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Operations

**PARARESCUE AND COMBAT
RESCUE OFFICER TRAINING**

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This instruction implements **AFPD 10-35, *Battlefield Airman***. It establishes the USAF Pararescue (PJ) and Combat Rescue Officer (CRO) training program and applies to all Active Duty, Reserve, and Guard PJ and CRO personnel. It consolidates PJ and CRO training and certification programs into a single document and meets AFI 11-2, *Mission Design Series (MDS)-Specific, Volume 1* aircrew training program requirements. Send recommended changes, additions, deletions, and any conflict or duplication of other reports to ACC/A3TO, on Air Force (AF) Form 847, **Recommendation for Change of Publication**. MAJCOMs may supplement this instruction. Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with AFMAN 33-363, *Management of Records* and disposed of in accordance with the *Air Force Records Disposition Schedule (RDS)* located at <https://www.my.af.mil/afrims/afrims/afrims/rims.cfm>. The use of a name of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the USAF or the Department of Defense.

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Chapter 1

GENERAL GUIDANCE

1.1. Abbreviations, Acronyms, and Terms.

1.2. Responsibilities. AF/A3O-AS is the responsible agency for this instruction. AF/A3O-AS will develop and standardize training guidance and procedures in coordination with all commands to which PJs and/or CROs are assigned. PJ On-the-Job-Training (OJT) will be accomplished IAW the 1T2XX Career Field Education and Training Plan (CFETP), AFI 36-2201, *Air Force Training Program*, and this AFI. CRO training will be accomplished IAW the 13DXA Individual Training and Evaluation Folder (ITEF) and this AFI.

1.2.1. AF/A3O-AS will:

1.2.1.1. Chair annual Guardian Angel (GA) Realistic Training Review Boards (RTRB) to review PJ and CRO training requirements. RTRB invitees will include all active duty MAJCOMs with PJ and/or CRO personnel assigned, Air Force Reserve Command (AFRC) and the National Guard Bureau (NGB). GA RTRB will be scheduled with the biennial Utilization and Training Workshops or, on off years, as a stand-alone conference. It is a cross-command forum to standardize basic PJ and CRO core currencies and training.

1.2.1.2. Develop Career field Specialty Training Standard (STS) for 1T2XX.

1.2.1.3. Develop Career field STS for 13DXA

1.2.1.4. Develop AF Mission Essential Task Lists (METL) and Tasks, Conditions, and Standards (TCS) to support AFD 10-30, *Personnel Recovery*, AFD 10-35, AFDD 3-50 *Personnel Recovery Operations* (PRO), and the Personnel Recovery Operational Concept.

1.2.1.5. Coordinate and publish standardized requirements for Mission Qualification Training (MQT), Qualification Training Packages (QTP), or any other applicable courses of instruction derived from the 1T2XX CFETP and/or the 13DXA ITEF.

NOTE: Published documents will be posted on the GA Community of Practice (CoP).

1.2.2. AF/A3O-AS delegates the following duties to ACC/A3TO

1.2.2.1. Process all AF Form 847 change requests for this volume.

1.2.2.2. Review and maintain an informational copy of MAJCOM supplements.

1.2.2.3. Coordinate revisions to AFI 36-2201, *Developing, Managing, and Conducting Training* to ensure PJ and CRO unique requirements are addressed and implemented.

1.2.2.4. Develop standardized requirements for MQT, QTPs, or any other applicable courses of instruction derived from the 1T2XX CFETP and/or the 13DXA ITEF.

1.2.3. MAJCOMs with PJ and/or CRO personnel assigned will:

1.2.3.1. Supplement this publication, if necessary, with MAJCOM specific training.

1.2.3.2. Ensure supplements are available on AF e-publishing website after publication.

- 1.2.3.3. Develop a MAJCOM specific operational risk management (ORM) program.
- 1.2.3.4. Review subordinate unit supplemental instructions and training programs, when published, when a change to parent instruction is made and biennially IAW AFI 33-360, *Publications and Forms Management*.
- 1.2.3.5. Develop MAJCOM Master Job Qualification Standard (JQS) supplement, as required.
- 1.2.3.6. Develop MAJCOM METL and TCS to support AFD 16-12, AF PRO METL, and the Personnel Recovery Operational Concept, as required.
- 1.2.3.7. Review unit METL and TCS, when published, annually.
- 1.2.3.8. Develop supplemental MAJCOM Initial Qualification Training (IQT) and MQT requirements, as necessary.
- 1.2.3.9. Forecast formal training quotas/requirements for PJ and CRO training through MAJCOM Mission Readiness Training Program (MRTP).
- 1.2.4. Wing Commanders (WG/CC) (and Group Commanders for those organizations not organized under Wings, i.e. AFSOC) will:
 - 1.2.4.1. Ensure training objectives are met. Assist subordinate units in management of training programs. Ensure programs meet unit needs and provide necessary staff support.
 - 1.2.4.2. Ensure host and co-located units develop agreements to support PJ and CRO training.
- 1.2.5. Operations Group (OG/CC) or Rescue Group (RQG/CC) Commanders will:
 - 1.2.5.1. Ensure unit/local level agencies and facilities support PJ and CRO training programs.
 - 1.2.5.2. Ensure OSS and co-located units develop agreements to support PJ and CRO training.
- 1.2.6. Operations Support Squadron Commander (OSS/CC) will:
 - 1.2.6.1. Assign PJ and CRO personnel to the Operations Support Squadron (OSS) training flight. CROs must be Team Commander (TC) qualified and PJs must be qualified to the 7 skill level.
- 1.2.7. Unit Commanders will:
 - 1.2.7.1. Ensure training programs are robust and mission focused.
 - 1.2.7.2. Ensure all training is conducted safely IAW applicable directives.
 - 1.2.7.3. Ensure METLs and TCSs are developed, reviewed, and approved as required.
 - 1.2.7.4. Direct and approve quarterly and annual training plans.
 - 1.2.7.5. Designate PJ and CRO trainers/instructors in writing.
 - 1.2.7.6. Designate a medical training coordinator in writing.
 - 1.2.7.7. Designate a 7 skill level PJ as training NCOIC responsible for unit training element.

1.2.7.8. Develop in-processing procedures including local requirements, IAW this AFI.

1.2.7.9. Coordinate with local Base Education and Training Manager (BETM) for receipt of AETC Graduate Assessment Surveys (GASs) and Field Evaluation Questionnaires (FEQs) on newly assigned PJ and CRO personnel from AETC initial skills training pipeline. Ensure Supervisors/Trainers complete GAS and FEQs IAW AFI 36-2201, *Air Force Training Program* and AETCI 36-2201, *Technical and Basic Military Training Evaluation*.

1.2.8. Unit Director of Operations (SQ/DO) will:

1.2.8.1. Oversee the scheduling, execution, and documentation of training events to ensure METL and TCS objectives are achieved.

1.2.8.2. Set upgrade training priorities based on mission requirements and this instruction.

1.2.8.3. Chair quarterly training boards.

1.2.8.4. Provide training feedback to the unit commander on a quarterly basis.

1.2.8.5. Determine training objectives in support of METLs and TCSs.

1.2.9. Superintendent of Operations will:

1.2.9.1. Coordinate quarterly training brief.

1.2.9.2. Coordinate quarterly and annual training plans.

1.2.9.3. Execute upgrade training priorities based on mission requirements and this instruction.

1.2.9.4. Ensure all training supports unit METL, TCS and upgrade requirements.

1.2.10. Unit Training (DOT) will:

1.2.10.1. Coordinate with unit scheduling and assist the DO/ Superintendent of Operations to execute the CC's training program.

1.2.10.2. Coordinate, track and schedule formal training quotas/requirements for PJ and CRO upgrade, continuation, and supplemental with base-level and higher headquarters MRTP POC.

1.2.10.3. Assist instructors and supervisors to maintain AF Form 623, PJ OJT Records, IAW AFI 36-2201series, and this AFI.

1.2.10.4. Assist instructors and supervisors to maintain the CRO ITEF IAW this AFI.

1.2.10.5. Compile and track training documentation to show training status.

1.2.10.6. Provide training status to the SQ/DO, SO, and Stan/Eval on a quarterly basis.

1.2.10.7. Use Air Force Aviation Resource Management System (ARMS) to track training.

1.2.10.8. Maintain a copy of the MAJCOM (if published) and unit (if published) Master JQs.

1.2.10.9. Provide feedback on formal course (PJ Apprentice or CRO course). Identify tasks that were not adequately trained. The supervisor will identify training deficiencies using an IN TURN memo if a GAS is unavailable. This will be accomplished within 90 days of the individual arriving on station. The memo will be routed through the unit training manager, SO, CEM, DO, CC, Group, Wing, and MAJCOM. The data will then be forwarded to AETC/A3T who will forward to AF/A3O-AS.

1.2.11. Medical Training Coordinator will:

1.2.11.1. Be the focal point for coordinating Memorandums of Understanding (MOU) with Military Treatment Facilities (MTF) or appropriate civilian medical facilities as necessary to accomplish medical training.

NOTE: AFI 41-108, *Training Affiliation Agreement Program*, identifies MOU requirements. MOUs will identify all training requirements of the Host MTF and ensure continuity of the program. A flowchart out-lining the MOU process is available on the GA CoP.

1.2.11.2. Establish Continuing Medical Education (CME) folders for each PJ assigned IAW PARARESCUE CME FOLDER.doc available on the GA CoP. Folders will be maintained by the Squadron Medical Element.

1.2.11.3. Review each CME folder quarterly for progress toward recertification requirements.

1.2.11.4. Report medical training trend data to the SQ/CC and SQ/DO quarterly.

1.2.11.5. Coordinate with DOT and flight leadership to ensure required medical training is programmed into quarterly and annual training plans.

1.2.11.6. Coordinate with DOT and flight leadership to ensure all recertification training requirements are completed and submitted by 31 March of the year EMT-P certification is programmed to expire.

