



2022 AIM Handbook

Updated May 27th, 2022

Please check back periodically for updated versions of this handbook as the guidance is subject to change due to current challenges associated with COVID-19.



Since 1790, in war and peace, the Coast Guard has protected the citizens of the United States and the nation's maritime interests. On 1 March 2003, the Coast Guard entered the Department of Homeland Security and embarked on a new era of public service. Our flexibility makes us a unique instrument of national security, allowing us to carry out economic, environmental, humanitarian, law enforcement, and national defense missions. Along our nation's coasts we stop drugs, illegal migration, and pollution. Around the world, we assist developing nations in establishing and training their Coast Guards and Navies. This is why we are regarded as the world's premier maritime service.

The Coast Guard Academy is one of the most selective schools in the country, usually admitting only about 15% of applicants. We combine one of the most highly regarded undergraduate educations with the training required to lead the world's finest professional maritime service members. All graduates of the Academy receive a Bachelor of Science Degree in their selected major and a commission as a Coast Guard Officer, forming a new generation of leaders in our unique maritime military force. As a commissioned officer in the Coast Guard, they lead men and women who are continually called on to serve their community, country, and humanity.



The Academy Introduction Mission – AIM – will likely be one of the most challenging yet rewarding experiences of your life. As an AIMSTER you will learn exactly what it takes to become a cadet at the United States Coast Guard Academy. Make no mistake, AIM is a very realistic program, designed to challenge and inspire you. It will test your self-discipline, physical and mental toughness, commitment to service, and your capacity for teamwork. Rest assured that the cadet cadre and Academy faculty and staff are focused on YOUR success and in helping you take full advantage of the opportunities that AIM offers.

I look forward to having you join us!

Captain Michael S. Fredie
Director of Admissions
U.S. Coast Guard Academy

Attendance Instructions

The following information is provided to assist you in preparing for your six-day experience at the U.S. Coast Guard Academy.

AIM Experience

It is important that you make an informed decision about which colleges you apply to and, ultimately, choose to attend. Our goal at AIM is to provide you the opportunity to see if the Academy is right for you and if you have what it takes to succeed. You will experience the rigor, discipline, and rewards of the Coast Guard Academy personally, just like a cadet. This includes the military discipline, physical training, and team building experiences that are the cornerstone of our Swab Summer program. Expect to be pushed physically with extensive running, push-ups, planks, calisthenics, and other physical activities. You will intentionally be placed in safe, yet high-stress situations like our cadets; you will learn to respond effectively in times of difficulty or crisis, like you might experience during a Coast Guard mission. Learn more regarding what to expect here: <https://www.uscga.edu/what-to-expect/>

You will also have the opportunity to meet faculty and staff, learn about our academic, military, and athletic programs, and talk with cadets who have sailed America's Tall Ship EAGLE, flown aircrafts, and began their leadership journey. Most importantly, you will meet with Coast Guard professionals who are protecting our nation right now. In summary, this is not merely a college orientation program. AIM is intended to let you lead the life of a cadet and expose you to the Coast Guard and our various missions.



The Honor Concept

There exists a higher standard of conduct that can neither be delineated by laws nor defined by regulations. It is the Coast Guard's core values of Honor, Respect, and Devotion to Duty. Because Coast Guard cadets are called to a life of public service, their words and signatures are regarded as verification of the truth. Cadets live by the hallowed words: "who lives here reveres honor; honors duty." They will neither lie, cheat, steal, nor attempt to deceive. The **Honor** concept is epitomized by an individual who places loyalty to duty above loyalty to personal friendship or selfish desire. In embodying the core value of **Respect**, we expect AIM participants to act in a respectful manner toward their platoon members and cadre throughout the program. Through the final core value, **Devotion to Duty**, we ask that you embrace the academic, athletic, and leadership building throughout the entirety of the program. Embrace each challenge that you face to help you grow and excel in each of these pillars. While attending AIM, we encourage you to embody the spirit of this concept and make it your own.

