

**BY ORDER OF THE  
SECRETARY OF THE AIR FORCE**

**AIR FORCE MANUAL 36-2919**

**23 MAY 2023**



**Personnel**

**AIR FORCE SPECIAL WARFARE  
OPERATOR FITNESS TEST**

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

---

**ACCESSIBILITY:** Publications and forms are available on the e-Publishing website at [www.e-Publishing.af.mil](http://www.e-Publishing.af.mil) for downloading or ordering.

**RELEASABILITY:** There are no releasability restrictions on this publication.

---

OPR: AF/A3S

Certified by: SAF/MR

Pages: 41

---

This publication implements Department of the Air Force (DAF) Policy Directive (DAFPD) 36-29, *Military Standards*, Department of Defense Instruction (DoDI) 1308.03, *DoD Physical Fitness/Body Composition Program*, and Department of the Air Force Manual (DAFMAN) 36-2905, *Department of the Air Force Fitness Program*. It provides guidance and procedures on Occupationally Specific Physical Fitness Assessment (OSPFA) for Air Force Special Warfare (AFSPECWAR). It applies to AFSPECWAR operators (individuals holding a 1ZXXX or 19ZXX Air Force Specialty Code (AFSC)) at all levels, including the Air Force Reserve (AFR) and Air National Guard (ANG), except where noted otherwise. This publication does not apply to the United States Space Force. This publication may be supplemented at any level, but all supplements must be routed to the office of primary responsibility (OPR) Air Force Special Warfare (AF/A3S) for coordination prior to certification and approval. This manual requires the collection and or maintenance of information protected by the Privacy Act of 1974 authorized by Title 10, United States Code (U.S.C.) Section 1506, *Personnel Files*. Ensure all records generated as a result of processes prescribed in this publication adhere to Air Force Instruction (AFI) 33-322, *Records Management and Information Governance Program*, and are disposed in accordance with the Air Force Records Disposition Schedule, which is located in the Air Force Records Information Management System. Refer recommended changes and questions about this publication to the OPR using the DAF Form 847, *Recommendation for Change of Publication*; route DAF Forms 847 from the field through the appropriate functional chain of command. The authorities to waive wing or unit level requirements in this publication are identified with a Tier (“T-0, T-1, T-2, T-3”) number following the compliance statement. See DAFMAN 90-161, *Publishing Process and Procedures*, for a description of the authorities associated with the Tier numbers. Submit requests

for waivers through the chain of command to the appropriate Tier waiver approval authority or, alternately, to AF/A3S for non-tiered compliance items. The use of the name or mark of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force. Compliance with attachments is mandatory.

<b>Chapter 1—GENERAL INFORMATION</b>	<b>5</b>
1.1. Overview.....	5
1.2. Purpose.....	5
1.3. Development of New Equipment and Procedures. ....	5
1.4. Exceptions.....	5
<b>Chapter 2—ROLES AND RESPONSIBILITIES</b>	<b>6</b>
2.1. Chief of Staff of the Air Force.....	6
2.2. Assistant Secretary of the Air Force, Manpower and Reserve Affairs (SAF/MR)..	6
2.3. Deputy Assistant Secretary of the Air Force for Force Management Integration ...	6
2.4. Deputy Assistant Secretary for Reserve Affairs and Member Readiness (SAF/MRR). ....	6
2.5. Air Force Deputy Chief of Staff for Manpower, Personnel, and Services (AF/A1).....	6
2.6. Director of Military Force Management Policy (AF/A1PP). ....	6
2.7. Director of Plans and Integration (AF/A1X). ....	6
2.8. Air Force Personnel Center (AFPC). ....	6
2.9. Air Force Deputy Chief of Staff for Operations, Plans and Requirements (AF/A3).....	6
2.10. Director of Air Force Special Warfare (AF/A3S).....	6
2.11. Air Force Surgeon General (AF/SG). ....	7
2.12. Installation/Wing Commander (or equivalent). ....	7
2.13. AFSPECWAR Commands and Units.....	7
2.14. Medical Group Commander/Military Treatment Facility Director. ....	7
2.15. Chief, Aerospace Medicine (or equivalent). ....	7
2.16. Military Treatment Facility (MTF) Provider or Embedded Medical Provider. ....	7
2.17. Human Performance Optimization (HPO) Personnel.....	8
2.18. Unit Fitness Assessment Cell (UFAC). ....	8
2.19. Operational Fitness Training Manager. ....	9
2.20. OFT Administrators.....	9

