

**Training**

**PARARESCUE/ COMBAT RESCUE OFFICER (PJ/CRO) INDOCTRINATION COURSE  
POLICIES**

---

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

---

SUMMARY OF CHANGES: This instruction supersedes all previous 342 TRS/CTFI policy handbooks. Recommendation to Change of Publication, through channels, to 342 TRS/CTFP, 1170 Medina Base Rd., Lackland AFB, TX 78236

**1. COURSE POLICIES ..... 1**

- 1.1. PARARESCUE PREP TEAM..... 1
- 1.2. LEAVES ..... 1
- 1.3. POVS ..... 1
- 1.4. DORMITORY STANDARDS ..... 1
- 1.5. MEALS ..... 2
- 1.6. TROOP MOVEMENT AND SINGING ..... 2
- 1.7. SICK CALL ..... 2
- 1.8. ISSUED MEDICATIONS/SELF-MEDICATION ..... 4
- 1.9. FLIGHT PHYSICALS.....4
- 1.10. UNIFORM ..... 4
- 1.11. DUTY SCHEDULE/HOURS ..... 4
- 1.12. CONSUMPTION OF ALCOHOLIC BEVERAGES ..... 5

**2. SAFETY STANDARDS..... 6**

- 2.1. GENERAL..... 6
- 2.2. ROPE CLIMB..... 6
- 2.3. RUN TRAINING..... 6
- 2.4. CALISTHENICS ..... 7
- 2.5. WEIGHT TRAINING..... 7
- 2.6. POOL TRAINING..... 7

**3. TRADITIONS ..... 8**

- 3.1. CADRE RESPECT..... 8
- 3.2. CADRE HALLWAY..... 8
- 3.3. DROPS..... 8
- 3.4. EXITING/ENTERING SCHOOL GROUNDS ..... 9
- 3.5. ROPE CLIMB..... 9

3.6. THE RAIL/TELEPHONE POLE/ZODIAC BOAT.....	10
3.7. THE TEAM ROPE .....	10
3.8. ROPE COMMANDS/PROCEDURES.....	10
3.9. TEAM CARTOONIST .....	11
3.10. SKIT.....	12
3.11. RECORD BOARD .....	12
3.12. INDIVIDUAL AWARDS.....	12
3.13. INDIVIDUAL MOTIVATIONAL TRAINING AIDS.....	13
<b>4. POLICY VIOLATIONS/CORRECTIVE PROCEDURES.....</b>	<b>14</b>
4.1. GENERAL.....	14
4.2. COUNSELING .....	14
4.2.1. Academic.....	14
4.2.3. Physical.....	14
4.2.4. Attitude.....	14
4.3. SETBACK .....	15
4.4. ELIMINATION.....	15
4.5. RINGING OUT.....	15
4.6. FAILURE TO TRAIN (FTT).....	15
4.7. FORMAL REVIEW BOARD (FRB).....	16
<b>5. TEAM LEADER RESPONSIBILITIES.....</b>	<b>17</b>
5.1. AUTHORITY.....	17
5.2. GENERAL GUIDELINES .....	17
5.3. DUTIES AND RESPONSIBILITIES .....	18
<b>6. PHYSICAL /WATER OBJECTIVES.....</b>	<b>19</b>
6.1. GENERAL.....	19
6.2. PHYSICAL OBJECTIVES.....	19
6.2.1. Run .....	19
6.2.2. Calistenics.....	19
6.2.2.1. Pull-ups.....	19
6.2.3.2. Sit-ups.....	20
6.2.4.3. Push-ups .....	20
6.2.5.4. Fin Swim .....	21
6.3. WATER CONFIDENCE OBJECTIVES.....	21
6.3.1. Buddy Breathing.....	21
6.3.2. Treading Water.....	22
6.3.3. Underwater Knot Tying.....	22
6.3.4. Drown Proofing .....	22
6.3.5. Equipment Recovery .....	23
6.3.6. Weight Belt Swim .....	24
6.3.7. Clump Retrieval.....	24

**7. APPRAISAL/EVALUATION STANDARDS ..... 26**

7.1. CALISTENICS..... 26

7.2. RUNS ..... 26

7.3. DISTANCE SWIMS..... 26

7.4. WATER CONFIDENCE..... 26

7.5. FINAL EVALUATION STANDARDS.....27

**8. PARARESCUE CODE AND MISSION STATEMENT ..... 28**

8.1. HISTORY.....28

8.2. MISISON STATEMENT.....28

8.3. PARARESCUE CODE.....28

## 1. COURSE POLICIES

This chapter outlines the policies of the PJ/CRO Indoctrination Course, and serves as a briefing guide for newly assigned students. This course is very physically and mentally demanding and policies are set in place to ensure you stay focused, determined, and healthy. All students will be held accountable for knowing, understanding, and adhering to all information in this booklet.

**Disobeying course policies are grounds for dismissal from the course.**

### 1.1. PARARESCUE PREPARATION TEAM (PPT) POLICIES

- 1.1.1. This instruction applies to the PPT course in its entirety except where clearly denoted. The more you familiarize yourself with and adhere to this instruction, the more successful you will be in graduating the Pararescue Indoctrination Course.
- 1.1.2. The mission of the PPT course is to recruit, transition and condition airmen to better prepare them for the rigors of Indoc. It also serves as a continuous training program for those students who are awaiting the start of the next Indoc course either as a recent BMT graduate or a setback from a previous class.

### 1.2. LEAVES

- 1.2.1. Emergency leaves are granted immediately through the 342 TRS.
- 1.2.2. Number of days taken determines if the student will continue in training or be setback
- 1.2.3. Contact your Military Training Leader (MTL) for instructions on completing the AF Form 988, Leave Request/Authorization.
- 1.2.4. No ordinary leave will be granted to students until graduation from Scuba school unless setback or approved by the Commandant.

### 1.3. POVS

- 1.3.1. All Pararescue students are **prohibited** from driving privately owned vehicles, to include rental vehicles. This is to insure your safety while going through Indoc. Every man is too valuable to risk it at this stage of your training.

### 1.4. DORMITORY STANDARDS

- 1.4.1. Dormitory standards will be IAW 37TRG instruction.
- 1.4.2. All detail areas will be completed to inspection standards prior to 0600 hrs unless otherwise specified.
- 1.4.3. You must observe quiet hours outlined by the MTL. Currently they are as follows:
  - 1.4.3.1. 2100 daily— all quiet; 2230 Sun-Fri—lights out; 2400 curfew on Sat nights.

### 1.5. MEALS

- 1.5.1. Breakfast and lunch are **mandatory** formations on training days. It is paramount that you get enough food to account for the calories you are expending while completing this rigorous training schedule. Students will eat meals in the designated dining hall. During ancillary and physiological training, all students are authorized to sign for meals, unless on BAS. Students will go to breakfast and lunch as a class.
- 1.5.2. The following is a list of unauthorized attire at any military dining facility.

- > Civilian attire that is not neat, clean, or does not present a proper image.
- > Any combination of military and civilian attire.
- > Attire that advertises profanity, obscene gestures, or racial slurs.
- > Excessively short shorts, sleeveless shirts (i.e. tank tops, swim trunks, muscle shirts, or shirts with the sleeves removed).
- > Open toed shoes.
- > Earrings, body piercing, tongue studs.

NOTE: Students will wear BDU's for breakfast and lunch. Clean athletic clothing may be worn for breakfast and lunch **only** when specifically directed by an Instructor.

