

COMBAT RESCUE OFFICER APPLICATION—FY 2022



Application Deadlines

Fall Assessment: 20 Aug 2021

Spring Assessment: 14 Jan 2022

Submit questions and applications to CRO org box: CRO.Selection@us.af.mil

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1. INTRODUCTION

Thank you for your interest in the Combat Rescue Officer (CRO) career field. This document outlines the application and assessment procedures for becoming a CRO. For additional information, please email CRO org box – CRO.Selection@us.af.mil

The United States places a lot of faith in ensuring Personnel Recovery Specialists are prepared to bring home U.S. citizens and expects the highest caliber of leaders to be out in front. Preserving the lives and well-being of U.S. personnel is one of the highest priorities of the nation and Department of Defense (DoDD 3002.01). In support of this priority, the USAF holds Personnel Recovery (PR) as one of the service core functions, the fundamental tasks the service performs for the nation and its citizens. USAF Combat Rescue Officers fulfill this function by leading and advising operations across the full spectrum of military operations and during all phases of joint, coalition, and combined operations. Combat Rescue Officers work side-by-side with USAF and joint forces, as well as interagency partners to carry out one of the most challenging tasks—*saving lives and safeguarding the honor of our nation and its citizens*.

Combat Rescue Officers (CROs) are Special Warfare (AFSPECWAR) Airmen charged with rescuing personnel, recovering national assets, and managing PR activities. The CRO Air Force Specialty Code (19ZXC) is a non-rated aircrew officer that leads and commands PR as a direct combatant. Combat Rescue Officers are the focal point during the four PR functions (Prepare, Plan, Execute, Adapt) and provide expertise to command and battle staffs on recovery operations, to include survival, evasion, resistance, and escape (SERE) programs.

2. CAREER FIELD ELIGIBILITY

CROs require high levels of physical fitness, mental agility, professionalism, leadership, interpersonal skills, initiative, psychological stability, motivation, and technical competency. Additional eligibility criteria are listed below:

- Male or females may apply
- Security clearance: Applicant must be eligible to obtain a Top Secret clearance
- **Retention: Six years (CRO trainees will incur six year active duty service commitment, upon completion of training pipeline)**
- Volunteer for Hazardous Duty: Parachute (Static-line and Freefall), Combat Diver (SCUBA) Open and Closed Circuit
- Background: Outstanding resume and no negative personal history
- Medical/Physical: IFC III Flying Physical (SWIC), according to AFI 48-123
- Physical Fitness: At a minimum, candidates must satisfactorily complete the minimum scores on the PT Evaluation

3. APPLICATION PROCEDURES

Two assessments are conducted each year. Each assessment has two phases: Phase I and Phase II. In Phase I, a panel of career field experts review and stratify applications submitted by the deadline. The top applicants are invited to attend Phase II Selection. Phase II consists of a one-week evaluation conducted after Phase I. Candidates must attend Phase II in TDY status and funding is provided.

Upon completion of the Phase II evaluated events, the hiring board makes selection of new CROs. Applicants will be provided feedback on their select/non-select status. The schedule for the two selection cycles is as follows:

Mid – January	Phase I applications due (Phase II likely in March)
Mid – August	Phase I applications due (Phase II likely in October)

Receiving an invitation to Phase II means the Phase I selection board would like to take a closer look at your potential to become a CRO. Your decision to attend is voluntary and non-binding. Being selected at Phase II means the selection board president has approved your entry into the career field and pipeline training. It is ultimately up to you to accept the challenge.

AFROTC/USAFA Cadets: Cadets should submit a Phase I package before they are classified in another AFSC. ROTC cadets must have successfully completed Field Training before applying. USAFA cadets can apply in their Second Class year. Senior cadets are not prohibited from applying; however, these applications will be handled on a

case-by-case basis with the Line Officer Accessions Program Manager at AFPC. In most cases, cadets will be allowed to attend Phase II on a contingent release from their assigned career field.

Inter-service Transfers: Officers in other services seeking to apply should reference AFI 36-2005, Officer Accessions, Chapter 7. Interservice Transfer are handled by each services personnel commands. The process is rather lengthy, taking upwards of one year to complete. Officers wanting to transfer over to be CROs, STOs and TACPOs are currently only approved on a case-by-case basis. Recommend submit your application to the Phase I selection board before a service transfer is approved. However, you must include in your application a letter from your commander supporting this transfer. Selection at Phase II does not guarantee an approved inter-service transfer; the processes are independent of each other. It is highly recommended that this process be started at least six months in advance of Phase II due to the time required to complete a transfer. For additional information, contact MSgt Michael Gann who is an AFSPECWAR recruiter at email michael.gann.1@us.af.mil.

