

THEODORE ROOSEVELT ASSOCIATION

USS Theodore Roosevelt (CVN-71)

August 13, 2019 - Friends and Family Cruise Information Sheet

PLEASE READ BEFORE REGISTERING
PRINT THIS INFORMATION SHEET TO BRING IT WITH YOU

Who can come?

TRA members & their families are invited. Children must be at least 8 years old. Guests under 10 years old are required to have an adult escort at all times. Guests must be U.S. Citizens. No registered sex offenders will be permitted on board. Female guests who are pregnant or could be pregnant shall not be embarked.

IMPORTANT: Registration will be online only at www.theodoreroosevelt.org. The registration form will require identification information for each person attending this event as requested by the Ship for security clearances (full name and date of birth, plus driver's license #, state id # or SSN. Please be sure to have ALL of this information for each guest ready before you proceed to register online.

Any guests with any of the following health concerns will not be permitted to attend the cruise:

- (1) Major surgery within the previous 120 days.
- (2) Heart attack within the previous 180 days.
- (3) Symptomatic cardiovascular disease (including chest pain).
- (4) Blindness or severe visual impairment that cannot be corrected to a reasonable visual acuity in both eyes by glasses or contacts.
- (5) Wheelchairs, leg and/or foot casts/splints, crutches, long arm casts/splints, arm slings, canes and/or walkers.
- (6) Respiratory illnesses including pneumonia, bronchitis, tuberculosis, emphysema, chronic obstructive pulmonary disease (COPD), severe asthma, or allergies.
- (7) Conditions that necessitate nitroglycerin.
- (8) Claustrophobia.
- (9) Hemophilia or anticoagulation.
- (10) Renal failure requiring dialysis.
- (11) Severe motion sickness and/or seasickness.
- (12) Seizure disorders.
- (13) Conditions for which a personal physician has prescribed limited or restricted activities.
- (14) Severe or advanced arthritis that impairs free movement up and down multiple ladders and stairwells.

IMPORTANT NOTE FOR ALL GUESTS OLDER THAN 65

All will be considered at command discretion. To be considered for embarkation, individuals must submit in advance a letter from their doctor on office letterhead that acknowledges the disqualifying medical conditions listed in the ***Guest Information Form***, indicates the guest is in "exceptional physical condition" and in the opinion of their physician, "is at minimal medical risk from the increased physical exercise requirement and austere nature of a ship at sea." **Letter must be received by TRA no later than July 10th.**

If you have any questions concerning this or if you have any other medical consideration which you believe might impact your ability to attend the cruise, please contact Howard Ehrlich at (516) 236-7066 or email hehrlich@theodoreroosevelt.org to discuss prior to registering for this event.

Please also keep in mind that you will be going up and down very steep ladders/stairs and there will be long periods of standing. There are no elevators onboard the ship.

How do we check in for registration & get bus to ship?

TRA members & their family members must have registered online by Wednesday, July 3rd, or whenever registrations meet the maximum limit. A complete list of all TRA members/guests will be provided to the ship in advance. If your name is not on the list, you will not be able to board the ship. Registration Packets will be available for guests to pick up at the host hotel Monday, August 12th, and early Tuesday morning, August 13th. Guests will check in with TRA staff on Tuesday morning August 13th, prior to boarding the buses at the host hotel, the **Embassy Suites San Diego Bay Down Town hotel, 601 Pacific Highway, San Diego, CA.** **Buses start boarding at 5:00 AM, Tuesday, August 13th. The last bus will leave the hotel promptly at 5:30 AM.** If you miss the last bus, you miss the cruise. No private cars will be allowed on the Naval Base.

What type of events can I expect while on cruise?

First and foremost, you will have the opportunity to experience a day at sea with the crew of the USS THEODORE ROOSEVELT (CVN-71). This is a great way to see how the officers and crew work and live while forward deployed. TRA members/guests will be divided into groups for touring with a member(s) of the crew.

As you can imagine, the crew puts on a tremendous show for their families and loved ones. We are very lucky to share in this. All guests will be able to tour a variety of spaces on the ship and to see some incredible equipment in action. In addition, there will be an air power demonstration, various static displays throughout the ship and even some surprises. Guests will be treated to three light meals while on board the ship. There will also be a variety of events for guests of all ages.