2.21.	AFSPECWAR Operators.....	9
<b>Chapter 3—OPERATOR FITNESS TEST (OFT) GUIDANCE</b>		<b>11</b>
3.1.	General.....	11
3.2.	Satisfactory. ....	11
3.3.	Unsatisfactory. ....	11
3.4.	Medical Evaluation. ....	11
3.5.	Operator Fitness Test (OFT) Administration.....	11
3.6.	Extenuating Circumstances.....	12
3.7.	Frequency.....	13
3.8.	Illness or Injury.....	13
3.9.	Deployments. ....	13
3.10.	Acclimatization Period. ....	13
3.11.	Installation Site Requirements, Weather Conditions, and/or Higher Altitudes. ....	14
3.12.	Open Water Course.....	14
3.13.	Safety and Environmental Conditions .....	15
<b>Chapter 4—EXEMPTIONS</b>		<b>16</b>
4.1.	Exemptions. ....	16
4.2.	OFT exemptions are not approved for a single component. ....	16
4.3.	OFT Composite Exemptions. ....	16
<b>Chapter 5—EDUCATION, IMPROVEMENT, AND INTERVENTION</b>		<b>18</b>
5.1.	Physical Fitness and Nutrition Education. ....	18
5.2.	Fitness Improvement Program (FIP). ....	18
5.3.	AF Form 109, Air Force Special Warfare Physical Fitness Education, and Intervention Processing.....	18
<b>Chapter 6—SPECIAL POPULATIONS</b>		<b>19</b>
6.1.	Key Staff & Student, Trainee, or Personnel (STP).....	19
6.2.	Geographically Separated Unit or Member. ....	19
6.3.	Individual Mobilization Augmentees (IMA). ....	19
<b>Chapter 7—SYSTEMS MANAGEMENT</b>		<b>21</b>
7.1.	myFitness. ....	21
7.2.	Protected Health Information.....	21

<b>Chapter 8—ADMINISTRATIVE AND PERSONNEL ACTIONS</b>	<b>22</b>
8.1. Adverse Personnel Actions.....	22
8.2. Fitness Appeals.....	23
Table 8.1. Fitness Assessment Appeals Process.....	24
8.3. Correcting Administrative Errors on Fitness Assessment Scores.....	24
<b>Attachment 1—GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION</b>	<b>25</b>
<b>Attachment 2—AFSPECWAR OPERATOR FITNESS TEST INSTRUCTIONS</b>	<b>30</b>
<b>Attachment 3—OFT SCORING RUBIC</b>	<b>37</b>
<b>Attachment 4—SAMPLE WRITTEN ORDER FOR OPERATOR FITNESS TEST ADMINSTRATORS</b>	<b>38</b>
<b>Attachment 5—SAMPLE MEMORANDUM FOR TDY OR PME</b>	<b>39</b>
<b>Attachment 6—SAMPLE MEMORANDUM FOR MEDICAL VALIDATION OF FITNESS ASSESSMENT ILLNESS OR INJURY</b>	<b>40</b>
<b>Attachment 7—SAMPLE MEMORANDUM FOR MEDICAL EVALUATION FOLLOWING MULTIPLE FAILURES</b>	<b>41</b>

## Chapter 1

### GENERAL INFORMATION

**1.1. Overview.** All Air Force Airmen must maintain a necessary level of physical fitness to meet the science-based standards of the Air Force Physical Fitness Assessment (PFA) in accordance with (IAW) DAFMAN 36-2905. The PFA is designed with health criteria standards to ensure Airmen are present for duty in good health and general fitness. However, the PFA does not account for career field or occupationally-relevant physical fitness requirements. This manual outlines the standards for AFSPECWAR Operator Fitness Test (OFT) under the Air Force's Occupationally Specific Physical Fitness Assessment (OSPFA) program, formally referred to as the tier 2 test. The standards of the OFT are based on mission-specific, physical duty requirements for AFSPECWAR operator specialties, independent of gender, age, and rank.