1.2.11.7. Coordinate a semi-annual report to MFM identifying medical training and equipment deficiencies.

NOTE: An Independent Duty Medical Technician (IDMT), AFSC 4N071 SEI 496 or 4F071 SEI 496, is best qualified to perform these duties, if available.

1.2.12. Squadron Aircrew Resource Management (SARM) will:

1.2.12.1. Review ARMS products to ensure only current and qualified personnel are assigned to execute training requirements.

1.2.12.2. ARMS personnel will input and track all PJ and CRO currencies mandated by this AFI.

1.2.13. Trainers/instructors will:

1.2.13.1. Be thoroughly familiar with courseware and contents of applicable training plans before giving instruction. They will review student training records, to include records of counseling or progress indicators, prior to performing each training session.

1.2.13.2. Be responsible for conducting pre-mission training briefings and post-mission critiques.

1.2.13.3. Ensure required training items are completed IAW TCS or applicable QTP.

1.2.13.4. Be responsible for the safe execution of training.

1.2.13.5. Document all training accomplished.

1.2.14. Supervisors will:

1.2.14.1. Ensure proper documentation of all training accomplished.

1.2.14.2. Identify training deficiencies and forward recommended courses of action (COAs) for resolution.

1.2.14.3. Ensure compliance with OJT responsibilities IAW AFI 36-220, *Air Force Training Program* and this instruction.

1.2.15. Individuals will:

1.2.15.1. Read, understand, and sign all documented ground and flight training accomplished.

1.2.15.2. Provide positive/negative feedback on training events to respective trainer/instructor and supervisor to clarify any concepts, techniques, processes requiring more training.

1.2.15.3. Be prepared to train when scheduled.

1.2.15.4. Participate only in events/tasks in which they are current, certified and/or qualified, or are receiving training to become current, certified and/or qualified.

1.3. Processing Changes.

1.3.1. Forward recommendations for change to this instruction on AF Form 847 *Recommendation for Change of Publication*, using normal channels, to MAJCOM A3 or designated representative.

1.3.2. MAJCOMs will forward approved recommendations to ACC/A3T.

1.3.3. ACC/A3T or designated representative will:

1.3.3.1. Coordinate all changes to the basic instruction with all MAJCOM A3s.

1.3.3.2. Process recommendation for change.

1.3.3.3. Forward recommendations for changes to this volume to AF/A3O-AS for AF/A3O approval.

1.3.3.4. Address time sensitive issues by an immediate action message.

1.4. Training. Training programs are designed to progress PJs from IQT, to MQT, to Element Leader (EL), to Team Leader (TL). Training programs for CRO personnel are designed to progress from IQT to MQT. Continuation Training (CT) will be carried on after initial MQT.

1.4.1. IQT provides the training necessary to initially qualify PJ and CRO personnel in basic ground and flight duties without regard to a unit's mission. Upon completion of IQT PJ and CRO personnel will be designated UJ and immediately move into MQT. For GA, IQT does not result in a long-term qualification status.

1.4.2. MQT provides the training necessary to qualify or re-qualify PJ and CRO personnel in ground and flight duties integral to specific unit assigned missions. PJ and CRO personnel will maintain UJ status while performing flight duties until they complete MQT. MQT completion is a pre-requisite for Combat Mission Ready (CMR) status. PJ and CRO personnel will not deploy or perform operational missions until MQT is complete. PJ personnel who have completed MQT will be designated Mission PJs (MJP). CRO personnel who have completed MQT will be designated Mission CROs (MJC). CRO TC upgrade is a mandatory part of CRO MQT.

1.4.3. CT consists of training in the basic skills contained in Table 5.1 plus any unit- specific training required to accomplish the unit's assigned missions. CT is a program designed to focus training on capabilities needed to accomplish broad spectrum Personnel Recovery (PR) and maintain CMR status.

1.4.3.1. CMR status is the minimum training for PJ and CRO personnel to be current and qualified in all primary missions tasked to their assigned unit IAW this instruction and AFI 10-3502V2.

1.4.3.2. All PJ and CRO personnel will maintain CMR status by accomplishing all CMR training events IAW Table 5.1. Failure to complete the training/currency IAW Table 5.1 will result in Non-CMR (N-CMR) status unless waived IAW this instruction.

1.4.3.3. Only PJ and CRO positions above the wing level may be designated as Key Staff positions. Individuals assigned to key staff positions are required to complete only those training events noted IAW Table 5.1 considered mission qualified and will continue to fly as MJs. Key Staff personnel will be evaluated only on those training events for which currency is maintained IAW AFI 10-1312V2. Personnel so designated are considered BMC unless they accomplish all CMR training events IAW Table 5.1. Appropriate MFM is designation authority for NAF and MAJCOM Key Staff positions.

NOTE: AETC Detachment, Squadron, Group and Wing level may be designated as Key Staff; however they must be current and qualified in all tasks and currencies in which they provide instruction. AETC MFM is designation authority for Det., Squadron, Group and Wing Key Staff positions.

1.4.3.4. N-CMR and BMC PJ and CRO personnel may perform missions in support of civil authorities, DoD assets and unsupervised training missions only in events where currency and qualification has been maintained.

1.4.3.5. N-CMR and BMC personnel will not be deployed or utilized on any tactical-level combat mission unless waived IAW this instruction. N-CMR personnel may be deployed to meet operational-level or higher requirements (Joint Personnel Recovery Center, Personnel Recovery Coordination Cell, etc.).

1.4.3.6. Specialized Training. Specialized training is training in any special skills necessary to carry out the unit's assigned mission that may not be required by every PJ and/or CRO. Specialized training consists of upgrade training such as trainer/instructor upgrade, Tandem Master, Advanced Military Freefall, etc., as well as CT to maintain proficiency and qualification in unit tasked special capabilities and missions. Specialized training is accomplished after PJ and/or CRO personnel have attained CMR status. Unless otherwise specified, PJ and CRO personnel in CMR or Key Staff positions may

attain and maintain specialized certification provided applicable training/currency as long as any additional training requirements are accomplished.

1.4.3.7. Common Skills Training. PJ and CRO trainers/instructors may conduct training for tasks common to both AFSCs. PJ or CRO specific training will be conducted within AFSC only.

NOTE: Other AFSC trainer/instructor personnel may train/instruct/certify IQT, MQT, UGT, CT and specialized training in like events but must utilize the PJ or CRO TCSs.

1.5. Training Concepts and Policies. The overall objective is to develop and maintain a high state of mission readiness, facilitating immediate and effective employment in exercises, homeland defense, irregular warfare, and conventional campaigns. Though not all inclusive, training should be structured to provide mission capability based on employment concepts identified in Joint Pub (JP) 3-50 *Personnel Recovery*; Air Force Doctrine Document (AFDD) 3-50 *Personnel Recovery Operations*; AFD 16-12, AFD 3-05 *Special Operations*, Air Force Tactics Techniques and Procedures (AFTTP) 3-1 and 3-3 *Guardian Angel*; the unit Designed Operational Capability (DOC) statement; and approved unit METLs and TCSs.

1.5.1. Units will design training missions to achieve combat capability in squadron tasked roles, maintain proficiency, and enhance mission accomplishment and safety. Training missions should emphasize either basic combat skills, or scenarios that reflect procedures and operations based on employment plans, location, current intelligence, and opposition capabilities. Use of procedures and actions applicable to combat scenarios are desired (e.g., appropriate use of code words, authentication procedures, combat tactics, safe recovery procedures, tactical deception, Intel briefing/debriefing). Tactical training will include use of live fire exercises, full mission profiles, realistic medical scenarios, and include C2 nodes and reintegration as much as possible.

1.5.2. PJ and CRO personnel will be afforded a minimum of two hours of the standard duty day to maintain fitness levels required to perform the PR mission. PR operations require a level of physical fitness above the normal USAF standard. The ability to provide sustained performance coupled with rapid recovery from exertion is critical to successfully execute physically and mentally demanding PR mission profiles.

1.6. Failure to complete training. If a PJ or a CRO fails to successfully complete initial, re-qualification, or upgrade training, or a repetitive pattern of failure and/or marginal performance occurs, then the individual should be considered for removal from training and/or permanent disqualification from the PJ or CRO AFSC, IAW AFI 36-2201, AFI 11-402, *Aviation and Parachutist Service*, *Aeronautical Ratings and Badges*, and/or other applicable AF policy.

1.7. Intra-command and Inter-command Transfer of PJ and CRO personnel. Validated training completed prior to transfer will be honored by the gaining command. Members qualified in one command are considered qualified in like equipment and to the same level throughout the force when used for the same mission. Current and qualified PJ and CRO personnel transferring to a new unit will upon arrival:

1.7.1. Complete in-processing requirements IAW this AFI and gaining unit requirements.

1.7.2. Complete PCS currency events, as required IAW this AFI.

1.7.3. Complete MAJCOM/unit-specific MQT requirements, if applicable.

1.8. Training Records and Reports. The PJ OJT record and CRO ITEF meet and satisfy the requirement for individual training records IAW AFI 11-202 V1, *Aircrew Training*, AFI 36-2201, AFI 11-401, *Aviation Management* and appropriate MAJCOM directives.

1.8.1. Tracking CRO Training. All training, certification, and documentation remains under the ITEF for IQT and upgrade training. The 13DXA ITEF, if used as a JQS, is the sole source document for recording all task training.

1.8.2. Tracking PJ Training. All training, certification, and documentation remains directly under the Enlisted Specialty Training (EST) and/or OJT system. The 1T2XX PJ CFETP is the sole source document for recording all task training.

1.8.3. PJ and CRO personnel will document training accomplishment on the IMT 1522, *ARMS Additional Training Accomplishment Report*, or the *Squadron Training Accomplishment Report (TAR)* IAW MAJCOM/unit Standard Operating Procedures (SOP). This data will be input into the ARMS by squadron ARMS personnel.