Physical Training

Cadets are always on the go and, at AIM, you will be too. Expect to be running to every training, meeting, and lecture you attend throughout the week and participating in multiple group and individual exercises, daily. To get in shape, we recommend a rigorous daily schedule of workouts that include warming-up, stretching, running, push-ups, planks, and sit-ups in the weeks prior to AIM. New England summers are notorious for their unrelenting heat and humidity. Although Chase Hall is air conditioned, it is important to prepare in advance. By following the steps discussed below, you can become acclimated to these conditions before you arrive, making your transition more comfortable. Start acclimating at least one month before reporting.

First, begin to exercise regularly to prepare yourself for the physical rigors of the week. You can utilize the Fitness Preparation Guidelines detailed for students entering SWAB summer as a reference, which can be accessed here: [USCGA Health and Physical Education Fitness Preparation Guidelines](#). Second, start to reach and maintain optimal hydration. Drink 8-16 ounces of water or noncarbonated fluids every 2-4 hours. Drink 2-3 glasses of fluid over the two hours before strenuous activity and maintain hydration during the activity by drinking 4-8 ounces every 30-60 minutes. Avoid caffeinated beverages, as these promote dehydration. Since you may experience warm conditions and delays en route to New London, please carry a water bottle with you and maintain your hydration as outlined above.

Transportation to the Academy

Driving directions to the U.S. Coast Guard Academy are available on the Academy's website, at <https://www.uscga.edu/directions/>



If needed, bus services will be provided for AIM participants arriving on Sunday (Reporting-In Day) and departing on Friday (Graduation Day) or Saturday (after your AIM session) who will not be accompanied by a parent/guardian.

Students planning to arrive on alternate dates are responsible for arranging their own transportation to the U.S. Coast Guard Academy when reporting in for AIM. Bus services to/from Providence, Rhode Island (T.F. Green Airport) and Hartford, Connecticut (Bradley International Airport) will be arranged by the Academy to pickup unaccompanied students at 1:30 p.m. on Sunday and to leave after the AIM Graduation on Friday afternoon or Saturday morning no later than 5:00 a.m. Students are free to depart after Graduation at 2:00 p.m.

Please bring a copy of your travel itinerary. For Sunday, the bus departure from both airports is set for 1:30 p.m. For Friday, do not schedule airline departures prior to 5:00 p.m. For Saturday (after your AIM session) all remaining students will depart for the airports no later than 5:00 a.m. Transit to/from the most local airports takes approximately 45 minutes to 1 hour. Students are not authorized to arrive to USCGA prior to Sunday (reporting-in) or to remain in Chase Hall after 5:00 a.m. on Saturday morning (following AIM).

Automobiles/Driving at CGA

Due to the U.S. Coast Guard Academy's heightened security posture, you may be required to present your AIM acceptance letter at our Main Gate. The vehicle's driver must have a valid state issued driver's license. All passengers over 18 years of age must also present a valid, government issued photo ID; a state issued driver's license is acceptable. Due to the number of cars on base for all Academy activities, parking is limited for pick-up and drop-off days, and some vehicles may be required to park in off-base overflow lots.

Scholarship Instructions

Tuition Scholarships are available for students demonstrating financial need. The scholarship request form is available at <https://www.uscga.edu/get-set/>. Scholarship request forms must be filled out and submitted via email to AIM@uscga.edu by May 15, 2022. Students awarded a scholarship will be notified by May 18, 2022.

Check-In and Registration

AIMSTERS must report to Leamy Hall by 3:00 p.m. on reporting-in day. Please do not attempt to check-in before 1:00pm. If you arrive prior to 1:00 pm, feel free to tour campus on your own until check-in begins. At check-in you will be required to present proof of vaccination against COVID-19 AND proof of a negative COVID-19 test result (please refer to the Medical/COVID Information section below for amplifying information).