## 1.6. TROOP MOVEMENT AND SINGING

- 1.6.1. When in uniform (except for students with a valid medical running waiver), all students will double time in formation, or as individuals when transiting anywhere on base during the duty day. When wearing rucksacks, this pace will be slightly slower.
- 1.6.2. When transiting on Air Force installations, formations will normally be aligned in columns of two instead of columns of four. However, if the team size is greater than 50 students, then columns of four will be used--this will prevent an excessively long formation and maintain better control.
- 1.6.3. Singing during movement is **required** at all times, unless it is going to disturb another group, i.e. basic training formations. Either lower the volume or stop singing altogether. Profanity, obscene language, or sexual innuendoes will not be used while singing in formations.
- 1.6.4. When approaching an intersection, the team leader has two options. If the intersection is clear of any traffic or waiting vehicles, the team leader calls "Road Guards Out." Students running at the front of the formation will sprint to the intersection, insure the intersection is clear, and then proceed into the road to stop traffic. Once the formation has passed through the intersection, road guards will fall in at the rear of the formation. If the intersection is not clear of traffic, the team leader will halt the formation until the intersection becomes clear. Once the intersection clears, follow the guidelines above.
- 1.6.5. When approaching another formation, the team leader must determine who, in numbers, has the larger flight. The smaller flight must always give way to the larger flight. If there is any doubt to the size, give right-of-way to the other flight. Make sure the team is not going to be moved out into traffic or where free passage would otherwise be disrupted.

## 1.7. SICK CALL

- 1.7.1. If a student feels ill/injured at the beginning of a duty day, notify your class leader and class proctor. You will then make an appointment (3-2626) to see a flight surgeon at building 6612. You must have a valid reason to go. Malingering will not be tolerated and is grounds for elimination.
- 1.7.2. Students will go to sick call wearing blues, unless otherwise directed by an instructor.
- 1.7.3. Immediately upon completion of sick call, the student will return to Indoc (bldg. 242) or to wherever the team is training and report in to the class leader or proctor if present.
- 1.7.4. Give the unit (yellow) copy of the waiver or other paperwork to the class proctor, inform him of your status and make a copy for the MTL.

- 1.7.5. Keep a copy (pink) of the waiver with you at all times in a waterproof pouch.
  - 1.7.6. During the rest of the training day, sick call is permitted only in an emergency. Students will get approval from the class proctor, or the instructor in charge of the next training event, before departing to any sick call. The class team leader must notify the class proctor or any other instructor if an emergency situation exists, and the student will follow the same procedures as outlined above.
  - 1.7.7. Outside the normal training day, Wilford Hall Medical Center Emergency Room is the only facility for medical emergencies. The MTL will be notified immediately of the situation. Students that are sick or injured and needing assistance will either find an escort prior to departing or call an ambulance. If you go to Wilford Hall or are seen by any medical authority you must be seen by a flight surgeon on the next duty day.
  - 1.7.8. A student placed on quarters for bed-rest is exempt from all details. Bed-rest means that you will remain in bed, except for meals, until taken off quarters. Anyone who is too sick to train will stay in bed through the remainder of that day and night. The day room is NOT a bedroom; you will only increase the risk of spreading your germs.
  - 1.7.9. Students with medical waivers for exercises are still required to get up at the regular time and report to the team leader. Those on waivers will attend all scheduled training sessions and be present for role call. When their name is called, instead of answering with "Hoo-Yah," they will respond with "Waiver." Students on running or calisthenics waivers will then be released to perform details. Those on pool waivers will stay and assist with team equipment unless told otherwise by the instructor in charge of the event. If a student is needed for CQ/ACQ duties the team leader will utilize personnel on waivers instead of members who are in training. A student **will not** do any exercise restricted on his waiver. **It is your personal responsibility to be sure that all instructors are advised of a waiver condition!**
  - 1.7.10. If a student feels well enough prior to the release date of the waiver, and desires to train again, he must return to the flight surgeon to be removed from his waiver. No one comes off a waiver without a doctor's evaluation and order. If additional physical problems occur, the student will report back to the flight surgeons office.
  - 1.7.11. If a waiver was issued that will result in your missing four of the same training events (runs, swims, cals, ect.) your status will be evaluated. All aspects of your student record will be reviewed in consideration of rehabilitation therapy, set-back, or elimination from the course.
  - 1.7.12. Prescribed rehabilitative therapy while continuing in training will be evaluated on a case-by-case basis. A detailed review and evaluation of the student's training record will be held and a decision will be made by the Class Proctor and the Commandant.
- 1.8. ISSUED MEDICATIONS/SELF-MEDICATION
- 1.8.1. The Flight Surgeon may prescribe medications for your injury or illness. You will follow the instructions exactly as written with no deviation.
  - 1.8.2. It is **illegal** and dangerous to use medications prescribed to another student. Don't do it.
  - 1.8.3. You will not purchase or use over-the-counter medications for injuries or ailments. If it was not prescribed by a flight surgeon you will not take it!
  - 1.8.4. **You will not use supplements except as noted by the instructors. If you are found**

**with any, they will be confiscated and returned to you at the end of your stay. Your status will also be reviewed to determine possible elimination from the course.**

#### 1.9. FLIGHT PHYSICALS

- 1.9.1. During your fourth week you will begin your Class III flight physical process. This is a management challenge. Failure to completely accomplish your physical in the prior to the eighth week will cause you to miss Scuba school. It is absolutely imperative that your Proctor is aware of your status and all mandatory requirements and appointments to ensure you go to Scuba with the rest of your classmates.
- 1.9.2. No student elected surgery will be allowed while you are in training, only if it is required by the flight surgeon to clear your physical. Otherwise it can wait until there is time your schedule.

#### 1.10. UNIFORMS

- 1.10.1. The class leader or assistant class leader will dictate the uniform for each training event. The entire team will wear the same uniform and maintain uniformity during all mandatory formations.
- 1.10.2. The PT uniform consists of issued shorts, T-shirts (according to phase), and running shoes. The physical training uniform will be kept in good repair. Only all white socks are authorized to wear with the PT uniform. A watch cap, sweat pants, and sweatshirt will be worn as the weather dictates. The PT uniform **will not be** worn to an official appointment or other activity on-base, unless given specific approval by the cadre.
- 1.10.3. All other uniforms will be maintained IAW AFI 36-2903 and should reflect "Excellence in ALL we do."

#### 1.11. DUTY SCHEDULE/HOURS

- 1.11.1. Instructors will advise class leader of training hours/reporting time for the next duty day.
- 1.11.2. Typical training week Monday thru Saturday:
  - Morning wake-up
  - Mandatory breakfast
  - Dormitory clean-up as per MTL standard
  - Report for training – 0630
  - Mandatory lunch
  - Released – approx. 1630
- 1.11.3. Saturday Training. Students are afforded the opportunity for individualized swim training and are used as PAST counters as determined by class proctor and PAST evaluator.
- 1.11.4. Sunday evening. All students will participate in clean up of the dorm, the class leader is ultimately responsible for the cleanliness of the entire facility. (Further guidance concerning specific team leader duties and responsibilities can be found in 37TRG Instruction).

#### 1.12. CONSUMPTION OF ALCOHOLIC BEVERAGES

- 1.12.1. By Order of the Commander, 342 TRS, all students, regardless of age or Phase, are

**prohibited** from consuming alcoholic beverages. You are here to become a Pararescueman and must exhibit the discipline required of this demanding career field. Alcohol and its effects do not mix with physical training. If you cannot abstain from alcohol during your tenure at the course, disciplinary actions will be taken, your records will be reviewed and your continued status as a Pararescue Trainee will be determined.

## CHAPTER 2 SAFETY STANDARDS

This chapter outlines the policies on Safety Standards, and also serves as a briefing guide for all newly assigned students. All students at the PJ/CRO Indoctrination Course will be responsible for reading, understanding and knowing all information here.