1.8.4. Units will use the date of the last Formal Training Unit (FTU) equivalent event accomplished to fill in ARMS "NO DATES" for continuation training requirements.

1.9. PJ and CRO Utilization Policy.

1.9.1. GA personnel's overall objective is to perform combat-related duties. Supervisors may assign PJ and CRO personnel to valid, short-term tasks (escort officer, Flying Evaluation Board/mishap board member, etc.), but must continually weigh the factors involved, such as level of tasking, proficiency, currency, and experience.

1.9.2. PJ and CRO personnel may be assigned to additional duties IAW published directives. These duties may be at SQ, GP and WG level and include but are not limited to Flight Commander/NCOIC, Weapons Officer, Tactician, Safety Officer, mobility/contingency plans officer, training NCO, Standardization/Evaluation officer/NCO, squadron aircrew flight equipment officer/logistics officer, and other duties directly related to mission operations.

1.9.3. PJ and CRO personnel will not perform long-term duties that detract from their primary duties of training for, or accomplishing PR.

1.10. Training Allocation Guidance.

1.10.1. Training priorities for assigned PJ and CRO personnel are as follows:

1.10.1.1. Squadrons: CMR training, upgrades (IQT, MQT, EL, TL, TC etc.), proficiency training, and specialized training/upgrades.

1.10.1.2. FTU's: Formal syllabus training, IJ Upgrade, Instructor CT, CMR.

1.10.1.3. Test and Evaluation Units: Requirements directed by MAJCOM, training required to prepare for assigned projects/tasking, CMR requirements.

1.10.2. There is no maximum sortie limit for PJs and CROs.

1.11. Use of Flying Hours.

1.11.1. Structure training missions to achieve maximum training efficiency and comply with applicable directives.

1.11.2. Operational missions may be used for currency and proficiency.

1.12. PJ and CRO Training While “Duty Not Including Flying (DNIF).” PJ and CRO personnel in DNIF status may conduct and log ground-training events, if the member’s physical condition allows it.

NOTE: Consult the flight surgeon initiating the AF Form 1042, *Medical Recommendations for Flying or Special Operational Duty*, to ensure DNIF status does not include ground-training limitations.

1.13. Flight Training Requirements.

1.13.1. Logging of time. Refer to AFI 11-401.

1.13.2. For inter-fly guidance refer to AFI 11-401 and appropriate MAJCOM supplement.

1.13.3. Universal Qualification. Once IQT is complete, PJ and CRO personnel are considered universally qualified as non-rated aircrew members. PJ and CRO personnel are required to complete Initial Qualification training events IAW this AFI and meet all AFI 10-3502V2 *Pararescue and Combat Rescue Officer Standardization and Evaluation* QUAL evaluation requirements.

1.14. Waiver Authority.

1.14.1. AF/A3O is the waiver authority for aircrew training requirements as specified in AFI 11-202V1. These requirements include flight physical, physiological training, life support equipment and procedures training, and egress training.

1.14.2. MAJCOM/A3T, equivalent, or designated representative is the waiver authority for all AFI 10-3502V1 PJ and CRO requirements with the following exceptions:

1.14.2.1. OG/CC is the waiver authority for all AFI 10-3502V1 CT requirements except as noted in para. 1.14.1 and Table 5.1. Notes.

1.14.2.2. AF PJ Career Field Manager (CFM) is the waiver authority for 1T2XX CFETP core tasks IAW AFI 36-2201.

1.14.2.3. AF CRO CFM is the waiver authority for 13DXA ITEF tasks IAW AFI 36-2201.

1.14.2.4. PJ MAJCOM Functional Manager (MFM) is the waiver authority for 1T2XX MAJCOM JQS requirements IAW AFI 36-2201.

1.14.2.5. CRO MFM is the waiver authority for 13DXA MAJCOM JQS requirements IAW AFI 36-2201.

1.14.3. Waiver Instructions.

1.14.3.1. Submit waivers to the requirements of this instruction via message, memo, fax or email through the group training office to the OG/CC and then to the NAF/A3T, MAJCOM/A3T or NGB/A3J (as applicable) for approval, unless otherwise specified. All waivers will include ACC/A3T as an information addressee.

1.14.3.2. DOT will maintain waiver logs for one year. As a minimum, the following waiver information must be tracked and maintained: waiver type, waiver number, approval authority, approval date, expiration date, and a copy of the signed waiver.

1.14.3.3. General Waiver Format: Name, grade, organization (assigned or attached), current qualification (including specialized mission qualifications), specific nature of waiver (paragraph reference) and justification, qualification to which member is qualifying or upgrading, scheduled training start date, expected upgrade or qualification date, date last event accomplished, remarks and requesting unit point of contact (include name, rank, telephone number and office symbol).

NOTE: MAJCOMs may use their own template as long as the minimum requirements above are met. An example is located on the ACC/A3T website and GA CoP.

Chapter 2

INITIAL QUALIFICATION TRAINING

2.1. General. This chapter outlines unit in-processing and IQT requirements for PJ and CRO personnel. IQT encompasses formal school training and all training in Table 2.1. All PJ and CRO personnel must have IQT complete before flight as a non-rated aircrew member. Upon completion of IQT, refer to AFI 10-3502V2 for Initial Qualification evaluation requirements.

2.2. Formal Training.

2.2.1. CRO IQT. The CRO course conducted at the PJ and CRO School is the formal course training portion of IQT.

2.2.2. PJ IQT. The 3-skill level Apprentice course conducted at the PJ and CRO School is the formal course training portion of IQT.

2.2.3. Graduates of IQT formal course training will be proficient in tasks as indicated by the STS and Required Proficiency Levels of FTU Plans of Instruction.

2.3. Initial In-processing. SQ/CCs will develop unit in-processing procedures to include:

2.3.1. Initial assignment interview.

2.3.2. MAJCOM missions, roles, and assets; service/command relationships.

2.3.3. MAJCOM ORM program.

2.3.4. Military vehicle operator's license, permits, and authorizations.

2.3.5. Mobility procedures and training.

2.3.6. All pertinent local directives, publications, supplements, and operating instructions.

2.3.7. Required ancillary training.

2.3.8. Restricted area badge

2.3.9. Communications and operations security.

2.3.10. Obtain current AF Form 1042

2.4. Local Training. Gaining units will establish ITEF records for CROs and OJT records for PJs arriving after completion of IQT formal course training and determine remaining local IQT requirements IAW Table 2.1.

Table 2.1. Initial Qualification Training

Event	Code	Notes:
Life Support Familiarization Training	LL01	1
Emergency Egress Training	LL03(X)	2, 3
Aircrew Life Support Equipment Training	LL06	3
Marshalling Open Book	G002	1
Aircraft Anti-Hijacking	G090	3
Local Area Survival	SS01	1
Physiological Training	None	3

NOTES:

1. Must be accomplished upon arrival at new base, prior to first flight.
2. Complete emergency egress training for each aircraft qualification. Emergency egress training will be instructed by a qualified instructor.
3. May be completed at FTU

2.5. Table 2 1 Definitions:

2.5.1. Life Support Familiarization Training. Purpose: Familiarize PJs and CROs with local Aircrew Flight equipment. Description: PJs and CROs will be briefed on the availability, issue, use, pre-flight, and post-flight procedures of unit specific equipment (e.g. consider unique missions and different aircraft), laser eye protection, and procedures peculiar to home station or local training area. Training will be performed IAW AFI 11-301V1, *Aircrew Life Support (ALS) Program* and the appropriate MAJCOM supplement.

2.5.2. Emergency Egress Training. Purpose: Ensure all PJs and CROs are able to safely egress aircraft and react to aircraft emergencies. Description: PJs and CROs will be able to identify, locate and utilize appropriate emergency equipment, identify and document equipment discrepancies, perform required egress procedures signals, and announcements IAW applicable MDS Technical Orders. Aircraft emergency equipment includes all fire extinguishers, emergency escape breathing devices, smoke mask and/or quick don mask/goggles, oxygen mask, crash axes, escape ropes, ladders, slides, emergency lights, life preservers, and rafts. Emergency egress procedures include all aircraft exits including chopping areas. Training will be instructed by any qualified instructor.

2.5.3. Aircrew Flight Equipment (AFE) Training. Purpose: Ensure all PJs and CROs can locate, preflight, and use all aircrew and passenger AFE carried aboard unit aircraft or issued to aircrew members. Description: PJs and CROs will receive hands-on training with AFE including limitations and safety issues related to AFE.

2.5.4. Marshalling Open Book. Purpose: Ensure PJs and CROs understand proper marshalling procedures and signals preventing aircraft air/ground taxi incidents. Description: A written or electronic 20 question (minimum) open book examination taken after a review of AFI 11-218, *Aircraft Operation and Movement on the Ground*. This exam is normally taken at OGV (or equivalent) office.

2.5.5. Aircraft Anti-Hijacking. Purpose: Ensure PJs and CROs understand USAF policy and guidance on preventing and resisting aircraft piracy (hijacking). Description: This

training is outlined in AFPD 16-8, *Arming of Aircrew, Mobility, and Oversea Personnel*; AFI 13-207, *Preventing and Resisting Aircraft Piracy (Hijacking)*; and is designed to supplement training requirements in AFI 36-2226, *Combat Arms Program*.

2.5.6. Local Area Survival. Purpose: Ensure all PJs and CROs understand local standard operating procedures for possible aircraft emergencies near the base of assignment. Description: This training will be performed IAW AFI 16-1301 *Survival, Evasion, Resistance, and Escape (SERE) Program*.

Chapter 3

MISSION QUALIFICATION TRAINING

3.1. General. This chapter outlines MQT for all PJ and CRO personnel. MQT will include as a minimum lead command A3T approved MQT program and all MAJCOM and unit specific requirements. MQT must be completed before operating as a mission qualified PJ or CRO. Applicable portions of MQT may be used as re-qualification programs for PJ and CRO personnel who have regressed from CMR status. Refer to AFI 10-3502V2 for Mission Qualification evaluation requirements.