The program normally begins at 3:00 pm, with registration taking about 40 minutes. Early arrivals will watch a video. Snacks will be provided, however, please eat lunch prior to reporting in. Once assembled, as early as 4:00 pm, AIMSTERS will leave for their rooms with the rest of their company.



Arrival attire should include appropriate athletic gear, which is neat in appearance. This includes broken-in sneakers, t-shirts with limited graphics, shorts that are of an appropriate length, and overall comfortable clothing items that you can run and exercise in.

If you are delayed and will arrive after 3:00 p.m., call the AIM Operations Center at (860) 701-6284. Indicate that you are an AIM student.

Rooms and Meals

During AIM, you will be housed in Chase Hall, the largest building on the U.S. Coast Guard Academy campus. All rooms for AIM are designed for three people and include beds, desks, closets, and storage space. Your meals will be served on campus throughout your stay. On reporting-in day, your first meal is dinner at 5:30 p.m. Prior to that, you will have to make your own arrangements off campus or bring a meal with you.

Rules and Regulations While Residing in Chase Hall

Compliance with these basic rules is **MANDATORY** for all students attending the AIM program. Non-compliance and/or disregard for these rules may result in dismissal from the program. Students dismissed for disciplinary infractions will not be refunded the cost of attendance and will be required to arrange their own travel home; they will not be allowed to remain on base.

1. Departing Chase Hall unescorted is not permitted. Departing Academy grounds is not permitted except for authorized medical reasons and requires Academy staff escort.
2. Use of smokeless tobacco, nicotine, or alcohol is not permitted.
3. Rooms:
 - No food is to be stored or prepared in Chase Hall rooms (this includes jam, butter, cheese, opening canned foods, bottles, and brewing coffee).
 - Occupants may not hang objects out of or in windows.
 - Rooms that are not your own are off limits unless invited and escorted by the residents of that room.
 - Occupants shall maintain a neat and orderly room. The cadet cadre will teach you how to keep your rooms in 5 good order. Whenever your room is unoccupied, beds must be made, the floor must be clean and swept, and the room must present an orderly appearance.
 - Valuables should be secured/stowed before you leave your room.
 - You must be in your own room and quiet by 10:00 p.m.
4. Disruptive or dangerous behavior is prohibited.



Departure

The AIM program will conclude after Graduation on Friday. Students are free to depart the Academy after 2:00 p.m. Academy buses and vans for unaccompanied students will depart the campus at 1:30 p.m. for the airports on Friday. Do not schedule airline departures before 5:00 p.m. Transit to local airports takes approximately 45 minutes to 1 hour. If departing by car, please plan to depart Leamy Hall parking lot at an agreed upon time by 2:30 p.m. If leaving by car, please check out with a staff member before departing. There are no scheduled events on Friday evening, so please try to arrange your departure for as early as possible. Dinner will be served for those remaining for late departing flights.

Participants who will be unaccompanied and must remain in New London due to the departing flights on Saturday morning are invited and will be scheduled to stay in Academy accommodations Friday night. Shuttle service will be provided first thing in the morning (prior to 5:00 a.m.) to the respective airports for the morning flights. There are no scheduled events on Saturday morning, so please try to arrange your departure for as early as possible. Participants will not be authorized to stay in Chase Hall or any other Academy accommodations after shuttle departures on Saturday morning.

What to Bring

You will have physical training every day, so please bring enough clothing for the entire week. There will be an opportunity for ONE laundry evolution mid-week. The temperatures may be in the 80s and 90s with possible rain, and humidity. Dress in athletic gear, but neat in appearance. Sneakers are mandatory. The Academy will issue FOUR AIM t-shirts and THREE pairs of AIM shorts. Shorts are acceptable attire for the classrooms and Chase Hall.

Do not bring excessive amounts of money or other valuables. The Academy is not responsible for lost or stolen articles. Radios, iPods, iPads, any size mp3 player, laptops, and other personal electronic devices are not allowed.

