

U.S. NAVY FLEET DIVER

Information, Qualifications, and Requirements Checklist

2/24/2006

Congratulations on your decision to join the Navy and Fleet Divers. Be assured that your career as a Diver will be one that you will enjoy and be proud of for the rest of your life. Even though you've recently qualified for the Special Operations Challenge, the Fleet Diver Community wants to welcome you and ensure that you understand your future and the challenge ahead of you.

Navy Divers are assigned to the Naval Expeditionary Combat Command, located in Little Creek, VA and to Naval Units throughout the Navy. Divers routinely deploy worldwide, where they are assigned under specific operational commands.

Navy Divers begin their initial training at the Naval Diving and Salvage Training Center in Panama City, FL. Diver training is physically demanding. Applicants must be in excellent physical condition to be successful in the training pipeline. Diver training is not designed to "get you in shape"; you should have led a lifestyle of physical fitness. The Physical Screening Test (PST) mentioned in this checklist is the minimum threshold for individual fitness. If you pass the PST at the minimum level, you must be able to increase your rate of performance throughout Diver training in order to be successful in the training pipeline. Although this training is challenging and difficult, you need to understand that many Sailors before you volunteered and accomplished what you are endeavoring to do. You can expect to be rewarded with an exciting and challenging career. As a Diver, you will be stressed to your limits and beyond. You will serve with the very best men and women in an exciting undersea career. **Stay focused, be prepared, make mature choices, and lastly, understand that you are volunteering to be part of the elite Navy Fleet Diver team.**

Your Fleet Diver Challenge Contract

First, you need to understand that as a Fleet Diver Challenge candidate you must maintain a high degree of physical fitness. You will be required to pass the Physical Screening Test (PST) within the first 60 days of your Delayed Entry date. You will also retake the PST within 14 days before you, "ship", depart to RTC Great Lakes. Ensure you perform your PST with the Navy Recruiting District NSW/NSO/Air Rescue Coordinator, who will be contacting you soon. Your PST scores will be documented and remain in your official record.

Below are the standards for the Fleet Diver PST candidate:

PST	DIVER
SWIM 500 YDS. side stroke/breast stroke	14:00 min
REST 10 MIN.	
PUSH-UPS within 2 minutes	42
Rest 2 minutes	
SIT-UPS within 2 minutes	50
Rest 2 minutes	
PULL-UPS no time limit	6
Rest 10 minutes	
1.5 MILE RUN	12:45 min/sec

Here are some guidelines to follow as you prepare for the SOCFA and the PST:

- Swim: You must perform the test using either a Side Stroke or a Breast Stroke.
- Push-ups: Must be performed in strict form, with back straight. You must do full pushups to the floor and then extend all the way up until you're arms are straight.
- Sit-ups: Sit on floor, with knees bent approximately 90 degrees. Arms crossed in front of you with fingertips touching your shoulders. You'll need to sit-up until your elbows touch your thighs (near the knees), and then go back all the way until your shoulder blades touch the floor.
- Pull-ups: Grip a pull-up bar with PALMS FACING AWAY FROM YOU. Hands are to be shoulder width apart. Do not swing, kick, or bicycle to assist. Make sure you go all the way up (chin above bar) then ALL THE WAY DOWN.
- It is highly encouraged that you refer to <http://www.cnrc.navy.mil/DEP/dst.htm> for the above techniques or for Physical Training programs and nutritional information refer to <http://www.eod.navy.mil>

Your next step in the process to becoming a Fleet Diver is to pass the Physical Screening Test (PST) at RTC. You will take the PST during your first week at RTC. Diver candidates will have three chances to pass this test. If you do not pass the PST by your sixth week you will be DROPPED, released, and then reclassified into another Navy program. You will not keep your Diver Challenge and you will not go to Dive School. Your goal is to exceed these standards prior to arriving at RTC. Do not count on “Boot Camp” to get you into shape or teach you to swim, “BE READY” before you get there.

Fleet Diver Candidates:

Upon graduation from RTC and successfully completing the PST, you will go to “A” school, if you chose a source rating, followed by assignment to Second Class Diver Training. If you signed a “Seaman to Diver” Contract, you will not go to an “A” school, but instead will go to a three-week Apprenticeship training course following RTC (Boot Camp). Upon completion of this Apprenticeship training, you will be assigned to Second Class Diver Training.

The total length of Second Class Diver training, at the Naval Diving and Salvage Training Center in Panama City, FL, is 14 weeks. Following successful completion of Diver Training, the Fleet Diver candidate will graduate from the Naval Diving and Salvage Training Center and receive his/her Second Class Diver insignia. The qualified Second Class Diver will then be assigned to one of the following: a Salvage or Repair ship, a Mobile Diving and Salvage Unit, an Aviation Water Survival Training Unit, an EOD Unit, or SEAL Unit as a Navy Diver. Upon arrival at either of these units, the Second Class Diver will hone the undersea diving and salvage skills required by the United States Navy. Following a prescribed training “work-up”, the Second Class Diver will deploy to conduct operations.

Special Pays

- **Current Enlistment Bonus: Fleet Diver \$25,000**
- Second Class Diver (5343)
 - SDAP \$75
 - SRB Zone A-5.5/B-4.5/C-2.0 Ceiling award level \$45,000.00
 - Dive Pay \$150
- First Class Diver (5342)
 - SDAP \$75
 - SRB Zone A-5.5/B-5.5/C-3.0 Ceiling award level \$45,000.00
 - Dive Pay \$215
 - Demolition Pay \$150 (if qualified)

- Saturation Diver (5311)
 - SDAP \$300
 - SRB Zone A-0.0/B-5.5/C-3.5 Ceiling award level \$45,000.00
 - Dive Pay \$315

- Master Diver / Master Saturation Diver (5341/5346)
 - SDAP \$375
 - SRB Zone A-0.0/B-0.0/C-5.5 Ceiling award level \$45,000.00
 - Dive Pay \$340

Information Resources and Points of Contact

- For additional information pertaining to the Diver program contact:
 - <https://www.eod.navy.mil/>
 - ABHCS (EOD) Scott Treible
EOD Recruiter
scott.treible@navy.mil
757 462-7400 ext. 183
CELL: 757 439-8359

Date: _____

Classifier Name: _____

Classifier Signature: _____

Name of individual assigned Diver Contract: _____

Signature of individual assigned a Diver Contract: _____

Name of NRD NSW/NSO Coordinator who will contact you:

(Ensure original is included in SERVICE RECORD and COPY is given to individual receiving Diver Contract)