It takes a certain level of dedication to complete the program, which can be a personal challenge. For example, many participants spend their first night ever out in the woods on a NSSE activity and are asked to complete many tasks that they never thought would be asked of them. This provides a great sense of accomplishment for those who graduate and become Ground Team members or leaders, members of Aircrews, and Mission Staff.
- Finally, coming to NSSE gives students a chance to network with fellow cadets and senior members. Participants come from all across Southeast Region and beyond for training. As team rosters typically stay the same throughout the entire cycle, students have the opportunity to really get to know and work with their team mates through six months worth of training. These connections can be very valuable later on as participants move up or become more active in wing events.

## **How to Prepare for Your First NSSE Activity**

Once you've decided to take part in the NSSE program, you need to take the following actions to ensure that you are prepared:

- Several weeks prior to the beginning of the cycle, inform your unit chain of command that you wish to attend; they will coordinate with the activity director to make sure you meet the activity requirements.
- Obtain all required gear as listed on the NSSE website. Check with your unit on what gear they have available before you buy a full complement yourself. If you require regular medications, have a sufficient supply with you for the duration of the activity and inform the activity director and medical officer of your medical needs. **NSSE is not the place to take medication holidays. This activity is very demanding and requires focus so please make sure medications are sent and that you are able to take them.**
- Arrange transportation to and from the activity. Many units will organize carpools for their members; however, do not wait till the last minute to see if this is the case. Also, make sure your ride knows when the activity will be over so they can pick you up on time; the NSSE staff have other tasks to attend to once the activity is over, but cannot leave until all participants have left.
- Arrive in uniform, with you gear ready to go. Do not forget your CAP ID card and any other specialty qualifications you have (First Aid, Radio operator, etc.). Also, bring a completed NSSE Medical Form and the activity fee to your first NSSE.
- Come with a good attitude and ready to learn.

## **What to Expect at a Typical NSSE event**

Each NSSE weekend in the cycle is different but the basic schedule remains the same.

### **Friday**

NSSE training typically begins at 1900 on Friday nights. You should have eaten dinner before you arrive. On arrival at the activity site, staff members will direct you to unload your gear and where to check-in.

#### **You will need:**

- your CAP ID card
- your completed NSSE Medical form
- and the activity fee if you have not already paid.

Once you have checked in, you will be directed to a gear-check outside. The gear check is to ensure that you have all required equipment, do not have contraband, and can safely participate in the NSSE. After all participants have been checked-in and completed the gear-check, you will be assigned to a team for the duration of the training cycle. The staff will then conduct a series of briefings, beginning with an introduction of staff members, safety issues, and an overview of the training that will be done over the weekend. Slide sets on the assigned tasks for the weekend will follow. Lights out is typically 2300.

### **Saturday**

Reveille between 0530 and 0600.

Participants will usually have about an hour to eat and get ready for the first activity. Students will put theory into practice throughout the morning, as the staff guide them through the application of knowledge covered by the briefings of the night before.

After a break for lunch, participants will finish the practical tasks from the morning, or switch to another set of tasks, as determined by the staff. As the student to staff ratio can be as much as 10 to 1, participants will have plenty of time to prepare for and test on their knowledge-based tasks throughout the day. Sometime in the late afternoon, all base gear will be gathered and moved to the bivouac site for the night. GSAR students will have an opportunity to set up their shelters and prepare the campsite before dinner.

After dinner and a safety briefing, the GSAR students will participate in a night exercise designed to put into practice what they learned throughout the day. Depending on the duration of the night exercise, lights out could be anywhere from 2100 to 2300.

### **Sunday**

Reveille between 0530 and 0600.

Participants that bivouacked will have about an hour to eat breakfast and take down their shelters.

Students will participate in exercises and scenarios for most of the morning.

An After-Action Review (AAR) and demobilization are the last activities of the weekend.

Students are released after 1230 as the activity closes.