NOTE: With OG/CC concurrence, PJ and CRO personnel may perform missions in support of civil authorities, humanitarian assistance and other non-combat contingencies prior to MQT completion provided MQT and currency requirements for events to be performed have been met.

3.2. Mission Qualification Training Requirements. MQT will be completed within 120 calendar days (SQ/CC may waive this to 150 days) of arrival on station. Timing starts the first duty day the member reports to the gaining operational unit. The timing for PJ and CRO personnel electing to take leave prior to entering MQT will begin after the termination of the member's leave. Training is complete upon SQ/CC certification to CMR status. If training exceeds the specified limit, units will notify their MFM.

3.2.1. Task list for PJ MQT is available on the GA CoP.

3.2.2. Task list for CRO MQT is available on the GA CoP.

3.2.3. MAJCOM A3Ts are responsible for developing any MAJCOM specific MQT requirements accompanied by appropriate training programs, as applicable. A3Ts will forward MAJCOM specific MQT requirements to AF/A3O-AS through ACC/A3 for informational purposes.

3.2.4. Unit CCs (WG/GP/SQ) are responsible for developing any unit specific MQT requirements accompanied by appropriate training programs, if applicable. Units will forward unit-specific MQT requirements to MFM for informational purposes.

Chapter 4

UPGRADE TRAINING

4.1. PJ Skill Level Upgrade Training (UGT).

4.1.1. PJ Skill-Level UGT is designed to increase PR skills. AFSC UGT requirements are outlined in this instruction, AFI 36-2201series and AFI 36-2101, *Classifying Military Personnel*. PJs must complete all mandatory training requirements outlined in this AFI and the 1T2XX CFETP for award of the 3-, 5-, 7-, and 9-skill levels.

4.1.2. EL Qualification. EL training will be completed IAW 1T2XX CFETP. MAJCOMs are encouraged to create specific training iterations or full mission profiles to enhance the EL upgrade process. After successful completion of EL upgrade, including any AFI 10-3502V2 evaluation requirements, PJs are awarded Special Experience Identifier (SEI) 340.

NOTE: The PJ EL QTP is located on the GA CoP.

4.1.3. TL Qualification. TL training will be completed IAW 1T2XX CFETP. After successful completion of TL upgrade, including any AFI 10-3502V2 evaluation requirements, PJs are awarded SEI 341.

NOTE: The PJ TL QTP is located on the GA CoP.

4.2. CRO Upgrade Training

4.2.1. CROs must complete all mandatory training requirements as outlined in this instruction, AFI 36-2101, and the CRO ITEF for award of the 1, 3, and 4 skill level. Currently there is no SEI for Team Commander upgrade.

4.3. Common Skills Training. PJ and CRO trainers/instructors may conduct training for tasks common to both AFSCs. PJ or CRO specific training will be conducted within AFSC only.

NOTE: Other AFSC trainer/instructor personnel may instruct skill-level UGT in like events but must utilize the PJ or CRO TCSs.

4.4. Certification. PJs and CROs do not, as a rule, require third party certification on tasks listed in their respective training records. There is however a small set of skills which require further certification before PJ and CRO personnel may perform them unsupervised. These skills are identified by AFCFMs in the ITEF for CROs and in the CFETP for PJs.

Chapter 5

CONTINUATION TRAINING

5.1. General. Continuation Training covers basic GA capabilities. These requirements are to maintain currency only and do not equate to proficiency. This chapter outlines CT requirements to maintain CMR status.

5.1.1. CMR Status

5.1.1.1. CMR status results from completing IQT, MQT, maintaining all CT requirements and completing all AF ancillary training requirements.

5.1.1.2. N-CMR status results from failure to meet any of the requirements listed in para. 5.1.1.1. certain CT requirements. Unless noted, CMR currencies are go/no-go for that currency event only.

5.1.1.3. Non-Training (NT) status results from failure to meet designated requirements. No continuation or upgrade training will be conducted until requirements are met. NT currencies are go/no-go items for all training events except those necessary to prepare for an overdue or failed recurring certification.

5.1.1.4. Grounded (G) status results from failure to meet designated requirements. Individuals will not fly until training is completed. G currencies are considered go/no-go currencies for all flying events.

5.1.2. CT event frequency is determined by PJ or CRO experience levels.

5.1.2.1. PJ 3/5 levels are considered inexperienced for the purposes of CT. CT events will be accomplished using frequencies listed in the inexperienced column of Table 5.1.

5.1.2.2. CROs are considered inexperienced for the purposes of CT until they have held the TC designation for three years. CT events will be accomplished using frequencies listed in the inexperienced column of Table 5.1.

5.1.2.3. PJ 7/9 levels are considered experienced for the purposes of CT. CT events will be accomplished using frequencies listed in the experienced column of Table 5.1.

5.1.2.4. CROs are considered experienced for the purposes of CT once they have held the TC designation for three years. CT events will be accomplished using frequencies listed in the experienced column of Table 5.1.

5.2. Combat Mission Ready Training Requirements.

Table 5.1. defines currency requirements for all PJ and CRO personnel.

5.2.1. If an event's frequency is exceeded, that event may not be performed except for the purpose of regaining currency. Currency will be regained under supervision of a certifier or instructor as defined in the 1T2X1 CFETP part 2 who is current and qualified in the same task to the same or greater level required by the CFETP.

5.2.2. Events in which a periodic currency has been established will be considered trained and qualified to the specified level in the event until 181 days following the expiration of the currency. After this period the member must be retrained IAW a SQ/CC directed retraining,

recertification or requalification program. Qualification events require the completion of all evaluations for the event in question IAW AFI 10-3502V2. The SQ/CC will approve adjustments to the training program based on individual experience level and training requirements. SQ/CC approved training must be documented in the individual CFETP or ITEF.

5.2.3. PJ and CRO personnel will remain CMR for the duration of a contingency/deployment provided they were current at time of departure. Upon return, all overdue currencies will be regained IAW para. 5.2.1.

Table 5.1. Combat Mission Ready Currencies

ARMS ID	Event	Status if overdue	Frequency		Remarks	Notes
			In-experienced	Experienced		
None	Flight Physical	NT	Annual	Annual	ref. AFI 48-123	7, 9
PJ24	Pararescue Medical Skills Certification	NT	17 mo	17 mo	(PJ Only)	7, 8, 10
PJ31	Physical Fitness Certification	NT	18 mo	18 mo		7, 8, 10
None	Physiological Training	G	5 yrs	5 yrs	ref. AFI 11-403	7, 9
LL03	Emergency Egress Training	G	17 mo	17 mo	ref. AFI 11-301V1	1, 7, 9
LL01	Life Support Fam Training	G	PCS	PCS	ref. AFI 11-301V1	7, 9
LL06	Aircrew Life Support Equipment Training	G	17 mo	17 mo	ref. AFI 11-301V1	7, 9
G090	Aircraft Anti-Hijacking	G	365 days	365 days	ref. AFI 13-207	7, 9
G002	Marshalling Exam	G	PCS	PCS	ref. AFI 11-218	7, 9
SS01	Local Area Survival	G	PCS	PCS	ref. AFI 16-1301	7, 9
GA06	Crew Resource Management	G	24 mo	24 mo	ref. AFI 11-290, AFI 11-202 V1	7
G286	M-4 Qualification	N-CMR	see remarks	see remarks	IAW AFI 36-2226	7, 9
G280	M-9 Qualification	N-CMR	see remarks	see remarks	IAW AFI 36-2226	7, 9
ST00	Basic Sortie	N-CMR	60 days	120 Days		
G942	EMT-P Recertification	N-CMR	2 yrs	2 yrs	(PJ Only)	5, 6, 7
G941	Self Aid and Buddy Care	N-CMR	see remarks	see remarks	IAW AFI 36-2238	2, 7, 9
PJ25	Pararescue Medical Refresher	N-CMR	365 days	365 days	(PJ Only)	7
IS02	Fast Rope	N-CMR	365 days	N/A		
IS04	Rappel	N-CMR	365 days	N/A		
IS05	Hoist	N-CMR	365 days	N/A		
IE06	Rope Ladder	N-CMR	365 days	N/A		
IS07	Free Fall Swimmer	N-CMR	365 days	N/A		
IS09	Alternate Insertion/Extraction Refresher	N-CMR	N/A	365 days		7
J102	MFF Emergency Procedures Training	N-CMR	365 days	365 days	ref. AFI 11-410	7, 9
J100	MFF Parachute Deployment	N-CMR	180 days	180 days	ref. AFI 11-410	7, 9
J101	MFF w/Combat Equipment	N-CMR	180 days	365 days		3
J103	S/L Parachute Deployment	N-CMR	180 days	180 days	ref. AFI 11-410	7, 9
J104	S/L w/Combat Equipment	N-CMR	180 days	365 days		3
IS03D	Aerial Deployable Equipment Refresher	N-CMR	180 days	365 days		
IS03	Aerial Deployable Equipment Drop	N-CMR	365 days	365 days		
S100	S/L Jumpmaster	N-CMR	180 days	180 days	ref. AFI 11-410	4, 9
S101	MFF Jumpmaster	N-CMR	180 days	180 days	ref. AFI 11-410	4, 9
S105	Jumpmaster Review	N-CMR	365 days	365 days		4
F100	Field Ops - CS/SC	N-CMR	24 months	24 months	(PJ Only)	
F102	Field Ops – Low/High Angle and Mtn Evac	N-CMR	24 months	24 months	(PJ Only)	
F103	Field Ops - Extrication Operation	N-CMR	24 months	24 months	(PJ Only)	
T100	Tactical Ops - Limited Surface Operation	N-CMR	24 months	24 months	(PJ Only)	

