

**AIR FORCE SPECIAL WARFARE CD9F5 HCF : HB9GG'H9GH'G7 CF975 F8'**

**Privacy Statement**

**AUTHORITY:** Title 10 United States Code 9013, Secretary of the Air Force; AFMAN 36-2919, *Air Force Special Warfare Operator Fitness Test*.

**PURPOSE:** Information is used to positively identify an individual prior to administration of the Air Force Special Warfare (AFSPECWAR) Operator Fitness Test.

**ROUTINE USES:** In addition to those disclosures generally permitted under 5 U.S.C. 552a(b) of the Privacy Act, these records or information contained therein may specifically be disclosed outside the DoD as a routine use pursuant to 5 U.S.C. 552a(b)(3); Blanket Routine Uses applies.

**DISCLOSURE:** Failure to provide the requested information will result in non-administration of the Fitness Test.

**PART I. MEMBER COMPLETES**

RANK/NAME:		UNIT:	DoDID:	DUTY PHONE:	AFSC:	AGE:
Is this a Diagnostic OFT? YES                  NO		Is this an Official OFT? YES                  NO		Accept Diagnostic results below as Official OFT? YES                  NO		

**PART II. TEST ADMINISTRATOR COMPLETES**

FITNESS SCREENING QUESTIONNAIRE (FSQ) DATE:	OPERATOR FITNESS TEST (OFT) DATE:
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**INFILTRATION TACTICAL RUCK / 3 mile / > 60 lbs (hours:mins:secs) Rest 30 minutes maximum**

<i>No Running Watches Recommended</i>	Dry Weight (lbs):	Time: (hours):(mins):(secs) :                  :	Points: (minimum 20 points)
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**STANDING LONG JUMP (inches) Rest 1 minute minimum / 5 minutes maximum between trials and after event**

<i>Feet Remain Planted Upon Landing</i>	Trial 1:	Trial 2:	Trial 3:	Points: (minimum 8 points)
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**PRO AGILITY DRILL (secs:tenths) Rest 1 minute minimum / 5 minutes maximum between trials and after event**

<i>Hand Touches Line Every Turn</i>	Trial 1:                  (secs) (tenths) Left:                  : Right:                  :	Trial 2:                  (secs) (tenths) Left:                  : Right:                  :	Points: (minimum 3 points) Left:                  Right:
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**TRAP BAR DEADLIFTS / 3 repetition maximum (lbs) Rest 2-3 minutes between trials. Rest 1 minute minimum / 5 minutes maximum after event**

<i>3 Reps or Until Technical Failure</i>	Trial 1:	Trial 2:	Trial 3:	Trial 4:	Trial 5:	Points: (minimum 7 points)
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**PULL UPS (maximum repetitions) Rest 2-3 minutes between trials. Rest 1 minute minimum / 5 minutes maximum after event**

<i>Max Reps Until Technical Failure</i>	Number of Reps:	Points: (minimum 6 points)
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**FARMER'S CARRY / 100 yards / 2x53lb Kettlebells (secs) Rest 1 minute minimum / 5 minutes maximum after event**

<i>Split Course to 2x50 yards if Needed</i>	Seconds:	Points: (minimum 6 points)
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**SHUTTLE RUN REPEAT/ 2x300 yards (secs) Rest 15 minutes minimum / 30 minutes maximum after event**

<i>Average Time for Score</i>	Trial 1:	Trial 2:	Trial Average:	Points: (minimum 8 points)
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**EXFILTRATION: 1500M COMBAT FIN/OPEN WATER COMBAT FIN or 1.5 mile COMBAT RUN (hours:mins:secs)**

<i>Side, Combat Side, or Lead Arm Trail Arm Stroke</i>	Combat Fin: (hours):(mins):(secs) :                  :	Open Water Combat Fin: (hours):(mins):(secs) :                  :	Combat Run: (hours):(mins):(secs) :                  :	Points: (minimum 16 points)
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Did Not Finish (DNF):	TOTAL SCORE:
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**PART III. ACKNOWLEDGEMENT**

*I acknowledge the above information reflects my performance. I may address issues IAW AFMAN 36-2919 on removing AFSPECWAR OFT scores. NOTE: Refusal to sign does not invalidate.*

Operator Signature:	Date:
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*I experienced an injury or illness during this OFT and will immediately pursue evaluation at a Medical Treatment Facility. I understand this OFT will count unless rendered invalid by the Unit/CC within 5 duty days (conclusion of next UTA for non-AGR ARC Airmen). If no request to invalidate, I understand that this OFT will be entered into myFitness by the 6th duty day or next UTA for non-AGR ARC Airmen.*

Test Administrator Rank/Name:	Signature:	Date:
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Operational Fitness Training Manager Rank/Name:	Signature:	Date:
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**Note:** In the event of illness or injury, FIM signature acknowledges the requirement to hold score for 5 duty days (myFitness input on 6th duty day). For non-AGR ARC member, FIM staff will hold scores until the next UTA and enter scores into myFitness upon conclusion of that UTA.

I have received and considered the provided medical documentation and render this test [ **valid** / **invalid** ] due to injury/illness.

Unit Commander Rank/Name:	Signature:	Date:
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