Officer Training School: Enlisted members who desire to attend Officer Training School (OTS) should first ensure they are eligible. This link outlines requirements: <https://www.recruiting.af.mil/About-Us/AFRS-Line-Officer-Accessions/>. Candidates will be required to clear AFRS/RSOC before being invited to attend Phase II. Upon selection from Phase II, you will submit an OTS package. Selection at Phase II doesn't guarantee acceptance into OTS, you must still meet the requirements outlined by AF Recruiting Service (AFRS) to enter OTS and earn a commission.

Active Duty USAF: Applicant must notify their appropriate career field/functional manager of their intent to become a CRO if selected from Phase II. The candidate must also receive an endorsement letter from their commander. If the applicant is invited to Phase II, but was not selected, the applicant will return to their previous assignment and career field.

Civilians: It is Air Force policy that civilian college graduates and civilian college seniors within 12 months of graduation from an accredited school will be eligible to be placed on active duty under the Special Warfare Airman Program (SWAP) for the purpose of completing Phase II selection process if the civilian completes Phase I of the CRO selection process. After successful completion of Phase II, the SWAP participant will remain contracted in SWAP and will attend Officer Training School (OTS) prior to beginning initial skills training. Individuals interested begin the process by contacting an active duty Air Force Special Warfare Recruiter in their local area. Civilian recruits must meet the following criteria to be eligible:

- Be between 18 and 39 years of age at the time of commissioning.
- Possess a minimum 2.5 GPA on a 4.0 scale for all college-level studies, as well as their academic major, and be in good academic standing (i.e. not be on probation at time of enlistment)
- Attain a minimum score of 15 on the verbal and 10 on the quantitative sections of the AFOQT. No exceptions to policy will be entertained for scores that do not meet the minimum requirements.
- Provide, through his/her school, official transcripts of his/her completed course work. College seniors must provide an official letter from the school, certified by the university/college registrar, indicating courses taken by academic term, which verifies degree to be awarded and graduation to coincide with the SWAP. College graduates must provide a copy of his/her college graduation degree and certified copy of official transcripts from the university/college registrar.
- Those selected at Phase II will have to complete USAF Officer Training School (OTS) prior to beginning CRO training. Phase II selection does not guarantee acceptance into OTS. The OTS application process is separate from Phase I and Phase II. The recruiter and/or SWAP Program Manager will provide the application, information and OTS requirements needed at the conclusion of Phase II.
- Interested civilians should contact the SWAP Program Manager @ 330RCS.OL-E.BASP@us.af.mil for further details.

First-Time Non-Selects: Candidates who attend Phase II but are not selected are not guaranteed a Phase II invitation in future selection cycles. If the cadre identify deficiencies/weaknesses that they would like to see corrected before accepting you into the CRO community, you must submit an updated application that addresses those deficiencies.

4. **PHASE I**

Phase I applications are due by the date posted on the top of each cycle's application. The Program Manager conducts an initial review of the applications to ensure required information is included. The Program Manager

convenes a review board consisting of CROs. The board ranks the applications, identifying the candidates most likely to succeed. Once invitations are sent, the Program Manager contacts the individuals with Phase II reporting instructions.

The Program Manager designates the candidate team leader. At that time, the team is encouraged to begin team building via email and other means. The more cohesive the team is prior to arrival, the better the team interaction will be during Phase II, enhancing everyone's chances to be selected. The team leader is the primary means of contacting the Program Manager for assessment-related matters. The Program Manager is your definitive resource for all policy, continuity, and information on Phase II.

Applications from candidates are stored for Phase II cadre to gain an initial impression of the team members. All non-invited applicants may request feedback on their applications from the Assessment Director. If you do not hear from the Program Manager within 45 days of submitting your application, contact the CRO org box for details.

Read through ANNEX A for complete instructions and guidance on constructing your Phase I package.

5. PHASE II

Phase II Selection is conducted in person at a designated evaluation location. The purpose of Phase II is to assess each candidate in the Special Warfare attributes for the purpose of determining if you have the raw skills to operate in the Special Warfare environment. Your performance will be evaluated as a team member and as an individual. The schedule is designed to stress you. The cadre will observe and take notes on everything you do. These observations will be the basis for a hiring recommendation. The data will also be used to provide critical feedback to enhance your personal and professional growth.