#### **1.2. Purpose.**

1.2.1. The OFT requirements ensure AFSPECWAR operators have the necessary physical abilities to perform the critical physical tasks inherent to their operational duties. This test captures the physical duty requirements necessary to accomplish the AFSPECWAR mission set and assists in the measurement of fitness levels of AFSPECWAR operators and therefore does not allow for component exemptions.

1.2.2. The standards in this nine-component OFT surpass DoDI 1308.03 and DAFMAN 36-2905 cardiorespiratory fitness, muscular strength, and core endurance components requirements. Therefore, a current, passing OFT score exempts the member from the PFA.

**1.3. Development of New Equipment and Procedures.** Units must obtain AF/A3S approval of new equipment or procedures that would require an update to current guidance. **(T-1)**

**1.4. Exceptions.** Members in Student, Trainee, or Personnel (STP) Hold status, units without Human Performance Optimization (HPO) staff to include an exercise physiologist or certified strength and conditioning specialist, and those filling key staff positions designated IAW Air Force Manual (AFMAN) 10-3500v1, *Air Force Special Warfare Training Program*, are not required to maintain a current OFT. However, they must comply with DAFMAN 36-2905 PFA program requirements.

## Chapter 2

### ROLES AND RESPONSIBILITIES

**2.1. Chief of Staff of the Air Force.** Directs the implementation of a Physical Fitness Program (PFP) and renders final decision on all policy proposals pertaining to this AFMAN.

**2.2. Assistant Secretary of the Air Force, Manpower and Reserve Affairs (SAF/MR).**

2.2.1. Provides policy oversight and advocacy of PFPs.

2.2.2. Reviews and coordinates on all fitness-related policy proposals.

**2.3. Deputy Assistant Secretary of the Air Force for Force Management Integration (SAF/MRM).** Oversees compliance with existing legislation and policies.

**2.4. Deputy Assistant Secretary for Reserve Affairs and Member Readiness (SAF/MRR).** Oversees the health promotion and body composition programs and ensures compliance with existing legislation and policies.

**2.5. Air Force Deputy Chief of Staff for Manpower, Personnel, and Services (AF/A1).**

2.5.1. Establishes, develops, coordinates, and executes physical fitness policies and guidance through the Director of Military Force Management Policy (AF/A1PE). **Note:** AF/A1 approves all new or altered PFAs.

2.5.2. Consults with SAF/MR and the Air Force Surgeon General (AF/SG) for medically-related fitness issues and body composition standards.

**2.6. Director of Military Force Management Policy (AF/A1PP).**

2.6.1. Reviews guidance regarding implementation and administration of PFAs.

2.6.2. Coordinates on all Tier 1 waiver requests.

**2.7. Director of Plans and Integration (AF/A1X).** Provides software development and administration for PFAs through the A1 Digital Transmission Activity.

**2.8. Air Force Personnel Center (AFPC).**

2.8.1. Serves as the execution authority for this publication; implements and disseminates guidance and procedures.

2.8.2. Provides updates to AFPC Public Affairs (AFPC/PA) physical fitness webpage.

2.8.3. Renders decision on elevated user access to the physical fitness software.

**2.9. Air Force Deputy Chief of Staff for Operations, Plans and Requirements (AF/A3).** Coordinates and executes OFT policies and guidance for AFSPECWAR through the Director of Air Force Special Warfare (AF/A3S).