What should guests bring?

ALL guests will be asked to provide documentation containing their name, proof of U.S. citizenship, date of birth and emergency contact information. Proof of U.S. citizenship can be a driver's license, passport or birth certificate.

Guests who may suffer from mild sea sickness should consult a physician before their arrival and bring their own medication.

Guests are encouraged to dress in comfortable clothing, close-toed shoes with good traction, and layers for weather. Skirts, shorts, and loose clothing are discouraged as they pose safety risks. Sun protective clothing, sunglasses and sunscreen are recommended.

The flight deck is loud during flight operations. We will have hearing protection available, but guests are also encouraged to bring their own.

Cameras and cellular phone cameras are permitted, with limitations that will be explained on board.

Guests will not be permitted to bring their own coolers. No alcohol is permitted at any time.

All personal items will be subject to search prior to boarding the ship, as well as during the course of the cruise.

What items are prohibited?

TRA members/guests will not be permitted to carry bags (duffle, gym, luggage, large backpacks, large purses, etc.) onto the ship the day of the cruise.

Guests will not be allowed to bring food, weapons, alcohol, etc. Generally, if you can't bring it on a commercial plane it will not be allowed on the ship.

If you require special medication, you may keep it on your person. The ship does not have the capability to store medication on the ship.

How do we get to the ship and when should we be at Host Hotel?

Our group will be transported to the Naval Station by bus. **The buses will start leaving the Embassy Suites San Diego Bay Down Town, 601 Pacific Highway, San Diego, CA at 5:00 AM.** If you miss the bus, unfortunately, you miss the cruise. **Please try to arrive by 4:45 AM to check-in** with TRA staff prior to boarding the buses. No private cars allowed on the naval base. Underway time will be shortly after arrival.

When will we return to Naval Station?

USS TR is scheduled to return to Naval Station San Diego between 4:00 PM and 5:00 PM. Remember, it can take up to an hour to secure the bow before guests are permitted to depart the ship. TRA Buses will be waiting to return guests back to the host hotel.

Where will the ship be located?

USS TR will depart from the Naval Air Station North Island in Coronado, CA. The guest list will be available at each gate to ensure all registered guests on the TRA buses have access.

Are there any special health considerations?

An aircraft carrier is very much an industrial environment. There are a lot of things to trip over, hit your head on, or fall off. Please be careful when walking around the ship and stay alert. Remember to keep three points of contact whenever walking up or down ladders/stairs.

Persons prone to motion sickness should take motion sickness medication before arriving in the morning, and bring extra medication with them. It is wise to bring two-days' worth of any medication you are bringing.

Persons who have experienced heat exhaustion or heat stroke are strongly cautioned to drink plenty of fluids both before and during the cruise.

*****Forms ALL Guests Must Fill Out & Return to TRA by July 10, 2019*****

- Liability Waiver – For ALL Guests
- Emergency Contact Form – For ALL Guests
- Legal Guardian Consent – Required for ALL Guests under 18 whose legal guardian is not onboard
- Physician's Letter – Required for ALL Guests Over 65
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Required forms can be found on our website, www.theodoreroosevelt.org / **2019 Friends & Family Cruise** to download, print, fill out and return to the Theodore Roosevelt Association. All documents can be scanned and emailed to Mkutch@theodoreroosevelt.org or faxed to (516) 921-6481 or mailed to TRA, P.O. 719, Oyster Bay, NY 11771 to arrive no later than July 10, 2019.

Whom do I contact if I have additional questions?

If you have any general questions, please contact the TRA Office in Oyster Bay: (516) 921-6319 or email info@theodoreroosevelt.org. We will be periodically updating information via email for all registrants and on our website, www.theodoreroosevelt.org.

If you have questions pertaining to a medical condition and your eligibility, please contact Howard Ehrlich at (516) 236-7066 or email at hehrlich@theodoreroosevelt.org before registering.

NOTES:

-The ship provided the above information for crewmembers and their families. It has been slightly modified to be more applicable to TRA members.

-We, the TRA members, are guests at the gracious invitation of Captain Sardiello and the Crew. It is our responsibility to act accordingly and follow all instructions while on board.