

SHIP OR STATION

Commander, Naval Recruiting District Minneapolis

**STATEMENT OF UNDERSTANDING
NO UNDERWATER BREATH HOLDING WHILE IN DEP**

I _____, understand and agree to not practice or participate in underwater breath holding while in the Delayed Entry Program. I have been given a detailed explanation of the dangers of underwater breath holding and understand that there is no requirement for this training while in DEP.

If I should become aware of other DEP Recruits practicing underwater breath holding, I agree to immediately contact Mr. Dan Ploussard (651-587-6053) and/or SOCS Eric Lundquist (757-277-1807) to inform them of the situation.

DEP Recruit/Signature

Date



PST Administrator/Signature