T103	Tactical Ops – Team Commander Operation	N-CMR	180 days	365 days	(CRO Only)	
T104	Tactical Ops - Weapons Fundamentals	N-CMR	365 days	365 days		
DV64	Dive Operation	N-CMR	see remarks	see remarks	IAW AFI 10-3501	7, 9
PJ56	Diving Procedures Review	N-CMR	see remarks	see remarks	IAW AFI 10-3501	7, 9
PJ55	Diving Supervisor	N-CMR	see remarks	see remarks	IAW AFI 10-3501	4, 9

NOTES:

1. Mandatory grounding item on expiration date for the specific MDS only; individual will not fly on the over-due MDS until the required event is accomplished. Complete ground egress for each aircraft qualification. Ground egress will be conducted by a qualified aircrew member.
2. PJs may log this event during PJ Medical Refresher or Paramedic Refresher providing all AFI 36-2238, *Self Aid and Buddy Care Training* hands-on training requirements are met.
3. Equipment jump dual credits applicable MFF or S/L jump currency.
4. If certified.
5. PJs with over 18 years time in service as of 1 Oct 2006 and who are currently qualified at National Registry Emergency Medical Technician-Intermediate (NREMT-I) level are authorized to maintain NREMT-I until they separate from the Air Force. Once NREMT-P is attained it must be maintained.
6. Air Reserve Components (ARC) members are authorized to maintain either NREMT-P or state equivalent qualification.
7. Key Staff BMC skill.
8. Recurring certification will be logged on printed or electronic AF Form 1098.
9. Waiver authority listed in referenced publication and may not be OG/CC.
10. Waiver authority is MAJCOM/A3T.

5.2.4. Continuation Training Definitions for Table 5.1

5.2.4.1. Flight Physical. Complete examination IAW AFI 48-123, *Medical Examinations and Standards* by the last day of the birth month annually.

5.2.4.2. Pararescue Medical Skills Certification (MSC). Purpose: Ensure PJ's maintain medical skill knowledge and proficiency to enable emergency/trauma medical care under adverse/combat field conditions. Description: PJs will perform a MSC administered by a certifier/evaluator IAW Attachment 6, *Medical Evaluation Grading Criteria and Scoring; Pararescue Medications and Procedures Handbook; and Brady Paramedic, Emergency Care* (current edition). Scenarios will be developed in unit based on medical conditions/problems faced in current theatres or the scenarios listed in the Strategic Planning Guidance (SPG). The MSC will focus on patient treatment. Complex combat operations, extrication, movements, or employment will not be incorporated into MSC scenarios. Units will utilize the Review Board process outlined in AFI 16-1202V2 (AFI 10-3502V2 when published) for all individuals failing to meet MSC standards outlined in Attachment 2. Due date in ARMS will be linked to March of the calendar year.

5.2.4.3. Physical Fitness Certification (PFC). Purpose: Ensure PJ and CRO personnel achieve and maintain physical strength and endurance necessary to perform mission

tasks. Description: PJ and CRO personnel will complete a PFC administered by a certifier/evaluator IAW Attachment 3, *Physical Fitness Certification Grading Criteria and Scoring*. Units will utilize the Review Board process outlined in AFI 16-1202V2 (AFI 10-3502V2 when published) for all individuals failing to meet PFC standards outlined in Attachment 3.

5.2.4.4. Physiological Training. Complete IAW AFI 11-403, *Aerospace Physiological Training Program*.

5.2.4.5. Life Support Familiarization Training. Complete IAW paragraph 2.5.1.

5.2.4.6. Emergency Egress Training. Complete IAW paragraph 2.5.2.

5.2.4.7. ALS Equipment Training. Complete IAW paragraph 2.5.3.

5.2.4.8. Marshalling Exam. Complete IAW paragraph 2.5.4.

5.2.4.9. Aircraft Anti-Hijacking. Complete IAW paragraph 2.5.5.

5.2.4.10. Local Area Survival. Complete IAW paragraph 2.5.6.

5.2.4.11. Crew Resource Management (CRM) refresher. CRM refresher training will be conducted IAW AFI 11-290, *Cockpit/Crew Resource Management Training Program* and applicable supplements. When possible, it should be tailored to the unit mission and build on the principles of crew coordination, communications skills, decision making and leadership, learned during initial CRM training courses. Additionally, principles will be considered during upgrade and continuation training flight briefings and debriefings under the crew coordination category. Application of CRM principles relating to recent aircraft mishaps will be briefed and discussed during flight safety meetings. Wings or groups are responsible for monitoring their unit-level CRM programs.

5.2.4.12. M-4 Qualification. Re-qualify in use of M-4 IAW AFI 36-2226, *Combat Arms Training and Maintenance [CATM] Program*, and AFI 31-207, *Arming and Use of Force by Air Force Personnel*.

5.2.4.13. M-9 Qualification. Re-qualify in use of M-9 IAW AFI 36-2226 and AFI 31-207.

5.2.4.14. Basic Sortie. Purpose: Ensure proficiency to perform aircrew duties (i.e. equipment rigging, crew coordination, MDS Systems use, etc.) during PR missions. Description: PJ and CRO personnel must:

Review and sign the FCIF prior to flight.

Correctly stow the following equipment items. Procedures for use of Alternate Insertion/Extraction equipment is covered under items IS02, IS04 IS05, IE06, and IS07. While a review of stanchion use is required, actual rigging of stanchions is not required.

Mandatory (VL):

AI/E equipment

Mission Equipment Tie-down (i.e. ruck, med kit, etc.)

Mandatory (FW):

Litter Stanchions or Litter Tie-down.

Mission Equipment Tie-down (i.e. ruck, med kit, etc.)

NOTE: Either Fixed-Wing (FW) or Vertical Lift (VL) items must be accomplished to log this item. Both are not required.

Inspect each of the following aircraft systems for use during assigned crew duties:

Aircraft oxygen systems for aircrew and patient use

Lighting system panel/emergency lighting system

Communication systems panel

Operate the following aircraft system during assigned crew duties:

Communication system panel

5.2.4.15. Pararescue Medical Refresher. Purpose: Ensure PJs are able to apply medical knowledge to combat and aero-medical situations IAW USAF guidance. Description: PJs will complete a two day (16 hours) training block in combat medicine application. This course will not refresh individual EMT skills directly but is aimed at combat mission skills. The refresher will:

Review tactical need for medical skills IAW AFD 16-12 and GA TTPs.

Refresh assembly/operation procedures of all unit assigned medical equipment for use both inside and outside an aircraft.

Refresh under fire and in-flight survivor care/documentation procedures used during operational missions.

Introduce or refresh additional local procedures...“Medical Director time”.

Review Medical Procedures Handbook.

Complete six realistic Situational Medical Training Exercises (MedExs) designed to improve a PJs individual ability to provide emergency medical treatment under simulated mission conditions (i.e. direct threat, relative security, day and night conditions). MedExs should last from 2 to 10 minutes to focus on initial interventions. Ten scenarios, based on actual missions, will be provided by MAJCOMs. Units may develop additional scenarios.

NOTE: Trauma lanes may be substituted for Med-exes provided the intent of the training is met.

5.2.4.16. Self Aid and Buddy Care. Complete IAW AFI 36-2238. PJs may log this event during PJ Medical Refresher providing all AFI 36-2238 hands-on training requirements are met.

5.2.4.17. EMT Re-Certification. Purpose: Recertify IAW National Registry guidelines (ARC may use state guidelines) available on the NREMT website. Description: PJs will complete EMT-P recertification which normally includes an NREMT approved refresher course, 24 hours of continuing education, an American Heart Association (AHA) or American Red Cross CPR refresher course, an AHA Advanced Cardiac Life Support refresher course.

5.2.4.18. Fast Rope (FR) Insertion. Purpose: Ensure PJs and CROs are able to complete a FR insertion using mission equipment. Description: PJs and CROs will complete one live FR insertion with rucksack and weapon. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during FR insertion operations.

5.2.4.19. Rappel. Purpose: Ensure PJs and CROs are able to complete a rappel insertion using mission equipment. Description: PJs and CROs will complete one live rappel insertion with rucksack and weapon. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during rappel insertion operations.

5.2.4.20. Hoist. Purpose: Ensure PJs and CROs are able to complete a hoist insertion or extraction using mission equipment. Description: PJs and CROs will complete one live hoist insertion or extraction with rucksack and weapon. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during hoist insertion or extraction operations.

5.2.4.21. Rope Ladder (RL). Purpose: Ensure PJs and CROs are able to complete a RL extraction using mission equipment. Description: PJs and CROs will complete one live RL extraction with rucksack and weapon. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during RL extraction operations.

5.2.4.22. Freefall Swimmer Deployment. Purpose: Ensure PJs and CROs are able to complete a freefall swimmer deployment using mission equipment. Description: PJs and CROs will complete one live freefall swimmer deployment with stokes litter or other rescue device. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during freefall swimmer deployments operations.

5.2.4.23. Alternate Insertion/Extraction (AI/E) Refresher. Purpose: Ensure PJs and CROs have hands-on training in equipment rigging and deployment procedures for all unit assigned AI/E equipment types. Description: One day (approx. 8 hours) training block designed to refresh configuration and deployment procedures on all of the following equipment. Training time will vary based on unit assigned equipment and individual experience levels. Refresher training may be accomplished on a static aircraft, tower or aircraft mock-up and must include briefings and deployment procedures for all unit assigned AI/E equipment. Examples include: FRIES, RL, Hoist, Short Haul, Rappel, and Freefall Swimmer Deployment.

5.2.4.24. Aerial Deployable Equipment Refresher. Purpose: Ensure PJs and CROs have hands-on training in equipment rigging and deployment procedures for all unit assigned equipment. Description: One day (approx. 8 hours) training block designed to refresh the ability to rig, as required, configure, deploy and de-rig unit assigned aerial deployment equipment. Training time will vary based on unit assigned equipment and individual experience levels. Refresher training will include procedures for one land and one water deployment method. Methods selected are at the unit's discretion. Examples include: T-Duck, RAMZ, QUAD, Soft Duck, Hard Duck, Equipment Bundles, REDS, bayal bundles, ARC, Motorcycle Bundles.