**2.10. Director of Air Force Special Warfare (AF/A3S).**

2.10.1. Advises AF/A3 on OFT requirements and policy.

2.10.2. Identifies and documents OFT requirements for AFSPECWAR operators.

2.10.3. Coordinates OFT guidance with AF/A1P.

**2.11. Air Force Surgeon General (AF/SG).**

- 2.11.1. Coordinates with AF/A1 on policies and programs that promote physical fitness.
- 2.11.2. Coordinates with A3S on OFT, as requested.

**2.12. Installation/Wing Commander (or equivalent).**

- 2.12.1. Oversees the installation/base PFP and ensures compliance with this AFMAN.
- 2.12.2. Provides appropriate manpower, safe facilities, equipment, resources, and funding to support the Force Support Squadron (FSS) in support of the PFP and where applicable to the Fitness Assessment Cell (FAC) including use of available aquatic centers to support AFSPECWAR training or testing purposes.

**2.13. AFSPECWAR Commands and Units.**

- 2.13.1. Appoints the OFT Administrators and Fitness Training managers in writing to the UFAC to administer unit OFT and/or PFAs.
- 2.13.2. Ensure operators are enrolled in the Fitness Improvement Program (FIP) to meet program requirements or document when they are not able to complete those requirements.
- 2.13.3. Ensure home station Unit Fitness Assessment Cell (UFAC) enter exemption into myFitness for members deployed on a contingency or exercise deployment when current OFT expires. **Note:** Members may voluntarily conduct an OFT during deployment but cannot be directed to do so.
- 2.13.4. Provide a minimum of 60 minutes per duty day to conduct physical fitness training and sustainment with the unit HPO team.

**2.14. Medical Group Commander/Military Treatment Facility Director.**

- 2.14.1. Provides medical support for AFSPECWAR operators.
- 2.14.2. Ensures Medical Treatment Facility (MTF) providers receive familiarization on OFT events, duty limiting condition procedures, medical conditions, and medications that may affect fitness assessments.

**2.15. Chief, Aerospace Medicine (or equivalent).**

- 2.15.1. Ensures AF Form 469, *Duty Limiting Condition Report*, fitness assessment restrictions are in compliance with AFI 48-133, *Duty Limiting Conditions*.
- 2.15.2. Oversees medical reporting for injuries sustained during fitness assessments, initiates line-of-duty determinations and profiling actions as appropriate.

**2.16. Military Treatment Facility (MTF) Provider or Embedded Medical Provider.**

- 2.16.1. Maintains awareness of OFT policy and implements Duty Limiting Condition processes. Guidance on this is provided in AFI 48-133.
- 2.16.2. Makes a determination at any patient encounter in which the medical condition impacts fitness activity (to include training and testing).
  - 2.16.2.1. Documents limitations and exemptions on AF Form 469. Guidance on this process is provided in AFI 48-133.

2.16.2.2. Evaluates operator using AF Form 469 to determine whether a medical condition precludes the operator from obtaining a passing score on the OFT.

## **2.17. Human Performance Optimization (HPO) Personnel.**

2.17.1. Professionals, appointed by the unit commander, assigned to a unit designed to provide on or off-site, tailored physical, cognitive, spiritual, and nutritional programming to unit members to enhance mission effectiveness. These professionals assist operators to respond to heightened levels of physiological, psychological, technical, and tactical challenges associated with an operator's occupation and mission essential tasks.

2.17.2. Responsible to the commander for administering physical, cognitive, spiritual, and performance nutrition evaluation and programming.

## **2.18. Unit Fitness Assessment Cell (UFAC).**

2.18.1. Operational Fitness Training Manager and/or OFT Administrators appointed by the unit commander that has opted to perform OSPFAs.

2.18.2. Oversees the operation of the unit OFT and ensures all procedures are in compliance with this AFMAN.

2.18.3. Operational Fitness Training Managers and OFT administrators are trained IAW this AFMAN.

2.18.3.1. Must maintain UFAC training in accordance with DAFMAN 36-2905 and provide the following documents to the Installation FAC: DD Form 2875, written order ([Attachment 4](#)), user agreement, and appointment letter.