### 2.1. GENERAL

2.1.1. Whether training or on your own personal time, Operational Risk Management (ORM) is essential in decision-making. Our training includes some inherently dangerous activities; therefore, strict attention to student and instructor safety is paramount. Safety is a matter of exercising common sense and good judgment. The following guidelines will be adhered to without exception:

2.1.1.1. Horseplay of any kind will be not be tolerated!

2.1.1.2. If a fire or a safety hazard exists, evacuate and notify an instructor immediately.

2.1.1.3. If a problem arises during off-duty hours, and can't wait until the following duty day, advise the MTL.

2.1.1.4. In an emergency, call 911, give the location and nature of the emergency, then report this immediately to an instructor/MTL

### 2.2. ROPE CLIMB

2.2.1. All students in training are required to climb the rope after finishing a run (except evaluation days). No student may use the rope climb at any other time without an instructor's supervision. The following precautions will be used:

2.2.1.2. Spotters (2 each) are posted at the bottom of each rope prior to anyone's climbing and are required to closely observe the student who is on the rope

1. If you feel you're going to fall, yell "Falling" and hold firmly onto the rope. "Do not let go of the rope!" Keep feet and knees together to minimize the risk of injury
2. Do not "slide" down the rope
3. If an instructor decides a student is unable to safely climb to the top and make it back down, he will instruct the student to stop climbing and to climb back down

### 2.3. RUN TRAINING

2.3.1. The team leader is to ensure each man is properly stretched, warmed up, and hydrated, prior to and after the run.

2.3.2. If a formation has eight or more members, road guards are required when crossing any street or passing through an intersection.

2.3.3. Students will carry flashlights when running in low light or darkness or when dictated by the instructor.

2.3.4. When approaching an intersection or a street, the instructor will designate how many road guards will be needed and signal the locations (if needed).

2.3.5. The instructor will command, "ROAD GUARDS OUT", and the appropriate number of students from the front of the formation will sprint to their locations.

- 2.3.6. Road guards will run in place while facing on-coming traffic with right hand extended and palm toward the traffic.
- 2.3.7. Road guards will stay in position and stop traffic until the formation has passed through the area then catch up to the formation and fall to the rear of the group.
- 2.3.8. If a vehicle refuses to stop, move out of the way.
- 2.3.9. If you are injured during a run, notify the instructor immediately.

#### 2.4. CALISTHENICS

- 2.4.1. The team leader will ensure each member is properly stretched, warmed up and hydrated prior to and after calisthenics.
- 2.4.2. Do each exercise in proper form to avoid injury and maximize benefits.
- 2.4.3. If you've been injured during calisthenics, notify an instructor immediately.

#### 2.5. WEIGHT TRAINING

- 2.5.1. The team leader will ensure each member is properly stretched, warmed up, and hydrated prior to and after weight training.
- 2.5.2. Students will use towels to wipe off the machines after use.
- 2.5.3. Students will always wear shoes in the weight training area or when handling any weights.
- 2.5.4. Students will never use weights without an instructor present.
- 2.5.5. Students will always have a spotter when using the free-weights.
- 2.5.6. If you've been injured during weight-training, notify an instructor immediately.

#### 2.6. POOL TRAINING

- 2.6.1. The team leader will ensure each member is properly stretched, warmed up, and is hydrated prior to and after the swim.
- 2.6.2. All posted pool rules will be enforced.
- 2.6.3. No student will use the pool without an instructor present or a lifeguard on duty during open pool hours. If a student uses the pool during open-swim times, they may only use the equipment issued to them. (Students will not use weight belts in the pool unless an instructor is present).
- 2.6.4. If a near-drowning occurs, use a pole, a rope, or life-ring buoy to extract the victim.
- 2.6.5. Call 911, giving location and nature of injury.
- 2.6.6. Notify an instructor immediately.

## CHAPTER 3 TRADITIONS

This chapter outlines the traditions of the Pararescue Indoctrination Course, and serves as a briefing guide for newly assigned students. All students will be held accountable for knowing, understanding, and adhering to all information in this booklet.

### 3.1. CADRE RESPECT

3.1.1. The following are exceptions to normal USAF Customs and Courtesies, and are intended to display respect to the instructors' position, and instill discipline among the students. These are mandatory and will be followed while at the school.

3.1.1.1. When an instructor enters the area students will call the area to attention. Unless another instructor or an officer in the student's chain of command (not trainee officer) is already present, students will remain at attention until told to "Carry on" by the instructor, then go to parade rest and exclaim "Hoo-yah!" This applies 24 hours a day unless the student is involved in a detail and compliance would be unsafe or unfeasible. Students entering an area where an instructor is already present will complete his task unless told otherwise.

3.1.1.2. While addressing an instructor or officer, the student will be at the position of attention

### 3.2. CADRE HALLWAY

3.2.1. This is the instructor's area. At no time, other than official duties, will any student be in cadre hallway. Students will obtain permission before entering cadre hallway in the following manner:

3.2.1.1. At the position of attention outside cadre hallway, loudly announce "Rank (your name) Plus (number of people with you) To See (persons name) Or (type of business). Stating "detail" alone is not acceptable.

3.2.1.2. Wait at parade rest for permission to enter the office areas. If you have not been acknowledged within two minutes, ask the CQ if the instructor is present. CQ will go to that instructor and announce your presence.

### 3.3. DROPS

3.3.1. The primary purpose for drops is to correct a student or teams deficiency, and counsel him on the proper procedure while contributing to evaluation performance improvement. When directed to "Drop" by an instructor, immediately assume the starting position for that day's drop exercise and begin performing the required number of repetitions.

3.3.2. Monday and Friday: All students will perform 50+1 evaluation form pushups.

3.3.3. Tuesday and Thursday: All students will perform 75+1 evaluation form flutter kicks.

3.3.4. Wednesday: All students will perform 25+1 squat jumps.

3.3.5. When dropped at the pool, the student will always perform flutter kicks unless otherwise directed. 25 repetitions in weeks 1-4, 50 repetitions in weeks 5-10.

NOTE: Only the instructor that drops a student or students can "Recover" them.

EXCEPTION: The Commandant may take over the drop and recover students at anytime.

3.3.6. The sequences for drops are as follows:

1. Instructor sounds off with, "Drop." Immediately assume the starting position for that day's drop exercise and begin performing the required number of repetitions.
2. When the student has completed the specified number, he performs one more for teamwork and one more for Pararescue. When the student returns to the up position, he sounds off with, "Pararescue", and remains in the exercise start position, indicating to the instructor that he is finished with his repetitions.
3. When the instructor says, "Recover", the student will snap to attention.
4. He remains at attention until the instructor says, "Carry-on", then snaps to parade-rest and sounds off with "Hoo-Yah Sergeant".

### 3.4. EXITING/ENTERING SCHOOL GROUNDS

- 3.4.1. When students exit or enter the grounds of this facility, either individually or as a team, you will perform the appropriate calisthenics' required for ins and outs noted below. Numbers will be that week's evaluation standard plus one. This applies day or night, weekends, and holidays. When exiting the building acknowledge the NEVER QUIT sign above the door and sound off with "Never Quit." NOTE: The only exception to this policy will be on evaluation days. Team members will not conduct ins-and-outs until the evaluation is complete.
- 3.4.2. Students **exiting** course grounds will perform (OUTS): Push-ups on even days, pull-ups on odd days.
- 3.4.3. Students **entering** course grounds will perform (INS): Dips on even days, chin-ups on odd days.

