

SHIP OR STATION Commander, Naval Recruiting District Richmond

**STATEMENT OF UNDERSTANDING  
REGARDING THE PROHIBITION OF UNDERWATER BREATH  
HOLD SWIMMING WHILE IN NAVY RECRUITING COMMAND  
DELAYED ENTRY PROGRAM WARRIOR CHALLENGE  
PROGRAM**

I \_\_\_\_\_, understand and agree to not practice or participate in underwater breath hold swimming or any high risk activity that requires endurance below the water surface while in the Delayed Entry Program. I have been given a detailed explanation of the dangers of underwater breath holding, hyperventilation, and understand that there is no requirement for this training while in DEP.

If I should become aware of other DEP Future Sailor recruits practicing underwater breath holding, I agree to immediately contact Mark Negele (757) 641-3549 and/or SBCS James Sizemore (804) 955-7345 to inform them of the situation.

I hereby acknowledge the above NAVPERS 1070/613 entry. Violation of this order could result in disenrollment from the NSW/NSO program and potentially prevent enlistment into the United States Navy.

\_\_\_\_\_  
DEP Warrior Challenge  
Future Sailor Signature

\_\_\_\_\_  
PST Administrator Name

\_\_\_\_\_  
Name (Last, First, Middle)

\_\_\_\_\_  
SSN (last 4)  
XXX-XX-

\_\_\_\_\_  
BRANCH AND CLASS  
USN DEPXXX