NOTE: Only refresh deployment methods not utilized on an Aerial Deployable Equipment Drop. Ex. 1: If a RAMZ drop (water) is performed and all refresher requirements are met, an individual need only be refreshed on a single land method. Ex. 2: If a RAMZ drop (water) and a Quad drop (land) are performed in one 365 day period and all refresher requirements are met, log Aerial Deployable Equipment Refresher event as well.

5.2.4.25. Aerial Deployable Equipment Drop. Purpose: Ensure PJs and CROs are able to complete a jump utilizing procedures for following a bundle to the ground. Description: PJs and CROs will complete one live aerial deployable equipment jump under mission conditions with mission appropriate gear. This event is designed to refresh actions used to follow an airborne moving target to the ground.

5.2.4.26. Military Freefall (MFF) Emergency Procedures (EP) Training. Purpose: Ensure PJs and CROs are able to utilize prescribed EPs. Description: PJs and CROs will complete freefall emergency procedures training AFI 11-410 and AFMAN 11-411(I)/FM 3-05.211 *Special Forces Military Freefall Operations*.

5.2.4.27. MFF Parachute Deployment. Purpose: Ensure PJs and CROs are able to deploy from an aircraft utilizing prescribed MFF procedures. Description: PJs and CROs will perform a MFF parachute deployment IAW AFI 11-410 and AFMAN 11-411(I)/FM 3-05.211.

5.2.4.28. MFF w/Combat Equipment. Purpose: Ensure PJs and CROs are able to deploy from an aircraft utilizing prescribed MFF procedures with combat equipment. Description: PJs and CROs will perform a live MFF deployment with ruck and weapon. O2 mask and bottles are recommended but not required. This event is designed to provide hands on training with tools, equipment, and procedures used during MFF w/Combat Equipment deployment operations. This event dual credits MFF Parachute Deployment.

5.2.4.29. Static Line (S/L) Parachute Deployment. Purpose: Ensure PJs and CROs are able to deploy from an aircraft utilizing prescribed S/L procedures. Description: PJs and CROs will perform a S/L parachute deployment (square or round) IAW AFI 11-410 and AFMAN 11-420(I)/FM 3-21.220 *Static Line Parachuting Techniques and Training*.

5.2.4.30. S/L w/Combat Equipment. Purpose: Ensure PJs and CROs are able to deploy from an aircraft utilizing prescribed S/L procedures with combat equipment. Description: PJs and CROs will perform a live S/L deployment with ruck and weapon. This event will be designed to provide hands on training with tools, equipment, and procedures used during S/L w/Combat Equipment deployment operations. This event dual credits S/L Parachute Deployment.

5.2.4.31. MFF Jumpmaster. Purpose: Ensure certified PJs and CROs are able to perform MFF JM duties utilizing prescribed procedures. Description: Certified PJs and CROs will perform JM duties for a live MFF deployment IAW AFI 11-410 and AFMAN 11-411(I)/FM 3-05.211.

5.2.4.32. S/L Jumpmaster. Purpose: Ensure certified PJs and CROs are able to perform S/L JM duties utilizing prescribed procedures. Description: Certified PJs and CROs will perform JM duties for a live S/L deployment IAW AFI 11-410 and AFMAN 11-420(I)/FM 3-21.220.

5.2.4.33. Jumpmaster Review. Purpose: Ensure JM certified PJs and CROs review JM procedures for all types of drops GA performs. Description: One day (approx. 8 hours) training block designed to review the GA precision air drop mission, JMPI procedures for all unit equipment not required for standard currency(i.e. O2, specialized equipment loads, etc), rescue jumpmaster deployment patterns, aircraft configuration and procedures for all types of deployments (i.e. HAHO, JMD, etc.) not required for standard currency. Training time will vary based on unit assigned equipment and individual experience levels.

5.2.4.34. Field Operation – Confined Space/Structural Collapse (CS/SC) Exercise. Purpose: Ensure PJs are able to plan and execute a field operation with a CS/SC scenario. Description: Plan and execute one field training exercise (full mission profile) utilizing CS/SC techniques under simulated mission conditions. The exercise is designed to provide realistic hands on training with tools, equipment, systems, and procedures used during CS/SC operations. It is not required for all participants to handle all of the tools/equipment. The exercise will include mission planning, brief-backs, rehearsals as required, inspections, mission execution, and debriefing. TTPs exercised will be those found in 3-3.*Guardian Angel*. Aircraft are not required. This event may be tactical.

NOTE: Many CS/SC scenarios will exercise extrication principles. When this is the case, log both events.

5.2.4.35. Field Operation – Low/High Angle Rescue and Mountain Evacuation Exercise. Purpose: Ensure PJs are able to plan and execute a field operation with a low and/or high angle rescue and/or mountain evacuation scenario. Description: Plan and execute one field training exercise (full mission profile) utilizing low/high angle rescue and/or mountain evacuation techniques under simulated mission conditions. The exercise is designed to provide realistic hands on training with tools, equipment, systems, and procedures used during low/high angle rescue and/or mountain evacuation operations. It is not required for all participants to handle all of the tools/equipment. The exercise will include mission planning, a brief back, rehearsals as required, inspections, mission execution, and debriefing. TTPs exercised will be those found in 3-3.*Guardian Angel*. Exercise focus should be on tasks listed in the Low/High Angle Rescue Fundamentals and the Mountain Evacuation sections of the 1T2XX CFETP. Aircraft are not required. This event may be tactical.

5.2.4.36. Field Operation – Extrication Exercise. Purpose: Ensure PJs are able to plan and execute a field operation with an extrication scenario. Description: Plan and execute one field training exercise (full mission profile) utilizing extrication skills under simulated mission conditions. The exercise is designed to provide realistic hands on training with tools, equipment, systems, and procedures used during extrication operations. It is not required for all participants to handle all of the tools/equipment. The exercise will include mission planning, a brief back, rehearsals as required, inspections, mission execution, and debriefing. TTPs exercised will be those found in 3-3.*Guardian Angel*. Aircraft are not required. This event may be tactical.

5.2.4.37. Tactical Operation – Limited Surface Operation. Purpose: Ensure PJs are able to plan and execute a tactical operation with a combat-based scenario. Description: Plan and execute one tactical training exercise (full mission profile) utilizing combat skills and

TTPs under simulated mission conditions. The exercise is designed to provide realistic hands on training with tools, equipment, systems, and procedures used during combat operations. It is not required for all participants to handle all of the tools/equipment. The exercise will include mission planning, a brief back, rehearsals as required, inspections, mission execution, and debriefing. TTPs exercised will be those found in 3-3.*Guardian Angel*. The field phase of each exercise must be a minimum of one three hour period in the field. Exercise focus should be on tasks listed in the Mission Planning and Combat Skills sections of the 1T2XX CFETP for PJs. Scenario will include theatre operations overlay, threat scenario, and intelligence reports drawn from current theatres or the SPG. This event may be combined with any field operation currency. Both events may be logged provided all requirements for each currency are met. Aircraft are not required. This event must be tactical.

5.2.4.38. Tactical Operations - Team Commander Operations. Purpose: Ensure CROs are able to plan and execute tactical TC duties in concert with PJs with a combat-based scenario. Description: CROs will plan and execute TC duties during any of the required PJ field or tactical operations. Scenario will include theatre operations overlay, threat scenario, and intelligence reports drawn from current theatres or the SPG. The exercise will include mission planning, a brief back, rehearsals (A/R), inspections, mission execution, and debriefing. TTPs exercised will be those found in 3-3.*Guardian Angel*. Exercise focus should be on tasks listed in the Mission Planning and Combat Skills sections of the CRO ITEF. Aircraft are not required. This event must be tactical.

5.2.4.39. Tactical Operation - Shooting Fundamentals. Purpose: Refresh GA combat shooting fundamentals beyond the scope of current Combat Arms courses. Description: Two day (16 hours) training block designed to refresh indoor and outdoor shooting techniques utilizing unit assigned weapons. Exercise should include pertinent TTPs found in 3-3.*Guardian Angel*. Training should be conducted under the time constraints and stresses associated with combat conditions. Training should focus on tasks listed in the Perform Live Fire and Combat Skills sections of the 1T2XX CFETP for PJs. Training plans are at the unit's discretion and may be incorporated into longer formal courses or training iterations.

5.2.4.40. Dive Operations. Purpose: Ensure PJs and CROs are able to perform dive operations. Description: Perform a dive IAW AFI 10-3501 *Air Force Dive Program*. This event is designed to provide hands on training with tools, equipment, and procedures used during sub-surface infiltration, search or other unit assigned dive operations.

5.2.4.41. Dive Procedures Review. Purpose: Ensure PJs and CROs are able to perform dive operations. Description: Review GA specific diving mission, and general dive and search procedures IAW AFI 10-3501.

5.2.4.42. Diving Supervisor. Purpose: Ensure PJ and CRO diving supervisors are able to supervise dive operations. Description: Perform diving supervisor duties IAW AFI 10-3501.

Chapter 6

SPECIALIZED TRAINING

6.1. Specialized Training Programs. Specialized Training, i.e. AMF, Tandem Master, etc. will be conducted IAW USAF, MAJCOM-specific or unit-specific QTPs. USAF approved QTPs are available on the GA CoP. MAJCOM specialized training QTPs will be forwarded to ACC/A3T. Unit specialized training will be forwarded to unit's MAJCOM and ACC/A3T.

6.2. Trainer/Instructor Program. A sound and practical trainer/instructor program is a prerequisite for effective training, standardization, and accident prevention. Individuals designated for trainer/instructor duty are authorized to instruct and certify at all levels of qualification. Trainer/instructor is a one stop shop for all training and certification contained in this volume.