Candidates must be prepared for a physically and mentally demanding week. Feedback from most candidates indicates this week is more demanding than they expected. The cadre will push you physically and mentally to assess critical attributes in adverse situations. You will be expected to perform and meet specific standards in all events.

Billeting will be coordinated for all candidates. Candidates will be billeted together for the duration of Phase II. The candidate team leader is responsible for passing travel and contact information for all candidates. The first person to check in will be responsible for facilitating in-processing of additional candidates. When the candidate team leader arrives, he or she must check in with the Program Manager for further instructions.

There are five ways to be dismissed during Phase II:

- 1) Failure to meet minimum physical fitness standard; Member did not meet the minimum fitness standards required for entrance into CRO and complete the assessment.
- 2) Medical DQ; disqualification based on recommendation of medical personnel or failure to complete a major event due to medical evaluation or treatment.
- 3) Quit by Action (QBA); Failure to Train (FTT) occurs when an instructor informs the candidate to train at an event or perform some action and he/she refuses. Three FTTs given by Cadre will result in elimination from assessment as QBA. When FTT is given, the candidate is pulled from training and provided individualized counseling to discuss the deficiency with the Cadre lead before returning to the training event.
- 4) Self-Initiated Elimination; defined as candidate verbalizing to the cadre "I quit," "I no longer want to be here," or any statement/action indicating that a candidate is unwilling to continue. Candidates will confirm their decision by verbalizing to a Cadre member.
- 5) Committing any offense punishable under the UCMJ or violation or assessment policies demonstrating inability to uphold the standards of excellence required by the Air Force and the Department of Defense. This includes integrity and safety violations.

Candidates should be prepared for the following:

- Extensive psychological testing and interviews
- Briefing and writing skills evaluations
- Problem solving events
- Leadership ability evaluations
- Ruck-marches with 50 – 70 lbs. of weight at distances up to 12 miles
- Running for distances up to 8 miles at a time

- Calisthenics sessions of various exercises
- Water confidence evaluations to include:
 - o Under water swim intervals
 - o Mask and Snorkel recovery
 - o Buddy breathing
 - o Treading water
 - o Drown proofing
 - o Surface swimming

Note: Practicing sub surface water confidence is highly encouraged, but practicing without a swim buddy is dangerous and not condoned.

Candidates who successfully complete Phase II and are selected can expect PCS orders to Kirtland AFB, NM. PCS timeframe will be coordinated with the losing command via AFPC. The Program Manager will work with you throughout this process.

After you PCS, you will maintain a physical training regimen and complete various in-house training between pipeline schools. This arrangement is designed to enhance your awareness of Special Warfare and Personnel Recovery missions, maintain your motivation and foster professional development as a CRO. After the Training Office schedules your training courses, you will enter the training pipeline and will be returning to Kirtland AFB after each school.

--A final note about CRO commitment and service--

The assessment and training process is difficult. Once an officer qualifies, the position of leadership, sustainment training and deployment is demanding. There are significant personal dangers involved with the operational mission and, very often, extended periods of duty away from home. The decision to enter the CRO career field should not be made alone, regardless of an applicant's conviction and personal commitment. The family should be considered. Spouses and children often experience anxieties, fears, loneliness and pressures associated with the service member's profession. Those who do adjust find an exciting and rewarding life that they may share with fellow operators and their families.

ANNEX A

Phase I Application Instructions & Example

PHASE I APPLICATION INSTRUCTIONS

Proof read your application for accuracy, format, grammar, and spelling. In Phase I, the selection board relies solely on information and impressions made through your application. Incomplete or poorly crafted applications are a reflection of the applicant's professionalism. As a general rule, successful Phase I applications are concise, easy to understand, and are not filled with extra "fluff." Your success in the Special Warfare community begins with this application.

The application will include the following in this order:

1. Cover page – Typed, using Times New Roman, black text, and Font size 10. Candidate signature must be hand signed.
2. Personal Narrative – One page in length (See example for format and specifics)
Note: Candidates who have previously attended Phase II, but were not selected, must provide a statement on their identified problem areas and what have been done to improve their readiness.
3. One page résumé, emphasize leadership experience. (See example for format) **Note:** USAF military members must also include their SURF.
4. One signed recommendation letter from your commander, no more than one-page in length. The letter should comment on your leadership abilities including relevant examples.
5. Copies of the three most recent performance or training reports, cadet evaluations, etc. If your time in service is too short to have three reports, include what is available.
6. A signed statement from a medical authority documenting the medical facility and date of your most recent physical examination.