### 3.5. ROPE CLIMB

- 3.5.1. The rope climb is used to build upper-body strength and encourage teamwork. The following procedures are used to climb the rope:
1. The team lines up in two columns, at parade rest, facing the ropes. The first two students facing the ropes will untie them, and hold taut for the climbers. The next two students mount their individual rope and start to climb. NOTE: Students holding the ropes will monitor the progress of their climber.
  2. The climbers match their rate to reach the top at the same time. Once at the top, all team members will count "One, Two, Three" ring the bell and yell "Pararescue".
  3. The climbers then match their descent rate, and stop approximately 3ft. and hang freely with feet off the rope. The team will count out loud "One, Two, Three." On the count of "Three" the climbers will release the ropes, land, and go to parade-rest, sounding off with "Hoo-yah".
  4. Rope Holders will run down the middle of the formation and go to the end of the line.
  5. Repeat until all members of the team have made the climb.

**NOTE:** An instructor must be present prior to any student climbing the rope.

### 3.6. THE RAIL/TELEPHONE POLE/ZODIAC BOAT

- 3.6.1. The purpose of these training aids is to emphasize the importance of teamwork, and will be assigned whenever the team functions ineffectively as a single unit.
- 3.6.2. The rail / telephone pole / zodiac will be carried to mandatory meal formations, building #111, or wherever directed.
- 3.6.3. Proper safety and common sense rules apply when transporting any of these motivational/training items, such as the rail during lightning.
- 3.6.4. Following is the minimum number of students required to carry each motivational tool:
  - Rail- 6 students
  - Shaft-15 students
  - Zodiac-6 students
  - Large telephone pole- 20 students
  - Medium telephone pole- 9 students

### 3.7. THE TEAM ROPE

- 3.7.1. The purpose of the rope is to instill the importance of functioning as a single unit. The rope has been held by thousands of students who have struggled to work together. Some who have gone on to the career field have sacrificed much for their teams, some have given their lives and that is why it is important that all students show the proper respect and care for the rope. The rope will be carried anytime the class travels around base on official business, except on cadre-lead runs. Rope length carried by the team will be at the proctor's discretion. The following rules apply to care and use of the rope.
- 3.7.2. The rope will be displayed prior to an event and bagged by the entire team prior to the end of the scheduled training day.
- 3.7.3. The rope will never touch the ground except when displayed.
- 3.7.4. The rope will never be left unattended, except when displayed at the school.
- 3.7.5. The brass will never be touched, and always be polished.
- 3.7.6. In the event of inclement weather, the rope will remain bagged, or bagged immediately.

### 3.8. ROPE COMMANDS/PROCEDURES

- 3.8.1. The following are guidelines used in bagging, unbagging, and transporting the rope:
- 3.8.2. Unbagging the rope. The starting position is the team formation in columns of two's, with the team leader adjacent to the first rank. The rope bag is centered and to the front of the element leaders. The commands/responses are as follows:
  1. Team Leader: "Team"
  2. Team: "Ready"
  3. Team Leader: "Attention, Face Center, Face." The columns move to face toward each other. Team leader moves to the rope bag and opens it.
  4. Team Leader: "Brass." Team leader hands the end of the rope to the two front students, who in turn pass it down the formation. The team will be staggered, evenly spaced, side stepping to fully extended the rope.
  5. Team Leader neatly folds the rope bag, places it under his arm, and returns to his original position.

6. Team Leader: "Face Foreword, Face." The formation then makes the appropriate facing movements, so they are again in two columns. The team leader checks that the team is evenly spaced.
  7. Team Leader: "Forward"
  8. Team: "Hoo-yah"
  9. Team Leader: "March," then "Double Time"
  10. Team: "Hoo-yah"
  11. Team Leader: "March"
- 3.8.3. Marching. Follow the guidelines IAW Chapter 1, Troop Movement
- 3.8.4. Arrival at destination. Upon arrival at your destination, the following rope procedures apply:
1. Team Leader: "Quick Time"
  2. Team: "Hoo-Yah"
  3. Team Leader: "March"
  4. Team Leader: "Team, Halt"
- 3.8.5. Grounding the rope
1. Team Leader: "Ground Rope." The team immediately squats while stretching the rope, and loops the ends with the brass resting on the rope. Each loop should turn opposite of each other.
  2. Team Leader: "Ready, Up." The team stands facing forward at attention
- 3.8.6. Bagging the rope
1. Team Leader: "Face Center, Face." The columns make facing movements toward each other. The team leader marches to the front of the formation and opens the bag.
  2. Team Leader: "Bag The Rope." The first team member immediately hands the Team leader the end of the rope and squats down to hold open the bag. The second team member helps by guiding the rope into the bag.
  3. Team Leader: "Face Front, Face." The formation makes a facing movement so they are again in a column of two's.
  4. Team Leader: "Cover," then "Fall Out." If at the dining hall and preparing to go into eat, command the first two team members to carry the rope bag into the dining hall. Then, "Column of Files From The Right/Left, Forward, March." The team then marches into the dining hall leaving one team member to guard the rope.
- 3.8.7. Doubling the rope. If the team is small, the rope can be doubled over when carried. The brass ends will be in the back of the formation. The team will not be staggered in this formation.

### 3.9. TEAM CARTOONIST

- 3.9.1. It's the team leader's responsibility to select a team member as the team cartoonist. The artist is released from other morning details. The theme of the cartoonist's art is to promote good humor about an idea or event that occurred during the previous training day, and should reflect an imaginative description of the event. There are few restrictions placed on the cartoonist, except all drawings will be done in good taste and humor. Foul language written on the cartoon will not be tolerated.

### 3.10. SKIT

3.10.1. It's the team leader's responsibility to prepare a skit to be viewed by the cadre after each physical evaluation. The theme of the skit is to promote good humor about an idea or event that occurred during training and should reflect an imaginative description of the event. There are few restrictions placed on the skit, except it will be done in good taste and humor. Foul language is not acceptable.

### 3.11. RECORD BOARD

3.11.1 The record board is a listing of the individual records achieved through weekly PT evaluations. It's there for two reasons: to recognize the individual achievements of those students who have gone before you and to symbolize the personal commitment to excellence.

3.11.2. The following criteria applies to have your name placed on the record board:

1. Must be a documented accomplishment with an instructor present, counting, and/or keeping track of the time. Entry must be verified by student affairs.
2. Must be a graduate of the Pararescue Indoctrination Course.

### 3.12. INDIVIDUAL AWARDS

3.12.1. The course continues to recognize the superior accomplishments of the students in training. Two formal methods used are the Honor Graduate and Commandants Awards. To graduate this course is an enormous accomplishment for all students, but special recognition is given those students who have demonstrated a desire to set a higher personal standard than required by formal evaluations. The following criteria apply to each award:

3.12.2. Commandant's Award

1. Given to the student who best exemplifies the traits that build team work and morale through esprit-de-corps, informal leadership, military bearing and enthusiasm.
2. The recipient of this award is determined by a closed vote of their peers and by the cadre. This is not a popularity contest.
3. Those selected for this award have demonstrated over and above their peers, an ability to consistently lead by example, using the traits indicated above.

3.12.3. Honor Graduate

3.12.3.1. Awarded to the student who has accumulated the most points totaled from academic and physical evaluations. Points are subtracted for administrative action. The following is a breakdown of the point distribution system:

1. Physical Evaluations (No score for failures)
2. Water Confidence Evaluations (No score for failures)
3. Academic Evaluations (No score for Academic failures)
  - a. Anatomy & Physiology and Medical Terminology written test
  - b. Metric Conversion written test
  - c. Dive Physics written test
  - d. U.S Navy Dive Tables and Dive Terminology written test

NOTE: Point distribution will be briefed by student affairs

4. Administrative These items will cause deductions from your overall score:
  - a. Setback in training – ineligible for the award
  - b. An Article 15, non-judicial punishment - ineligible for the award
  - c. A letter of reprimand - minus 500 points
  - d. Documented Failure To Train (FTT)– minus 500 points
  - e. An unsatisfactory letter of counseling - minus 100 points
  - f. Each missed training event - minus 50 points
  - g. An outstanding letter of counseling - positive 100 points

### 3.13. INDIVIDUAL MOTIVATIONAL TRAINING AIDS

3.13.1. The purpose of these training aids is to emphasize the importance of teamwork, and will be assigned whenever the individual functions ineffectively as a team member.