6.2.1. Squadron trainers/instructors must be appointed in writing by the SQ/CC. They are qualified to conduct task training/certification for any task which they are trained and current to perform. Trainers/Instructors will conduct task training /certification only to the level they hold in a given task or lower. As a minimum, PJ and CRO personnel must meet all requirements for trainers/certifiers listed in AFI 36-2201, complete a MAJCOM approved trainer/instructor upgrade, and be interviewed and appointed by the squadron commander. They must also meet all evaluation requirements listed in AFI 10-3502V2.

6.2.2. Trainer/Instructor Qualifications. Select trainers/instructors based on their background, experience, maturity, and ability to instruct. Unit commanders will personally interview each trainer/instructor to ensure the individual understands the principles outlined in the trainer/instructor upgrade courseware, possesses sound judgment, and are thoroughly familiar with all respective weapon systems, TTPs, equipment, and emergency operating procedures. Additionally, all trainers/instructors must be thoroughly familiar with the applicable portions of USAF, MAJCOM publications and unit standard operating procedures.

Chapter 7

FORMS

7.1. Adopted Forms

AF Form 847, *Recommendation for Change of Publication*

AF Form 623, *OJT Record*

AF Form 1042, *Medical Recommendations for Flying or Special Operational Duty*

AF Form 1522, *ARMS Additional Training Accomplishment Report*

AF Form 1098, *Special Task Certification and Recurring Training*

HERBERT J. CARLISLE, Lt Gen, USAF
DCS, Operations, Plans and Requirements

Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

AFDD 3-50, *Personnel Recovery Operations*

AFDD 3-05, *Special Operations*

AFPD 10-30, *Personnel Recovery*

AFPD 10-35, *Battlefield Airman*

AFPD 11-2, *Aircraft Rules and Procedures*

AFPD 11-4, *Aviation Service*

AFPD 16-12, *Pararescue*

AFPD 36-26, *Total Force Development*

JP 3-50, *Personnel Recovery*

AFI 10-2501, *AF Emergency Management (EM) Program Planning and Operations*

AFI 10-3501, *Air Force Dive Program*

AFI 10-3502 V1, *Pararescue and Combat Rescue Officer Training*

AFI 10-3502 V2, *Pararescue and Combat Rescue Officer Standardization and Evaluations*

AFI 10-3502 V3, *Pararescue and Combat Rescue Officer Operations*

AFI 11-218, *Aircraft Operations and Movement on the Ground*

AFI 11-202 V1, *Aircrew Training,*

AFI 11-202 V2, *Aircrew Standardization/Evaluation Program*

AFI 11-202 V3, *General Flight Rules*

AFI 11-290, *Cockpit/Crew Resource Management Training Program*

AFI 11-301 V1, *Aircrew Life Support Program*

AFI 11-401, *Aviation Management*

AFI 11-402, *Aviation and Parachutist Service, Aeronautical Ratings and Badges*

AFI 11-403, *Aerospace Physiological Training Program*

AFI 11-410, *Personnel Parachute Operations*

AFI 31-207, *Arming and Use of Force by Air Force Personnel*

AFI 36-704, *Discipline and Adverse Actions*

AFI 36-2201, *Air Force Training Program*

AFI 36-2226, *Combat Arms Program*

AFI 36-2238, *Self Aid and buddy Care Training*

AFI 41-108, *Training Affiliation Agreement Program*

AFI 48-123, *Medical Examinations and Standards Volume 3-Flying and Special Operational Duty*

AFI 65-503, *U.S. Air Force Cost and Planning Factors*

AFMAN 11-411(I)/FM 3-05.21, *Special Forces Military Freefall Operations*

AFMAN 91-201, *Explosive Safety Standards*

AFTTP 3-1, *GUARDIAN ANGEL*

AFTTP 3-3, *GUARDIAN ANGEL*

AETCI 36-2201, *Technical and Basic Military Training Evaluation*

Abbreviations and Acronyms

AFDD— Air Force Doctrine Document

AFE— Aircrew Flight Equipment

AFI— Air Force Instruction

AFRC— Air Force Reserve Component

AFSC— Air Force specialty code

AIE— Alternate Insertion/Extraction

ALS— Aircrew Life Support

ARMS— Aviation Resource Management System

BETM— Base Education and Training Manager

CATM— Combat Arms Training and Maintenance

CFETP— Career Field Education and Training Plan

CFM— Career Field Manager

CME— Continuing Medical Education

CMR— Combat Mission Ready

CRM—Cockpit/Crew Resource Management

COA— Course of Action

CoP— Community of Practice

CRO— Combat Rescue Officer

CS/SC— Confined Space/Structural Collapse

CT— Continuation Training

DNIF— Duty Not to Include Flying

DOC— Designed Operational Capability

EL— Element Leader
EP— Emergency Procedure
EST— Enlisted Specialty Training
FR— Fast Rope
FTU— Field Training Unit
FW— Fixed-Wing
G— Grounding
GA— Guardian Angel
GAS— Graduate Assessment Survey
IAW— In accordance with
IDMT— Independent Duty Medical Technician
IQT— Initial Qualification Training
ITEF— Individual Training and Evaluation Folder
JM— Jump Master
JMPI— Jump Master Personnel Inspection
JP— Joint Publication
JQS— Job Qualification Standard
MAJCOM— Major command
MDS— Mission Design Series
MEDEX— Situational Medical Training Exercise
METL— Mission Essential Tasks List
MFF— Military Free Fall
MFM— MAJCOM Functional Manager
MJC— Mission Qualified CRO
MJP— Mission Qualified PJ
MOU— Memorandum of Understanding
MQT— Mission Qualification Training
M RTP— Mission Ready Training Program
MSC— Medical Skills Certification
MTF— Military Treatment Facility
N-CMR— Non-Combat Mission Ready
NGB— National Guard Bureau

NREMT— National Registry of Emergency Medical Technicians

NREMT I— National Registry of Emergency Medical Technicians - Intermediate

NREMT—P - National Registry of Emergency Medical Technician – Paramedic

NT— No Training

OCR— Office of collateral responsibility

OJT— On-the-job-training

OPR— Office of primary responsibility

ORM— Operational Risk Management

OSS— Operations Support Squadron

PFC— Physical Fitness Certification

PHTLS— Pre-Hospital Trauma Life Support

PJ— Pararescue

PR— Personnel Recovery

PRO— Personnel Recovery Operation

PT— Physical training

QTP— Qualification Training Plan

QUAL— Qualification Evaluation

RDS— Records Disposition Schedule

RL— Rope Ladder

RTRB— Realistic Training Review Board

S/L— Static Line

SARM— Squadron Aircrew Resource Management

SCUBA— Self Contained Underwater Breathing Apparatus

SEI— Special Experience Identifier

SERE— Survival, Evasion, Resistance, Escape

SOP— Standard Operating Procedure

SPG— Strategic Planning Guidance

STS— Specialty Training Standard

TAR— Training Accomplishment Reports

TC— Team Commander

TCS— Tasks, conditions, and standards

TL— Team Leader

TTP— Tactics, Techniques and Procedures

UGT— Upgrade Training

VL— Vertical-Lift

Terms

Aircrew— The total complement of rated (pilots, navigators, air battle managers, and flight surgeons), career enlisted aviators (1AXXX Air Force Specialty Codes), and nonrated aircrew (K-, Q-, or X-prefixed Air Force Specialty Code) personnel responsible for the safe ground and flight operation of the aircraft and onboard systems, or for airborne duties essential to accomplishment of the aircraft's mission (Includes members in initial formal training for immediate assignment to an authorized operational flying position). Individuals must be on aeronautical orders and assigned to an authorized position according to AFI 65-503, *US Air Force Cost and Planning Factors*, or nonrated aircrew not in an aircraft's basic crew complement, but required for the mission. Aircrew members perform their principal duties in-flight and their presence is required for the aircraft to accomplish its primary tasked mission.

Certification— A formal indication of an individual's ability to perform to required standards.

Combat Mission Ready— The minimum training required for PJ and CRO personnel to be current and qualified in all primary missions tasked to their assigned combat unit and weapons system.

Grounding— Member will not fly until required training is accomplished.

Element Leader— 5-skill level qualified PJ that has completed mission upgrade training IAW PJ Element Leader QTP.

Evaluator (PJ or CRO)— Evaluators are those individuals certified to conduct evaluations IAW 10-3502V2.

Instructor (PJ or CRO)— Instructors are those individuals qualified to conduct training and certification for any task that they are current, trained, certified and/or qualified to perform.

Mission Essential Task List (METL)— A complete list of mission essential tasks for an organization.

Non—Combat Mission Ready – Failure to attain or maintain the minimum training required for PJ and CRO personnel to be current in all primary missions tasked to their weapons system and assigned combat unit.

OJT— Individual training in designated job skills provided to individual members when serving in job positions in operational units. (AFDD 1-2)

Qualification Expiration— The date qualification expires, normally, the last day of month, 18 months from the last successful evaluation.

Standard— An exact value, physical entity or abstract concept that authority, custom, or common consent sets up and defines to serve as a reference, model, or rule in measuring qualities or quantities, developing practices or procedures, or evaluation results.

Team Leader— 7-skill level qualified PJ that has completed mission upgrade training IAW PJ Team Leader CFETP/QTP.

Team Commander— Subset of Guardian Angel weapon system tactical organization. CRO 3-skill level qualified to command weapon system tactical operations.

Tasks, Conditions, and Standards— Defines a specific task to be performed, the conditions under which the task will be performed, and the standard to which the task will be performed.

Trainee— An individual who is undergoing training.