Every effort should be made to accomplish an IFC III Physical Examination prior to applying to Phase I. If this is not possible, include details of the type of examination administered. Include the name and contact information of the Flight Surgeon (or sister service equivalent) that accomplished the examination.

You may attend Phase II with an incomplete IFC III physical, however your selection at Phase II will be contingent upon its completion and certification. Do not include any portion of your medical records or any privileged medical information in your application. The Pararescue Medical Program Manager will review your records electronically, if possible. If host base Force Health/Flight Medicine is unfamiliar with SWIC physical procedures, have them contact the CRO org box.

When complete, your application should be scanned into a PDF file as ONE DOCUMENT, and sent via signed official email (.gov or .mil) to CRO.selection@us.af.mil Put your last name and "CRO Application" in the subject line of the email, such as "Johnson-CRO Application". For cadets that do not have access to official email, have an active duty leader send it in for you. **Additional Notes:**

- The format on the next pages is not an option. Follow the example. Do not include the footer you see below that says: "Current as of DATE". Page numbers are not needed.
- If the header or section does not apply to your situation, delete that section.
- Be sure that all signature blocks are hand signed either by wet ink or a stylus.
- The top of the first page of the application should read "CRO APPLICATION PACKAGE", whichever you are applying for.

CRO APPLICATION PACKAGE**DATE:** _____**Rank/Name:** 1Lt John B. Doe**SSN:** xxx-xx-xxxx**Work Address:** 123 Main Street, Denver, CO 12345**Email:** john.doe@us.af.mil**Phone:** 850-555-1234**Duty Title:** Logistics Training Flight Commander**Branch of Service:** USAF **AFSC/MOS:** 21A1**Commissioning Source:** USAF Academy**Commissioning Date (Month / Year):** May 2010**Cumulative GPA:** 3.2 **Major:** B.S. Humanities**Attended Phase II/SOCOM Training:** Yes / No If yes, when: (Month, Year) CRO, STO, TACPO, STOC, CROSHOW, etc:**INSERT YOUR PHOTO HERE.**

The photo should be an official forward facing portrait against a white background. You should be in service dress and the photo should extend from the bottom of your name tag/bottom of your ribbon rack to the top of your head.

If an official photo lab is not available, use a digital camera and stand against a white wall with nothing in the background.

Commander Name/Rank: Major John Smith**Email/Phone:** john.smith@us.af.mil / 850-678-1234

Fitness Assessment Score: _____**PT Test Date:** _____**Pull-ups** **Sit-ups** _____ **Push-ups****3 Mile run** _____ **mins** _____ **secs****25 meter underwater swim (Pass / Fail)****1500 meter swim** _____ **mins** _____ **secs****Administrator Name/Rank:****Contact (Email/Phone):**

Candidate acknowledgment statement: "I, (Insert Name Here), hereby apply to become a Combat Rescue Officer and volunteer to perform the hazardous duties inherent to Special Warfare. I acknowledge that I can be removed from further assessment for any of the following reasons: 1) quitting through words or actions, 2) becoming a medical or safety risk, 3) committing an integrity violation such as lying, cheating, or stealing, or 4) failing to meet specified fitness standards. I further acknowledge that upon graduation of training, I will incur a six-year active duty service commitment in accordance with AFI36-2107 *Active Duty Service Commitments*, Rule 25, Note 16. The information contained in this application is true to the best of my knowledge.

Candidate Signature: _____ **Date:** _____

MEMORANDUM FOR COMBAT RESCUE ASSESSMENT BOARD

FROM: 1SOMXG/MXMG

SUBJECT: Personal Narrative

1. This document is provided to give the selection board an overall understanding of your character and personality. It should be clear, concise, and free of extra “fluff” statements. It should include your personal background, such as where you grew up, significant jobs/positions held, an explanation of your experiences and involvements before and during military service, an explanation of your perceived strengths and weaknesses, a discussion on what attracts you to become a Combat Rescue Officer, and why this is the right career for you.
2. The narrative will be formatted with 1 inch margins on the bottom, left, and right sides. The top margin will be between 1 inch and 1.5 inches depending on the heading you establish.
3. The heading format you see above should be followed with your own information entered in the FROM portion. The document may not exceed more than one page in length. Use Times New Roman with font size 12. Include a crest in the upper left hand corner of your header similar to an official memorandum for record. See AFH 33-337 *The Tongue and Quill* or sister service equivalent for examples of an Official Memorandum for Record.