3.13.2. When assigned a class token to carry or wear, the student will have that item in his possession or within arms length at all times during duty hours.

## CHAPTER 4 POLICY VIOLATIONS/CORRECTIVE PROCEDURES

This chapter covers policy violations and corrective procedures, and explains actions available to the cadre and class leaders for maintaining discipline and improving student performance. All students are responsible for reading, understanding, and following the information provided.

### 4. GENERAL

4.1. As stated, the mission of this course is to screen and train airmen who personally and professionally exemplify the standards demanded in the PJ/CRO career fields and is achieved through demanding physical and mental screening processes. This chapter outlines the policies for violations and corrective procedures so you are informed of the consequences of your actions.

### 4.2. COUNSELING

4.2.1. All standard Air Force counseling tools are available to the instructors to manage students. AETC Form 173 is used by the cadre to document deficiencies and guide students toward positive goals. They are also used to recognize outstanding performance, motivation and dedication in training. Repeated deficiencies or serious infractions will lead to a more formal career impacting result, to include: letter of counseling or reprimand, Unfavorable Information File (UIF) and Article 15. The following examples are possible reasons for receiving a counseling sheet:

#### 4.2.2. Academic

- Failing a test.
- Failure to complete an assignment
- Outstanding performance, obtaining 100 percent on a written examination

#### 4.2.3. Physical

- Failure to meet a specific daily standard
- Failure to meet a specific weekly standard
- Outstanding performance during a training event

#### 4.2.4. Attitude (Mental)

- Disobeying policies and standards (Integrity Violations)
- Missing formation
- Missing appointments
- Safety violations
- Fighting
- Actions which effect the overall motivation of the team
- Recognize motivation and dedication in training

**NOTE: Lying, cheating, or stealing will not be tolerated and is grounds for immediate expulsion from the Indoctrination Course.**

### 4.3. SETBACK

4.3.1. The Commandant determines setbacks after a thorough record review. It is a privilege and is never guaranteed! Only the highest caliber students will be given the opportunity of a setback.

### 4.4. ELIMINATION

Students are determined to be unsuitable for continued training by either the Commandant or the Formal Review Board and forward recommendations for elimination to the 342 TRS Commander for final determination. The following are examples for elimination:

- 4.4.1. Receiving an offered setback for failure to progress but refuses to continue.
- 4.4.2. Being medically disqualified by the flight surgeon.
- 4.4.3. Receiving excessive safety violations that jeopardize him and or the team.
- 4.4.4. Receiving multiple letters of counseling for unsatisfactory performance in any similar area and can't overcome his training weaknesses after specialized assistance.
- 4.4.5. Failing to progress in training after multiple setbacks
- 4.4.6. Committing an offense under the UCMJ or violation of course policy, which demonstrates the refusal to uphold the standards of excellence, required by the Air Force and this career field.

### 4.5. RINGING OUT

4.5.1. Students can be eliminated from training by verbalizing "I quit", "I don't want to be here anymore", "I self eliminate", or indicate to an instructor that he no longer wishes to continue in training, thus declaring himself unsuitable for the career field. As a common practice, when initiating this self-elimination clause, students will be given a timeout to carefully consider their options. After verbal counseling with an instructor, the student will be given two choices, to "ring out" or "train". A third choice is allowed in the interest of safety: initiated by the instructor or student, this action constitutes follow-up with medical authorities to determine suitability for training.

4.5.2. Students, who refuse to participate in training when capable, will "ring out" with a siren identifying themselves for self-elimination from training. All student's who eliminate, at the soonest allowable time, will report to the Commandant then Flight Commander or designated representative in blues for an interview. You will fill out a Form 601, immediately out-process the Indoctrination course (turn in gear) out-process the PJ/CRO living area in the dorm 111. If you quit you will not be reinstated. We will sustain your decision!

### 4.6. FAILURE TO TRAIN (FTT)

Students who refuse to participate, train, verbalize "I can't", "I won't" or fail to keep up with their team during a training event will be given a FTT. The student will be sent to the Commandant immediately to review their status in the course and determine if that student should continue in training or be eliminated.

4.6.1. Students who temporarily remove themselves from an event are given the choice to "quit" or "train". An instructor will discuss the incident with the student and reiterate the

choices. If the student chooses to return to the training event after considering their actions the student will be given a FTT. Any student that receives a FTT will report to the Commandant to explain their behavior.

#### 4.7. FORMAL REVIEW BOARD (FRB)

- 4.7.1. The purpose of a Formal Review Board is to review a student's status in the course and determine if that student should continue in training or be eliminated. Students that quit or indicate to an instructor that they do not want to be a PJ will not normally require a FRB.
- 4.7.2. The formal review board will consist of all available instructors and the Commandant, and additionally the Flight Superintendent and Flight Commander when available.
- 4.7.3. Recommendations for eliminations are forwarded to the 342 TRS Commander for final determination.

## **CHAPTER 5 TEAM LEADER RESPONSIBILITIES**

This chapter outlines the policies regarding specific Team Leaders responsibilities and establishes the procedures for appointing team leader/assistant team leader. Every student is responsible for reading, understanding and knowing the duties, responsibilities, and authority of students placed in leadership roles, and will be held accountable for all the information contained within this chapter.

### **5.1. AUTHORITY**

- 5.1.1. Enlisted class-leaders derive their authority from AFI 36-2618, "The Enlisted Force Structure".
- 5.1.2. Officers and NCO's also derive authority from the Uniform Code of Military Justice.
- 5.1.3. Team leaders are extensions of the cadre, therefore their directions must be followed and supported by their team

### **5.2. GENERAL GUIDELINES**

- 5.2.1. Depending on the size of the class and the rank structure, the class may be divided into flights with an overall class leader. All student leaders will participate in all activities.
- 5.2.2. Student leaders are forbidden to render physical punishment or assign drops to other students.
- 5.2.3. Student leaders will not perform any formal counseling. Any circumstance (significant event, incident, violence, trends or emergency) that warrants formal documented counseling will immediately be brought to the Proctor's attention.
- 5.2.4. Student leaders are in a position of authority, and will be treated with the respect due their rank and/or position.
- 5.2.5. Student leaders must earn the respect and support of their team to be effective.
- 5.2.6. Student leaders will be the only members of the class authorized to wear a watch.
- 5.2.7. Student leaders will conduct frequent team meetings to insure your team members understand policies and expectations of them.
- 5.2.8. Student leaders will maintain open and continuous communication with the instructors and MTL's, ensuring all course policies are complied with.
- 5.2.9. Verbally counsel immediately as required. If a negative or positive trend is detected, let the student(s) know you are in charge, what you expect, and what action will be taken to change or continue the trend.
- 5.2.10. Student leaders will ensure communication up, down and laterally.
- 5.2.11. Refer when necessary. Not all counseling sessions need to be referred to the cadre, and may actually degrade your position with the team if done unnecessarily. However, failure to take action will also degrade your authority and ability to lead. Immature team members may use this weakness to take advantage of the situation, leaving you ultimately responsible.