You should bring your cell phone in order to contact your parents/guardians or to alert the Academy of travel changes/delays. **Upon arrival, cell phones will be collected and stored in a secure location; they will not be returned until the program ends.** Parents/guardians requiring urgent communication with their students should contact the Academy and direct their call to the AIM program supervisor. Click for a printable [Planning and Packing Checklist](#).

These items are required and should be brought to AIM:

- Medical Insurance Card
- COVID-19 Vaccination Card
- Proof of negative COVID-19 test result OR COVID-19 at-home test kit



- One set of twin sheets with pillowcase (standard size)
- Blanket/Comforter/or Sleeping Bag
- Plain Dark Navy Blue Crew Neck T-shirts (5)
 - Shirts must fit loosely, have sleeves, and not be altered in any way
- Athletic Shorts (3)
 - Shorts must fit loosely, not be altered in any way, and be large enough so undergarments will not be visible
- Underwear (7-10 pairs)
- Swimsuit (Women: One-Piece; Men: No Speedos)
- White Athletic Socks (7-10 pairs)
- Athletic Compression Shorts (2 - optional)
- Pajamas/Sleepwear
- Broken-in running shoes with excellent support (do not bring new shoes)
- Shower Shoes (flip flops that can be worn in the shower) (1)
- Sweatshirt (1 - optional)
- Sweatpants (1 - optional)
- Towels (1 required, you may bring a 2nd if desired)
- Washcloths (optional)
- Medication (as required)*
- Toiletry articles and Toiletry Bag
- Sunscreen, SPF 30+ (1)
- Money (for souvenirs)
- Wristwatch (optional) - Note: Smart Watches are NOT permitted

*If you are taking prescription medication, please bring a letter from your physician indicating the medication being taken and dosage.

These items are optional, but are often brought to AIM:

- Personal journal, Bible, or other book (limit of three, total)
- Lock for luggage

We recommend that you carry these items if you are flying in the event your luggage is delayed:

- Military ID Card (for military dependents only)
- Copy of Medical Insurance Card
- Copy of COVID-19 Vaccination Card
- Proof of negative COVID-19 test result OR COVID-19 at-home test kit
- Coast Guard Academy AIM Handbook 2022
- Copies of all forms and required submission items in this packet
- Two pairs of glasses, or contact lenses, if you wear them. Contact lens wearers: bring the current written prescription (usually on the box) and your lens case with solution.



Medical/ COVID Information

All students attending AIM are required to be fully vaccinated against COVID-19 (booster not required) AND must show proof of a negative COVID-19 test result within 72 hours of arrival; at home COVID-19 rapid test kits are acceptable, we ask that you conduct the test upon check-in and show proof of results. In the event that someone tests positive or exhibits symptoms of COVID-19 they will be placed in quarantine and provided for by the Academy until they can be picked up by a guardian. Guardians, please note that you will be required to pick up your student within 24 hours.

AIM students will not be treated on Base beyond first aid care and immediate emergency response by trained EMTs on Staff. All other medical needs will be provided through the local emergency room or walk-in clinic. Care rendered to AIM attendees by civilian physicians and hospitals are at the expense of parents/guardians and insurance policies held by the same. AIM students **MUST** bring their insurance card with them along with proof of vaccination against COVID-19. AIM students will not be treated on campus nor will they be treated by Coast Guard personnel, except as stated above. Students without medical insurance will not be eligible to attend AIM.

A medical release form and medical history form are part of your acceptance paperwork. You will not be considered registered for AIM until these forms are received. The U.S. Coast Guard Academy will immediately contact your parents/guardians if warranted by a medical emergency. Eligible military beneficiaries should bring their ID cards.

***Please Note:** Medical qualification for AIM does not indicate that you will be qualified for entry into the Coast Guard Academy. All direct entry applicants will be provided a full medical exam through the Department of Defense Medical Exam Review Board (DoDMERB), an independent military contractor, in order to determine medical eligibility. AIM medical clearance is solely to ensure the safety of all participants throughout the week, as a full medical evaluation is not feasible before completion of an application. Common medical disqualifiers for direct entry include color-blindness, certain types of medication use, asthma, and vision not correctable to 20/20. More information on medical standards can be found at <https://www.uscga.edu/common-disqualifying-medical-conditions/>.