JOHN A. DOE, 1st Lieutenant,
USAF Logistics Training Flight
Commander

PERSONAL RESUME

John Doe SSAN: XXX-XX-XXXX 1st Lt, USAF DOB: XX DEC XX AGE: XX

SERVICE HISTORY

Sept 14 – Present

Logistics Training Flight Commander, 33LSS, Eglin AFB, FL. Leads 15 personnel in five function elements. Manages all logistics training programs. Ensures dissemination of higher headquarters training directives throughout the wing. Develops monthly training plans and schedules training events for 2,200 wing personnel. Monitors and directs the on- the-job training program for over 1,600 enlisted personnel. Provides monthly status of training briefing for all commanders. Maintains and controls over \$50M in training assets. Advisor to Wing Commander on issues.

Jan 14 – May 14

Cadet Squadron Commander, US Air Force Academy, supervised discipline, training, and safety of 104 cadets...

Cadets from USAFA and AFROTC should highlight any applicable leadership experiences or participation in any preparation programs in this section as well. Use Times New Roman, font size 10.

EDUCATION

B.S. Professional Aeronautics	Embry Riddle Aeronautical University	2010
A.A.S. Industrial Management	Northwest Florida State College	2010
A.A.S. Airway Science	Community College of the Air Force	2008

PROFESSIONAL MILITARY EDUCATION (If applicable)

Non Commissioned Officer Academy	2010
Airman Leadership School	2007

CERTIFICATION/AWARDS

USAFA Distinguished Graduate
Army Air Airborne
EMT Basic Certification
PADI Open Water Diver Certification
USAFA Superintendents List (Fall 08, Spring 09, Fall 10, Spring 10)

PERSONAL INTERESTS

Fly Fishing, fitness, reading, skiing, rock climbing
Additional Parts of Application:

- Letter of Recommendation will be formatted according to AFH 33-337 *The Tongue and Quill* or sister service equivalent.
- Training reports for active duty members are already formatted using an Air Force form.
- Cadet training reports do not have a required format, but should have three separate documentations of available Field Training reports for AFROTC or CPR-II items for USAFA.
- A signed statement documenting the medical facility and date of your most recent physical examination

ANNEX B FITNESS ASSESSMENT STANDARDS

General. Applicants shall complete the physical training test in accordance with these procedures as part of the application. This test is based on the Special Warfare operator physical training standards/evaluation test described in AFI 10-3502v1, *Pararescue and Combat Rescue Officer Training*.

Standards. You must complete the minimum number of exercises, the run and swim within the times specified below. Selection is extremely competitive; you should give your very best effort, which should be well beyond the minimums. When you submit your application, your PT Eval should have been accomplished within three months of the Phase I due date, and as close to Phase I as possible to reflect your current level of fitness. The primary reason candidates are removed for Fitness Assessment failure is due to **training without proper form on calisthenics**. Anything less than a perfect repetition will not be counted at Phase II and therefore should not be counted by your evaluator during Phase I fitness assessment.

CALISTHENICS: pull-ups, sit-ups, push-ups -- exercise to time limit or until muscle failure

- Minimums:
12 pull-ups in 1 minute
75 sit-ups in 2 minutes
64 push-ups in 2 minutes

RUN: 3 miles non-stop

- Minimums:
3 miles completed within 22 minutes

UNDERWATER SWIM: swim and remain underwater for 25 meters

- Minimums:
Successful completion 2 x 25 meter underwater swim

SWIM: 1500 meters non-stop -- any stroke except backstroke (without fins)

- Minimums:
1500 meters completed within 32 minutes

Fitness Assessment Evaluation Criteria							
3 MILE RUN		CALISTHENICS (minutes)				1500 METER SWIM	
TIME (min:sec)	POINTS	PULL UP (1:00)	SIT UP (2:00)	PUSH UP (2:00)	POINTS	TIME (min:sec)	POINTS
20:00	200	16	95	80	100	24:00	200
20:30	190	15	90	76	90	26:00	190
21:00	180	14	85	72	80	28:00	180
21:30	170	13	80	68	75	30:00	170
22:00	160	12	75	64	70	32:00	160
22:30	150	11	70	60	65	33:00	150
23:00	140	10	65	56	60	33:30	140
23:30	130	9	60	52	55	34:00	130
24:00	120	8	55	48	50	34:30	120

Administration. The PT test must be given in the order listed and completed within a three-hour timeframe. If you are unable to meet any of the minimums, you have failed the test. The PT test should be administered by your supervisor, such as an ROTC instructor or USAFA AOC. Other test administrators will be considered on a case-by-case basis, following coordination with the Program Manager. If you fail to execute the proper form, the test administrator will correct you and the incorrect repetition will not be counted. The test administrator will document the results on the cover sheet of your application and sign in the appropriate space.