### 5.3. DUTIES AND RESPONSIBILITIES

There are many unwritten duties that go with the position of team leader and the following lists some of your primary duties. Team leaders will:

- 5.3.1. Ensure the order, safety, and good conduct of the class, and continue in this role throughout the training pipeline.
- 5.3.2. Know the location and reporting times of all formations and the locations of all students (leaders obtain this information from the instructors). Ensure that all students fall out for all formations, unless excused.
- 5.3.3. Ensure that all physical conditioning programs (except pool) are completed when a instructor is not available.
- 5.3.4. Conduct formations, movements, etc. Team leaders will familiarize themselves with AFR 50-14, "Drill and Ceremonies," for proper formation movement, and are responsible that road guards are posted and safety requirements are met at all times.
- 5.3.5. Assign and supervise all student details, ensure details are complete and standards met, and all personnel equally share duties. Leaders will assign bay chiefs, if necessary, to ensure all details, both inside and outside of the dormitories are accomplished.
- 5.3.6. PJ Prep student leader or any student awaiting training are responsible for a CQ schedule that includes all awaiting students. Designate two students for each duty period. During the start of a class and there are no setbacks to work CQ, ensure the cadre are aware of this so other means are taken to provide adequate coverage.
- 5.3.7. Take all necessary actions in emergencies. Team leaders will know who to notify and what action to take during emergencies, and will immediately notify the class proctor, or someone in the chain of command of the situation.
- 5.3.8. Make written reports/checks/inventories.
  - 5.3.8.1. At the minimum, team leaders will accomplish the following:
    - Team status (Monday – Friday) a written report, advising the status of the team will be given to the class proctor by 0630.
    - Team fund review. If there is a team fund, the team leader will review the team fund ledger weekly, account for funds, and show the review to the class proctor.

## CHAPTER 6 PHYSICAL/WATER OBJECTIVES

This chapter outlines the Physical/Water Evaluation procedures and policies. It also serves as a briefing guide for newly assigned students in the PJ/CRO Indoctrination Course. All students will be held accountable for reading, understanding and knowing the information contained in this chapter.

### 6.1. GENERAL

- 6.1.1. On Mondays you will be given an evaluation on running, calisthenics, swimming or water confidence depending on the week of training. Arrive at each of these evaluations mentally and physically prepared to do your best. Physical conditioning is accomplished by doing your best during the weekly training.
- 6.1.2. Missing an evaluation due to medical waiver, sick call or any other reason is an automatic failure of all areas missed.
- 6.1.3. If a student fails any event during an evaluation, he will complete the remainder of the evaluation.
- 6.1.4. To pass a weekly evaluation, a student must complete the minimum determined by that week of training standards.
- 6.1.5. Failure of the same area in two consecutive evaluations will result in a review board.
- 6.1.6. The week 4 evaluations are go-no-go. If you fail any part of the event, you will be offered a re-eval. The re-eval will be performed in it's entirety. A second failure will result in a review board to determine your status.

### 6.2. PHYSICAL OBJECTIVES

#### 6.2.1. Run

- 6.2.1.1. Wearing a PT uniform and no watch, a student will run the required distance of a measured course on flat terrain, without assistance and under the maximum time limit.
  - 6.2.1.2. Throughout the run, the student will be updated on the distance remaining and told to increase his pace if he is lagging behind the maximum time.
  - 6.2.1.3. There will be a 30 minute break prior to starting calisthenics.
- 6.2.2. Calisthenics. These are performed in the order listed. There is a 3-minute rest between each exercise.

#### 6.2.2.1. Pull-ups

- 6.2.2.1.1. Wearing a PT uniform and no watch, the student will perform the minimum number of pull-up repetitions specified within one minute, without assistance.
- 6.2.2.1.2. The student is required to use only his arms, chest, and back muscles to accomplish the pull-ups. The exercise begins from a dead hang, arms fully extended, with hands placed approximately shoulder width apart, and the palms of the hands facing away from the body.
- 6.2.2.1.3. On the command "go," the student will pull himself up so that his chin is above the bar (level) with his head facing forward, then return to the starting position, 1 count.

- 6.2.2.1.4. Kicking, swinging, jerking, or breaking form at any time during the exercise will not be tolerated. The instructor will call out the discrepancy and that repetition will not be counted.
- 6.2.2.1.5. When the time limit is complete, the student will hang from the bar until told to recover.
- 6.2.2.1.6. If you fall off the bar the count will stop with the last repetition completed (you must remount the bar and hang until time is called).
- 6.2.2.1.7. Breaking form at any time during the exercise, is unauthorized and will be called out by an instructor, disallowing that repetition from count

#### 6.2.2.2. Sit-ups

- 6.2.2.2.1. Wearing a PT uniform, no shoes, and no watch, on a mat on flat terrain, the student will perform the minimum number of sit-up repetitions, within 2 minutes.
- 6.2.2.2.2. The student may use only his upper abdominal and hip flexor group muscles for sit-ups, and will begin the exercise laying flat on his back, fingers interlaced together behind his head, elbows flat on the mat, feet together, and with legs bent 90 degrees at the knee.
- 6.2.2.2.3. Another student will hold the feet of the exerciser in place, with his hands securely gripping the exercisers feet only. Holder may not provide any other assistance or advantage to the exerciser.
- 6.2.2.2.4. On the command "go," the student raises his upper body at the waist to break an imaginary vertical plane created from the base of the neck down to the base of the spine, then immediately return to a supine position with the shoulder blades touching the mat (count of 1 repetition).
- 6.2.2.2.5. There is no rest position during this exercise, and the hands must remain laced in back of the head. The pelvis must remain flat on the mat, and the knees bent at 90 degrees at all times.
- 6.2.2.2.6. Breaking form at any time during the exercise is unauthorized and will be called by an instructor, disallowing that repetition from count.
- 6.2.2.2.7. When time expires, the student will go back to the starting position until told to recover.

#### 6.2.2.3. Push-ups

- 6.2.2.3.1. Wearing a PT uniform, no shoes, and no watch, on a mat on flat terrain, the student will perform the minimum number of push-up repetitions, within 2 minutes.
- 6.2.2.3.2. Starting position is hands placed comfortably apart, feet together; the legs are extended and remain straight along with the back.
- 6.2.2.3.3. Count one, lower the body until the **chest comes in contact** with the spotters fist. If the chest does not come in contact with the fist, the repetition will not count. The technique for spotting will be demonstrated prior to the evaluation. (Students will be used as spotters during the exercise).
- 6.2.2.3.4. Count two; return to the starting position. The rest position is with the buttocks raised or in the starting position.
- 6.2.2.3.5. Hands and feet must remain in contact with the ground. If you raise your buttocks

you must return to the starting position before beginning the exercise.

6.2.2.3.6. Breaking form at any time during the exercise is unauthorized and will be called by an instructor, disallowing that repetition from count.

6.2.2.3.7. When time expires, the student will go back to the starting position until told to recover.

#### 6.2.2.4. Fin Swim

6.2.2.4.1. Wearing a swimsuit, T-shirt, mask, fins, booties, and no watch, the student will swim the required distance of a measured pool without assistance and under the maximum time limit. There is no rest during the swim!

6.2.2.4.2. During the swim students can only position their arms in a leading arm/trailing arm fashion. One arm will be extended out in front of them while the other remains stationary at their side. The legs may only be manipulated in a flutter-kick motion when moving through the water. The only body position authorized for the fin swim will be prone to slightly on the side.

### 6.3. WATER CONFIDENCE OBJECTIVES

#### 6.3.1. Buddy Breathing

6.3.1.1. Wearing a swim suit, a T-shirt, booties, a mask, and sharing a snorkel with another student, in a swimming pool at least 8' deep, the student will perform budding breathing, while experiencing varied degrees of instructor intensity (Mild, Moderate, and Full) for the prescribed time limit.