Program Separation Policy

It is the goal of all Coast Guard Academy staff and cadets to retain all AIM participants for the entirety of the program and provide a rewarding, positive experience. However, if a student needs or elects to be disenrolled from the program for ANY reason before the program concludes, it is the responsibility of the parent/guardian to arrange and pay for transportation home as soon as possible. Students not fully able or willing to participate in the program cannot be housed on campus and will be separated from the program immediately. Students requesting disenrollment will not be permitted to return to the program. AIM will operate under 80 graduation criteria, meaning that if a student is away from the company for a total of 24 or more cumulative hours throughout the six day session, that student is not eligible to graduate from AIM.



Regardless of graduation, all AIM participant performance is evaluated. Therefore, all AIM participants are encouraged to complete the program with their companies to the best of their ability. All evaluations are included in each AIM participant's Admissions file for review by members of the Admissions staff and will be considered if the participant completes an application for entry into the next year's class. CGA Admissions understands the rigors and dynamics of the AIM six-day summer program and that a participant's eligibility to graduate may be beyond their control, and therefore, graduation from AIM is not a prerequisite for application or admission to the U.S. Coast Guard Academy.

Refund Policy

All tuition payments for AIM must be paid in full by May 31, 2022. The ordering of supplies necessary to run the AIM program relies on the anticipated number of participants and tuition payments made. Therefore, there will be no tuition refunds for students who need or elect to be dis-enrolled from the program for any reason before the program concludes or for students who voluntarily rescind their acceptance to attend AIM after June 10, 2022. Refunds will, however, be provided for those who test positive for COVID-19 upon reporting. A parent/guardian must pick up their student should they test positive.

Height and Weight Standards

Height and Weight standards for entry into the Coast Guard Academy are below. All students must be compliant in order to receive a full appointment for the Class of 2027. Standards are gender neutral. These standards are based on a body mass index (BMI) of 27.5.

Height (INCHES)	Max Allowable Weight (LBS)
58	131
59	136
60	141
61	145
62	150
63	155
64	160
65	165
66	170
67	175
68	180



69	186
70	191
71	197
72	202
73	208
74	214
75	220
76	225
77	231
78	237
79	244

Communications

In case of a family emergency, a message can be left by calling the AIM Operations Center at (860) 701-6284 or the Admissions Front Desk at (860) 444-8503.

For general questions related to AIM prior to the start of the program, please email or call your Admissions Officer, email AIM@uscga.edu, or call the Admissions Front Desk at (860) 444-8503

Acceptance Checklist

Please complete the on-line forms below and e-mail them to AIM@uscga.edu by June 15th, 2022. Instructions will be transmitted to accepted students via the email address used to complete your AIM application.

- Complete the Medical Release and Emergency Contact Form
- Provide a copy of your COVID-19 Vaccination card
- Provide a copy of your Medical Insurance Card
- Complete the Image Release Form
- Complete the Online Travel Survey

Note to Parents

If you are traveling with your student, we encourage you to participate in AIM activities on Friday from 9:00 a.m. until about 12:30 p.m. Attendance is voluntary. The campus will open for guest arrival starting at 9:00 a.m. Scheduled activities will be followed by a short graduation ceremony



in the afternoon. You are free to walk the campus on your own throughout the day. The Graduation Ceremony will also be livestreamed for those unable to attend.

Please note that the AIM Program will conclude for students on Friday afternoon. Additional information will follow leading up to the event, including a schedule to be posted by June 1st with additional details and guidelines for Graduation Day.

On behalf of the USCGA Cadets, Admissions Staff, Faculty, and Partners we look forward to the opportunity to have your daughters & sons apart of AIM 2022!

