

SEAL/EOD/SWCC/DIVER/AIRR
PHYSICAL SCREENING TESTING STANDARDS AND PROCEDURES

1. Overview: The SEAL/SWCC/EOD/DIVER/AIRR PST shall be completed as a single event. All candidates must meet the minimum scores listed below to receive a contract or to maintain eligibility in their programs. Candidates will complete each required physical event in strict accordance with the standards outlined in paragraph 2 and in the follow sequence:

a. PST Sequence

- 500 yard swim
- 10 minutes rest
- Maximum push-ups in 2 minutes
- 2 minutes rest
- Maximum curl-ups in 2 minutes
- 2 minutes rest
- Maximum pull-ups (no time limit)
- 10 minutes rest
- 1.5 mile run

b. Minimum Scores: All candidates must meet the minimum standards for their respective programs at each phase of the selection and training pipeline. Minimum scores are subject to change via this medium or CNRC, RTC or Enterprise instruction. As soon as feasible new scores will be updated in this instruction. It should be stressed that candidates should strive to achieve significantly more than the minimum standards listed below.

i. SEAL PST minimum standards:

DEP and RTC	BUD/s
Swim: 12:30	Swim: 12:30
Push-ups: 42	Push-ups: 42
Curl-ups: 50	Curl-ups: 50
Pull-ups: 6	Pull-ups: 6
Run: 11:00	Run: 11:30

ii. SWCC PST minimum standards:

Swim: 13:00
Push-ups: 42
Curl-ups: 50
Pull-ups: 6
Run: 12:30

iii. EOD/DIVER minimum standards:

Swim: 14:00
Push-ups: 42
Curl-ups: 50
Pull-ups: 6
Run: 12:45

iv. Air Rescue minimum standards:

Swim: 13:00
Push-ups: 35
Curl-ups: 50
Pull-ups: 2
Run: 12:30

2. Event standards and test procedures

a. Swim event

(1) The swim is a timed 500 yard (450 meter) swim. The participant must complete the swim as quickly as possible using the side-stroke or the breaststroke. Both strokes must be conducted without an overhand recovery, i.e., the swimmer's hand must remain below the surface of the water, except for the AIR Rescue PST in which students may use the American Crawl. (Red ink denotes a difference between this instruction and OPNAVINST 6110.1H. See note below for explanation.)

(2) Event shall only be conducted in a standard 25 or 50 yard/meter swimming pool.

(3) The uniform for the swim portion shall be any swimsuit.

(4) The swim event shall be conducted as follows:

- (a) Swimmers enter water.
 - (b) Timer shall signal start.
 - (c) Participant will call out lap number as each lap is completed.
 - (d) Swimmers may push off from sides with hands and feet after each pool length.
 - (e) Resting is permitted by holding side of pool or treading water. Participant shall not stand on the bottom of the pool.
 - (f) Goggles or facemasks are optional but swimmers may NOT use swim caps, ear plugs, fins, snorkels, wet suit, flotation and/or propulsion devices.
 - (g) Upon completion of final lap, participant will call out "Time," and the timer will call out the time to the nearest second.
 - (h) Participant then reports time to recorder.
- (5) Event is ended if participant:
- (a) Completes the prescribed distance.
 - (b) Receives or requires assistance from lifeguard or other person.
 - (c) Uses an overhand recovery at any time.
 - (d) Uses the bottom of the pool to stand or rest.

b. Push-ups event

(1) The Push up event will be conducted in accordance with OPNAVINST 6110.1H and these pictures will help testers evaluate whether a push up is performed properly. Push-ups executed by the candidate using improper form should not be counted towards the candidate's total.



Figure 1: The "Up" position of the push-up - notice the arms are straight and the back, buttocks, and legs are in line.



Figure 2: The "Down" position of the push-up - notice the arms form right angles and the back, buttocks, and legs are in line.



Figure 3: The "Down" position of the push-up.

(2) Push-ups shall be performed on a firm or suitably padded, level surface.

(3) Push-ups shall be performed as follows:

(a) Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Both feet shall be together on floor.

(b) Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Toes and palms of hands shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface.

(c) Timer shall signal start for participant and call out 15-second time intervals until 2 minutes have elapsed.

(d) Participant shall lower entire body as a single unit by bending elbows until the arm forms a right angle.

(e) Participant shall return to starting position by extending elbows, raising body as a single unit until arms are straight.

(f) Participant may only rest in the up position while maintaining arms, back, buttocks, and legs in straight position.

(4) Push-ups are repeated correctly as many times as possible in 2 minutes and are counted aloud by the participant's partner. Incorrect push-ups shall not be counted. Participants will receive a verbal warning for any incorrect push-up. Results for event ended in less than 2 minutes shall be number of push-ups properly performed at time of termination.