6.3.1.2. The students will be evaluated separately for their ability to remain calm underwater.

6.3.1.3. Students may not struggle or fight with the instructor during the underwater exercise.

6.3.1.4. When evaluated as a team, the student's ability to remain calm and assist each other's breathing by passing the snorkel between them, is assessed.

6.3.1.5. Each student will limit breathing on the snorkel to 2 breaths before passing the snorkel to their buddy.

6.3.1.6. One surface breath is authorized.

6.3.1.7. Students will maintain their grip on each other and the snorkel during the entire exercise.

6.3.1.8. **MILD INTENSITY.** Mild intensity is defined as buddy breathing with masks on or off, splashing, and frequent checks of their grips on each other and the snorkel by the instructor. No breaths are taken away.

6.3.1.9. **MODERATE INTENSITY.** Moderate intensity is defined as buddy breathing with all aspects of mild intensity plus dunking under the surface. No more than one breath taken away before a breath is given.

6.3.1.10. **FULL.** Full intensity is defined as buddy breathing with all previous aspects of intensity plus rolling, surging, and dunking to the bottom of the pool. No more than two breaths taken away before a breath is given.

### 6.3.2. Treading Water

6.3.2.1. Wearing a swim suit, and T-shirt in a swimming pool at least 8' deep, a student, will tread water in the pool for the required time, without assistance.

6.3.2.2. The student will tread with his feet only, keeping his ears out of the water and hands above the level of the wrist clear of the water at all times.

6.3.2.3. He may not float on his back, must keep his eyes on the deck instructor at all times, and must remain in close proximity to the starting position (4 x 4 foot square).

6.3.2.4. Swimming around is unauthorized and will result in a failure.

6.3.2.5. The student will be given one verbal warning to adjust his position. If he is unable to correct or it happens again, the student will fail the exercise.

6.3.2.6. The student can use the egg-beater kick or any treading kick to perform this exercise, however the egg-beater is the most preferred method because of its efficiency.

### 6.3.3. Underwater Knot Tying

6.3.3.1. Wearing a swim suit, a T-shirt, booties, and BCM, the student will in a swimming pool at least 8' deep, using two, 1 meter-long ropes tie a series of knots underwater using the girth hitch, inside bowline, and square knot, without assistance.

6.3.3.2. Each knot series will be evaluated individually. No more than one error is allowed on each set within the series (i.e. Amn Smith ties the square knot incorrectly, he must re-tie the square knot correctly and the remaining knots in the one knot series correctly in order to pass).

6.3.3.3. Students will use a clear water surface dive and a controlled ascent when tying knots.

6.3.3.4. All knots will be exact, with the tails of the knots no shorter than 4 inches long.

6.3.3.5. Improper hand placement on the BCM constitutes a failure.

NOTE: Pushing off the pool bottom on ascent is a failure. Looking upward, the student must exhale air (usually tiny air bubbles) while surfacing. The student's left hand will be extended overhead while the right hand is placed on the dump valve of the BCM. Failure to do so is a safety violation.

### 6.3.4. Drown Proofing

6.3.4.1. Wearing a swim suit, using velcro hand/leg cuffs in a swimming pool at least 8' deep, perform bobbing, floating, traveling, flips, and mask retrieval.

6.3.4.2. Students are paired up, with one student testing and one acting as a safety. The exercise begins with the student standing on the deck of the deep end of the pool, his hands and feet bound. His safety stands behind him to monitor his pool activity. The instructor will command "Enter the Water", where the student immediately enters the water, turns to face the safety and begins to bob.

6.3.4.3. The bobbing technique is sinking to the bottom of the pool, bending the knees and pushing off the bottom, exhaling until the surface is reached. When the head breaks the surface, a breath is taken. The process is repeated until the pre-determined time is reached.

6.3.4.4. The second task is floating. The student inhales as much air as possible into his lungs, then tucks his chin into his chest, bends forward at the waist and relaxes. When air is

required, the head is raised from the water, a breath is taken, and the floating position is resumed. Students may not touch the bottom or sides of the pool and are required to stay in a 4 X 4 foot square.

- 6.3.4.5. The third task is traveling. The student will dolphin kick for 100 meters without touching the bottom or sides of the pool. The dolphin kick is performed on the stomach, body bent at the waist, with the head moving up and down in the water for breaths, using the legs to propel the student across the surface of the pool in an undulating motion.
- 6.3.4.6. The fourth task is flips. Once the travel is complete, the student begins bobbing again. Within five bobs, do an underwater front flip. Within another five bobs, an underwater backward flip is done.
- 6.3.4.7. After both flips are completed, the student will submerge to retrieve with his teeth, the mask, thrown by the instructor to the bottom of the pool. He then does five more bobs.
- 6.3.4.8. After all five tasks are completed, the instructor calls "Time", and the safety will assist the bobber out of the water. The student must accomplish all of the above tasks in sequence and without panicking, or he will be scored unsatisfactory for the exercise.

### 6.3.5. Equipment Recovery

- 6.3.5.1. Wearing a swim suit, a T-shirt, mask, fins, booties, BCM, and a 8 or 16lb weight belt, in a swimming pool at least 8' deep, the student will, in two separate dives, ditch and don his equipment, without assistance.
- 6.3.5.2. The student will stand fully equipped in chest deep water until the command "Move To The Deep End" is given. At that time, the student will move to the deep end of the pool keeping his head above water, and tread water for the required time.
- 6.3.5.3. Upon the command "Ditch Your Equipment," the student will follow instructions take a full breath of air and execute a clear water surface dive or murky water descent to the pool bottom. The student will remove fins, weight belt, and mask, in that order, and arrange it as follows: fins will be aligned together (side by side), mask will be placed on top of the fins faceplate down and parallel, weight belt (untwisted) and placed over the mask and fins securing them to the bottom. The mask will lie on top of both fins and will not extend past the foot cups or jet ports. After ditching all equipment, each student will perform a controlled ascent to the surface. Student's will not push off the bottom during ascent, right hand will be placed on the BCM dump valve, left hand will be extended with a clenched fist over head. NOTE: All students will look upward and exhale during ascent to prevent injury. (Failure to do so is a safety violation).
- 6.3.5.4. Upon reaching the surface, the student will give a verbal and visual "OK" signal and await the command "Recover Your Equipment".
- 6.3.5.5. At that command, the student will perform a surface dive to his equipment, secure the mask in his teeth or around his neck, don the weight belt, fins, mask (clear it) and perform a controlled ascent in the same manner as before. Student's will not touch or adjust their gear at anytime after they have started the ascent from the pool bottom.
- 6.3.5.6. Upon surfacing, the student will give a verbal and visual "OK" signal and when directed move to the side of the pool, keeping head, mask and hands above the water.
- 6.3.5.7. At the side of the pool, he will pull himself out of the water, sit with his fingers interlaced on top of his head and arch his back. All equipment must be donned correctly.

The mask will not have water exceeding the nose cup and all straps will be free of twists. NOTE: If a student has committed an error or discrepancy (Improper ditching of equipment, ascent, donning, etc.) and it occurred prior to exiting the water the student will remain in the deep end and immediately re-accomplish the task again. If the error or discrepancy was committed on the deck the student will re-enter the water and immediately repeat the event from the beginning. The time spent treading water prior to ditching your equipment will increase each week.