Attachment 2

MEDICAL SKILLS CERTIFICATION SCORING/GRADING GUIDE

1.1 Date: _____		<input type="checkbox"/> <i>Initial</i>
1.2 Evaluator: _____		
1.3 Scenario: _____		<input type="checkbox"/> <i>Retest</i>
1.4 Operator: _____		

TASKS TESTED	<i>Points</i>	1	EVALUATOR NOTES
2.1. Perform Scene Evaluation (Size-Up).			1. = Critical Criteria
1. Take Universal Precautions- Body Substance Isolation using personal protective equipment (<i>If appropriate</i> for the scenario).	2		
1. Determine the scene is safe and address any unsafe issues.	2		
1. Determine the Mechanism of Injury.	2		
2.2. Perform an Initial Assessment.			
1. Direct or provide manual in line stabilization of C-Spine (<i>If appropriate</i> for the scenario).	2		
<input type="checkbox"/> Obtains Chief Complaint.	2		
<input type="checkbox"/> Determine/assess the level of consciousness of the patient.	2		
1. Determine and assess any immediate life threats.	3		
1. Open/assess the airway and breathing.	2		
1. Insert the appropriate airway adjunct as required.	2		
❖ Ensure/provide ventilatory support to the patient to include the use of oxygen if available.	2		
❖ Treat immediate life threats that could possibly complicate airway and breathing.	2		
<input type="checkbox"/> Assess circulation to include pulse and peripheral perfusion.	2		
❖ Identify and control life-threatening hemorrhages.	2		
❖ Demonstrate the ability to prioritize patients (Load and Go vs. Stay and Play).	3		
2.3. Perform a Rapid Assessment.			
<input type="checkbox"/> Reassess any previous treatments or interventions.	1		
<input type="checkbox"/> Assess the head to include Eyes, Ears, Nose, and Throat.	1		
1. Secure the airway with appropriate adjunct if indicated.	2		
<input type="checkbox"/> Assess the neck for injury, JVD, mid-line trachea, and C-spine injuries.	1		
1. Properly apply a cervical collar if needed.	2		
<input type="checkbox"/> Assess the chest.	1		
<input type="checkbox"/> Assess the abdomen and pelvis.	1		
<input type="checkbox"/> Assess the lower extremities.	1		
<input type="checkbox"/> Assess the upper extremities.	1		
<input type="checkbox"/> Properly log roll the patient and assess the posterior head to foot.	1		

<input type="checkbox"/> Consider or apply MAST if needed.	1	
1. Properly immobilize patient to a long spine device if indicated.	2	
1. Expose the patient as needed to perform the assessment in given scenario environment.	2	
<input type="checkbox"/> Obtain patient's history using the SAMPLE format.	1	
1. Direct or initiate transport of the patient.	2	
2.4. Perform Shock and Fluid Resuscitation		
1. Obtain a baseline set of vitals and continue to reassess every 5-10 minutes.	1	
1. Obtain the initial IV in 3 attempts or less on a live patient.	2	
1. Obtain the second IV if needed.	1	
❖ Provide appropriate shock and fluid replacement therapy	2	
❖ Administer any medications needed for given scenario	2	
2.5. Perform Detailed Physical Examination		
<input type="checkbox"/> Reassess any previous treatments or interventions.	1	
<input type="checkbox"/> Reassess the head to include Eyes, Ears Nose, and Throat.	1	
1. Secure the airway with appropriate adjunct if indicated.	2	
<input type="checkbox"/> Reassess the neck for JVD, and mid-line trachea.	1	
<input type="checkbox"/> Reassess the chest.	1	
<input type="checkbox"/> Reassess the abdomen and pelvis.	1	
<input type="checkbox"/> Assess the genitalia/perineum.	1	
<input type="checkbox"/> Reassess the lower extremities and assess Pulse/Motor/Sensory.	1	
<input type="checkbox"/> Reassess the upper extremities and assess Pulse/Motor/Sensory.	1	
2.6. Perform an Ongoing Assessment		
<input type="checkbox"/> Monitor/reassess ABCs, vital signs, and all treatments every 5-10 minutes.	2	
2.7. Perform Documentation of Patient Care		
<input type="checkbox"/> Document nature of the dispatch/mission	3	
<input type="checkbox"/> Document accurate identification of patient.	3	
<input type="checkbox"/> Document accurate Chief Complaint.	3	
<input type="checkbox"/> Document complete SAMPLE History.	3	
<input type="checkbox"/> Document all vitals in chronological order.	3	
<input type="checkbox"/> Document all physical exam findings and assessment of patient.	3	
<input type="checkbox"/> Document all treatments performed on patient.	3	
<input type="checkbox"/> Document all medications given to patient to include time, route, and dosage.	3	
<input type="checkbox"/> Document any change in patient status during care.	3	
<input type="checkbox"/> Sign and date documented form.	3	

Attachment 3

PHYSICAL FITNESS CERTIFICATION GRADING CRITERIA AND SCORING

The order for conducting the evaluation is: 3-mile run, pull-ups, sit-ups, pushups, and 1500-meter swim. After the 3-mile run, a rest of no more than 15 minutes is given prior to starting the calisthenics. Calisthenics events will be tested one after the other with approximately 2-minutes rest between events. Upon completion of all calisthenics events, a rest of no more than 15 minutes is given prior to starting the 1500M swim. Failure to meet the physical fitness standard for any event constitutes failure of the entire test. Score IAW para. A3.6. The test is intended to mirror the AF PFT requirements so that measurements can be recorded at appropriate intervals for dual credit (when/if dual credit is approved in the future). i.e. Annotate time at 1.5 mile; number of sit up and push up reps at one minute.

A3.1. Three-Mile Run. This exercise is performed in running shoes. This exercise is designed to measure aerobic endurance during specific mission tasks. Endurance is required to perform overland movement, climbing, load-bearing, and hand-to-hand combat tasks.

A3.1.1. Q. Greater than or equal to 120, 110, 100 points based on age.

A3.1.2. U. Less than 120,110,100 points based on age.

A3.2. Pull ups (time limit: one minute). This exercise is executed on a pull-up bar. The individual grasps the bar with the palms away from the face, shoulder width apart. This is a two-count exercise. The exercise begins in the “dead hang” position. Count one; pull the body directly upward until the chin is over the bar. Count two, lower the body until the body is again in the “dead hang” position. Individuals will not swing excessively or bicycle feet as the chin is pulled over the bar. Repeat as many times as possible. This exercise is designed to measure strength and endurance in the back/shoulder and triceps/biceps muscles used during specific mission tasks. Strength and endurance in these muscle groups are required to perform parachute control and climbing tasks.

A3.2.1. Q. Greater than or equal to 40 points.

A3.2.2. U. Less than 40 points.

A3.3. Sit-ups (time limit: two minutes). Start with the back flat on the ground, knees bent at approximately a 90-degree angle, arms crossed over the chest with the hands at the shoulders, resting on the upper chest. Another individual may hold the feet during the exercise or secured under an anchored “toe-hold” bar. This is a two-count exercise. Count one; sit up until elbows contact the thigh or knee. Count two, return to the starting position. If an individual raises buttocks from ground or his hands/fingers break contact with the chest/shoulders during a repetition, the repetition is not counted. The only authorized rest position is in the up position. This exercise is designed to measure strength and endurance in abdominal and hip flexor muscle groups used during specific mission tasks. Strength and endurance in these muscle groups are required to perform swimming, lifting, and load-bearing and hand-to-hand combat tasks.

A3.3.1. Q. Greater than or equal to 40 points.

A3.3.2. U. Less than 40 points.

A3.4. Pushups (time limit: two minutes). This exercise starts from the front leaning rest position. The body must be maintained straight from head to heels with knees together. This is a two-count exercise. Count one; flex the elbows, lowering the body until the elbows form a 90-degree angle. Count two; raise the body until the elbows are straight and locked. Repeat this exercise as many times as possible. Event is stopped when individual lifts an arm or a knee touches the ground. The only authorized rest position is the starting position. This exercise is designed to measure the strength and endurance of the chest and triceps muscles used during specific mission tasks. Strength and endurance in these muscle groups are required to perform swimming, lifting, climbing, load-bearing and hand-to-hand combat tasks.

A3.4.1. Q. Greater than or equal to 40 points.

A3.4.2. U. Less than 40 points.

A3.5. 1500 Meter Swim. The swim may be performed with swim trunks, facemask, or goggles, snorkel, and fins using any stroke. If swim is performed in open water, a life preserver/flotation device must be worn (exempt when within 100m of shore and/or a safety boat is in attendance). 10 minutes will be added to maximum times in the score chart for open water swims. This exercise is designed to measure aerobic endurance and swimming ability during specific mission tasks. Endurance and swimming ability are required to perform maritime transits as well as underwater dive recovery tasks.

A3.5.1. Q. Greater than or equal to 120, 110, 100 points based on age.

A3.5.2. U. Less than 120,110,100 points based on age.

A3.6. Score. Exercise, run and swim times will be rounded off to the next lower point value as depicted in the score chart . A composite score of all events determines the overall score. A total score greater than or equal to 430 is a Q, greater than or equal to 320 but less than 430 is a Q-, and less than 320 is a U.

NOTE: Failing to meet the minimum standards in anyone of the areas assessed will result in an overall U/Failure regardless of total score.

Physical Fitness Score Chart.

<i>3 MILE RUN</i>		<i>CALISTHENICS (minutes)</i>				<i>1500 METER SWIM</i>	
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	90	85	100	26:00	200
20:30	190	15	85	80	90	27:00	190
21:00	180	14	80	75	80	28:00	180
21:30	170	13	75	70	75	29:00	170
22:00	160	12	70	65	70	30:00	160
22:30	150	11	65	60	65	31:00	150
23:00	140	10	60	55	60	32:00	140
23:30	130	9	55	50	55	33:00	130
*24:00	120	8	50	45	50	*34:00	120
**25:00	110	7	45	40	45	** 36:00	110
***27:00	100	6	40	35	40	***40:00	100

*Indicates MAXIMUM allowable times for personnel less than 30 years of age.

**Indicates MAXIMUM allowable times for personnel over 30 but less than 40 years of age.

***Indicates MAXIMUM allowable times for personnel over 40 years of age.