(5) Event is ended if participant:

(a) Touches deck with any part of body except hands and feet.

(b) Raises one or both feet or hands off deck or ground.

(c) Fails to maintain back, buttocks, and legs straight from head to heels.

(d) Receives more than 2 verbal warnings for executing incorrect procedures.

c. Curl-ups event



Figure 4: The "Down" position of the curl-up - notice partner sits on participant's feet and holds participant's legs. Participant's buttocks remains on ground throughout curl-up, about 10 inches from heels.



Figure 5: The "Up" position of the curl-up - notice elbows touch thighs no more than 3 inches below the knees while hands remain in contact with shoulders/chest.

(1) Event shall be conducted with partner on a level surface, a blanket, mat, or other suitable padding.

(2) Curl-ups are conducted as follows:

(a) Participant shall start by lying flat on back with knees bent, heels approximately 10 inches from buttocks. Arms shall be folded across and touching chest with hands touching upper chest or shoulders.

(b) Feet shall be held to floor by partner. Any method that sufficiently stabilizes the participant's feet allowing him to perform the maximum amount of correct curl-ups may be used. The recommended method for partner to stabilize the participant when conducting the curl-up is for the partner to sit on the feet of the participant and wrap arms around the participant's legs.

(c) Timer shall signal start for participant and call out 15-second time intervals until 2 minutes have elapsed.

(d) Participant curls body up, touching elbows to the thighs no more than 3 inches below the knees while keeping hands in contact with chest or shoulders.

(e) After touching elbows to thighs, participant lies back, touching lower edge of shoulder blades to deck.

(f) Participant may rest in the up or down position but hands must remain touching upper chest or shoulders. When resting in the up position, participant may not place elbows on top of knees to rest. Participant must only rest with elbows touching thighs.

(3) Curl-ups are repeated correctly as many times as possible in 2 minutes and are counted aloud by the participant's partner. Incorrect curl-ups shall not be counted. Participants will receive a verbal warning for any incorrect curl-up. Results for event ended in less than 2 minutes shall be the number of curl-ups properly completed at time of termination.

(4) Event is ended if participant:

(a) Lowers legs.

(b) Raises feet off ground or floor.

(c) Lifts buttocks off ground or floor.

(d) Fails to keep arms folded across and touching chest.

(e) Fails to keep hands in contact with chest or shoulders.

(f) Remains in the down position for more than 5 seconds.

(g) Receives more than 2 verbal warnings for executing incorrect procedures.

d. Pull-ups event



Figure 6: The "Down" position of the pull-up - notice the arms are fully extended.



Figure 7: The "Up" position of the pull-up - notice the up position has been reached once the chin is even with the top of the bar.

- (1) Event shall be conducted at a pull-up bar.

(2) Proctor will inform the participant to begin the event, at which time participant mounts the bar and begins the event at own pace.

(3) Pull-ups are conducted as follows:

(a) Participant shall mount the bar, starting with arms and shoulders fully extended in a dead hang.

(b) Participant shall pull body up to bar until chin is even with or above the top of the bar.

(c) Participant shall not use lateral, forward, or backward "kipping" motion while performing a pull-up. Participant may cross or uncross legs if desired.

(d) After chin has passed the bar, participant must return to the starting position to complete the repetition.

(f) Participant may rest in the hanging position at any time.

(g) Event is completed when participant dismounts the bar.

(3) Pull-ups are repeated correctly as many times as possible with no time limit and at participant's own pace. Incorrect pull-ups shall not be counted. Results for event shall be the number of pull-ups properly completed upon dismounting the bar.

(4) Event is ended if participant:

(a) Touches anything other than the horizontal portion of the pull-up bar.

(b) Removes hands from bar.

(5) Participant will report push-ups, curl-ups, and pull-ups completed to the recorder after completing the pull-ups.

d. Run event

(1) The run is a timed 1.5 mile run to be completed as quickly as possible. Uniform for the timed run at BUD/S is

boots and pants. Uniform for the timed run at RTC and DEP is running shoes and shorts. Note: Candidates may take run portion of PST at RTC in boots and pants or in running shoes and shorts. Candidates at RTC who opt to take the run in shorts and shoes must pass the run portion at an elevated time of 11:00 minutes vice 11:30 for runs taken in boots and pants.

(2) Event shall be conducted on a flat, solid surface as follows:

(a) Participant shall stand at start line.

(b) Timer shall signal start and call out time intervals until completion of test.

(c) Participant calls out lap number when passing timer.

(d) Upon completion of final lap, participant will call out "Time," and the timer will call out the time to the nearest second.

(e) Participant then reports time to recorder.

(3) Event is ended if participant:

(a) Stops running or walking other than to retie bootlace or remove foreign object from boot.

(b) Completes 1.5 miles.

(c) Deviates from prescribed course.