### 6.3.6. Weight Belt Swim

- 6.3.6.1. Wearing a swim suit, mask, T-shirt, a weight belt, booties, BCM, and fins, in a swimming pool at least 8' deep, the student will swim continuously in a circle for the prescribed time limit, without assistance.
- 6.3.6.2. Begin the exercise holding onto the wall in the deep end and when instructed to move away from the wall the student will begin swimming (time begins).
- 6.3.6.3. There are two methods of using your arms to assist your weight belt swim.
  - 6.3.6.3.1. The UDT recovery stroke is a stroke in which the student must swim with one arm extended in front and the other arm in the recovery swim motion. The UDT recovery stroke requires the trailing (top) arm to come forward through the water (not out of the water) until both arms are outstretched, shoulder width apart. The top arm pulls downward to the hip, and then the lower arm pulls downward to the lower hip. Both arms recover to the outstretched arm position again. Swimmers breathe, as the lower arm is pulling downward, lifting the head to get a breath. Once both arms are at the student's side, he must recover both arms out in front at the same time to begin the sequence over again (four count rhythm).
  - 6.3.6.3.2. The student may swim with one arm extended out in front (similar to the leading arm/trailing arm stroke), but may use the other arm in the UDT recovery swim motion. The UDT recovery stroke requires the trailing arm to come forward through the water (not out of the water) until the hands are together, then pulls back through the water (half a free-style swim stroke), while lifting the head for a breath. NOTE: At no time during the swim may the sides of the pool be touched. To reconfigure any gear it must be done at the bottom of the pool. Exception: the mask may be cleared while swimming.
- 6.3.6.4. The student must swim on his side only, not on his belly, back or vertical in the water. To prevent himself from swimming on his belly or back, the student will not switch the leading arm out in front when using the recovery stroke. If the student begins the swim with his left arm extend as the guiding arm, then he must maintain that arm in front throughout the swim. He is also required to swim in the designated area. Touching the wall, switching sides, swimming on back or belly, will result in a warning. If the student fails to correct the problem after the warning, or purposefully grabs the side of the pool, he will be failed immediately.

### 6.3.7. Clump Retrieval

- 6.3.7.1. Wearing a swim suit, T-shirt, and booties in a swimming pool at least 8' deep, On the command "Retrieve The Weight", the student will visually scan the water in front and to the side of him, do a giant stride entry and swim directly to the clump and pick it up (may

rest it on the shoulder), squat down and push vigorously off the bottom and ascend to the surface.

- 6.3.7.2. At the surface the student will extend the arm with the clump weight over his head and sound off with his last name, class number and Hoo-Yah without assistance before placing the weight on the bottom of the pool.

## CHAPTER 7 APPRAISAL/EVALUATION STANDARDS

### 7.1. CALESTENICS

The repetitions listed are minimums only. Students will be given 2 minutes to complete as many repetitions as possible of each exercise (1 minute for pull-ups).

	PUSH UPS	SIT UPS	PULL UPS
Week #2	50	55	8
Week #4	55	60	9
Week #6	60	70	11
Week #8	70	75	13

### 7.2. RUNS

The run times listed are maximums.

Week #2	3.0 miles	21:00 maximum
Week #4	4.0 miles	28:00 maximum
Week #6	5.0 miles	35:30 maximum
Week #8	6.0 miles	45:00 maximum

**Note:** A 10-mile graduation run will be completed at an eight minute pace.

### 7.3. DISTANCE SWIMS

The swim times listed are maximums.

Week #2	1500 meter fin swim	30:00 maximum
Week #4	2000 meter fin swim	40:00 maximum
Week #6	3000 meter fin swim	60:00 maximum
Week #8	4000 meter fin swim	80:00 maximum

### 7.4. WATER CONFIDENCE

Week #3	*Underwaters- 5 each w/2 min 30sec interval (25 meters)
	* Mask and Snorkel- 15 meters
	Buddy breathing-1min 30 sec (mild intensity)
	Treading Water- 45 sec
	Weight Belt Swim- 4:00 min w/8 lbs
	Drownproofing: Bobbing- 5:00 min (Hands / Feet Tied), Float 2:00 min,
	Travel 50 meters

- Week #4      \*Underwaters- 5 each w/2 min 30 sec interval (25 meters)  
                  \*Mask and Snorkel- 15 meters  
                  Buddy breathing- 1min 30 sec (mild and moderate intensity)  
                  Treading Water- 1min  
                  Weight Belt Swim- 4:00 min w/8 lbs  
                  Drownproofing: Bobbing, 5:00 min (Hands / Feet Tied), Float 2:00min,  
                  Travel 50 meters, (\* Flips/Mask Recovery)
- Week #5      \*Underwaters- 5 each w/2 min interval (25 meters)  
                  \*Mask and Snorkel- 20 meters  
                  Buddy breathing- 2:00 min (moderate intensity)  
                  Treading Water- 1min 30 sec  
                  \*Equipment recovery-15 sec treading before ditching  
                  Weight Belt Swim- 4:00 min w/16 lbs  
                  Drownproofing: Bobbing- 5:00 min (Hands / Feet Tied), Float 2:00 min,  
                  Travel 100 meters, (Flips/Mask Recovery) – **TEST OUT**
- Week #7      \*Underwaters-6 each w/2 min interval (25 meters)  
                  \*Mask and Snorkel- 25 meters  
                  Buddy breathing- 1min 30 sec (full intensity)  
                  Treading water- 2:00 min  
                  Underwater knots- 2 knots per dive  
                  Equipment recovery- 45 sec treading before ditching  
                  Weight belt swim- 6:00 min w/16 lb  
                  \*Equipment Tread- 2:30 sec (tanks/ BC/ 16 lb weight belt)
- Week #8      Underwater- 50 meter  
                  Buddy breathing- 2:00 min (full intensity)  
                  Treading water- 2 min 30sec  
                  Underwater knots- 3 knots per dive  
                  Equipment recovery- 1:00 min treading before ditching  
                  Weight belt swim- 7:00 min w/16 lb  
                  \*Equipment Tread- 5:00 min (tanks/ BC/ 16 lb weight belt)

NOTE: \* denotes progress checks instead of evaluations

## 7.5. FINAL EVALUATION STANDARDS

7.5.1. The Week 8 final standards are established by the career field and are the end goal of a very demanding course.

### 7.5.2. Week 8 Final Reevaluations

7.5.2.1. To ensure consistency, a student who fails any area during the final physical or water confidence evaluation will be reevaluated on the **entire** evaluation.

## 8. PARARESCUE CODE AND MISSION STATEMENT

8.1. In 1966 General John P. McConnell, then the Air Force Chief of Staff, approved the wearing of the maroon beret. The beret symbolizes the blood sacrificed by Pararescuemen and their devotion to duty by aiding others in distress. To Pararescueman, living up to the motto, "That Others May Live," is a daily reality. It is imperative that you understand this motto, the PJ Code, and the basic mission of Pararescue.

### 8.2. MISSION STATEMENT

**The mission of a Pararescueman is to recover downed and injured aircrew members in austere and non-permissive environments. Pararescuemen provide emergency medical treatment necessary to stabilize and evacuate injured personnel while acting in an enemy evading recovery role. Pararescuemen also act as aircrew gunners and scanners on fixed and rotary wing aircraft while performing flight following duties. In addition, Pararescuemen provide contingency landing sites coverage for NASA space shuttle missions.**

### 8.2. PARARESCUE CODE

**It is my duty as a Pararescueman, to save life and to aid the injured. I will be prepared at all times to perform my assigned duties quickly and efficiently, placing these duties before personal desires and comforts. These things I do ...**

**.....That Others May Live.....**

**HOO-YAH!!**

Credit: BG Richard T. Kight, Commander, Air Rescue Service 1946-1952, wrote the "Code of the Air Rescue Man". "Pararescueman" unofficially replaced the words "...member of the Air Rescue Service," at an undetermined time and was adopted as our own code and motto.