Each candidate and administrator should watch the instructional video posted at:

<http://www.youtube.com/watch?v=0zdKD0VMKWg&feature=plcp&context=C3f31946UDOEgToPDskJY7F3h01Zie0ZF9II5EP11>. The video should **ONLY** be used as a guide for exercise form. The repetition and time standards referenced do not apply to officer candidates.

Procedures. Calisthenics events will be tested one right after the other with approximately a 2-minute time lapse between events. Upon completion of all the calisthenics events, a 10-minute rest period is given prior to starting the 3-mile run. Upon completion of the 3-mile run, a 30-minute rest period is given prior to starting the underwater swim. 10 minutes after the underwater swim, begin the 1500 meter swim. **Subsurface/Surface water:** Swimsuit, sports bra, and goggles/ scuba mask are the only authorized equipment items (no fins).

- **Pull-ups:** Pull-ups are a two-count exercise. Starting position is hanging from a bar, palms facing away from the candidate with no bend in elbows (“dead-hang”) and the head in the neutral position (eyes facing forward). Hand spread is approximately shoulder width apart. Count one; pull the body up until the chin is above the highest point of the horizontal plane of the bar maintaining the neutral position. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. The only authorized rest position is the starting position. Adjustment of the hands is permitted, but if the candidate falls off, releases from the bar or the candidate uses the ground to rest or assist in the exercise, the exercise is terminated. If the candidate's feet inadvertently touch the ground, the repetition will not be counted. If the exercise is terminated, the repetitions performed prior to termination will be recorded.
- **Sit-ups:** Sit-ups are a two-count exercise. Starting position is back flat on the surface, fingers interlocked behind the head, head off the surface, and knees bent at approximately a 90-degree angle. Candidate's feet will be placed under a “toe-hold” bar or held by another individual. Count one; sit up so that the back is perpendicular to the surface. Count two; return to the starting position. The exercise is continuous. If the member's buttocks rises from the surface or his fingers are not interlocked behind his head during the repetition, the repetition is not counted. There is no authorized rest position, so if the member stops, the exercise is terminated. If the exercise is terminated, the repetitions performed prior to termination will be recorded.
- **Push-ups:** Push-ups are a two-count exercise. Starting position is hands, approximately shoulder width apart, arms, back, and legs must remain locked straight and feet together. Count one; lower the body until the elbows are bent at a 90-degree or lower angle and parallel (shoulder to elbow) to the ground. Count two; return to the starting position. The only authorized rest position is the starting position. If the knees touch the ground the exercise is terminated. The exercise will also be terminated if the candidate raises their buttocks in the air, sags their middle to the surface, or raise any hand or foot from their starting position. If the exercise is terminated, the repetitions performed prior to termination will be recorded.
- **3 Mile Run:** Physical training (PT) clothes and running shoes are the only required. This run must be continuous (non- stop). If a candidate stops anytime during the run, the test will be stopped and considered a failure for the entire test. The test should be conducted on a measured running track. Designed to measure aerobic endurance used when performing mission tasks, specifically employment or evasion situations. This event is followed by a 30-minute rest period prior to the underwater swim.
- **2 x 25 Meter Underwater Swim:** This exercise is two-3 minute cycles consisting of an underwater swim and surface swim back to the starting point. Candidate will take a breath, submerge, push off the pool wall and swim 25 meters underwater. Candidate will then surface swim, any stroke, to the starting point. The second underwater cycle starts at the end of the first 3 minute period. Complete the second cycle as listed above. If candidate breaks the water's surface during any portion of the underwater swim, the component will be completed but considered a failure of this event.
- **1500 Meter Surface Swim:** This swim is conducted using the freestyle, breaststroke or sidestroke only without fins. The swim is continuous. If a member stops (e.g. rests holding on the side of the pool) any time or uses the bottom of the pool to assist, the test will be stopped and considered a failure of this event.