2.18.3.2. Will be certified in a current Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED), and Basic First Aid course by a nationally certified source.

2.18.4. Files completed written orders ([Attachment 4](#)) for all OFT administrators that are administering OFTs.

2.18.5. Ensures only individuals appointed to the UFAC administer OFTs.

2.18.6. Publishes OFT assessment dates and times within myFitness.

2.18.7. Reviews OFT scheduling requests in myFitness and validates AF Form 4447A, *Air Force Special Warfare Operator Fitness Test Fitness Screening Questionnaire (OFT FSQ)*, AF Form 469 status, and enters exemptions (if needed) into myFitness. Refers members with high-risk responses on the OFT FSQ to an appropriate provider for assistance.

2.18.8. Ensures unit members are scheduled for OFTs and PFAs.

2.18.9. Ensures all portions of the OFT are administered in accordance with [Chapter 3](#).

2.18.10. Ensures OFT scores are entered into myFitness within five (5) duty days. The completed AF Form 4447A, *OFT FSQ*, AF Form 4447, *Air Force Special Warfare Operator Fitness Test Scorecard*, and AF Form 469 (if applicable) will be uploaded into myFitness.

2.18.11. Informs members of FIP requirements and records counselling in myFitness.

2.18.12. If a unit member received an unsatisfactory OFT, UFAC must initiate DAF Form 109, *Air Force Special Warfare Fitness Education and Intervention Processing*, in myFitness to include mandatory FIP option(s) and FIP appointment date, time, and location.



## 2.19. Operational Fitness Training Manager.

- 2.19.1. Will be an assigned exercise physiologist, certified strength and conditioning specialist, or Standardization/Evaluation (Stan/Eval) manager appointed in writing by the unit commander. Stan/Eval managers from the unit, group, or wing, will have a current passing OFT.
- 2.19.2. Designs and implements a comprehensive physical training program to prepare for the OFT. Arranges for health assessment, education, and intervention aimed at enhancing unit combat readiness.
- 2.19.3. Responsible for entering OFT scores into myFitness.
- 2.19.4. Tracks the number of tests conducted in the unit per year.
- 2.19.5. Provides OFT metrics and unit status report to the unit commander and other leaders monthly.
  - 2.19.5.1. Provides currency status, e.g., number of percent current, not current, and exempt.
  - 2.19.5.2. Identifies number passed and number failed.
- 2.19.6. Initiates a reconditioning program if a member fails.

## 2.20. OFT Administrators.

- 2.20.1. An AFSPECWAR Evaluator assigned Stan/Eval duties, appointed in writing by the unit commander, administers the OFT. Unit commander may designate HPO personnel to administer the OFT. **Note** AFSPECWAR evaluators must have a current passing OFT score to be eligible to serve as an OFT administrator. HPO personnel are not required to have a passing OFT score.
- 2.20.2. Augments the Operational Fitness Training Manager to enter OFT scores into myFitness.
- 2.20.3. Ensures facilities and equipment have been coordinated and prepared on test day as described in OFT Administrator Guidance, see **Attachment 2**.
- 2.20.4. Ensures safety checks are performed as described in **Chapter 3** and communicates all safety requirements prior to test.
- 2.20.5. Ensures events are conducted in appropriate uniform, see **Attachment 2**.
- 2.20.6. Will annotate scores on AF Form 4447, *Air Force Special Warfare Operator Fitness Test Scorecard*, and is responsible for giving a copy of the Scorecard to the UFAC.
- 2.20.7. Ensures all components of the OFT are administered in compliance with **Attachment 2**.

## 2.21. AFSPECWAR Operators.

- 2.21.1. Will meet the current DoDI 1308.03 and AFMAN 36-2912 body composition guidance.
- 2.21.2. Must achieve the minimum component standard and a total composite score of 78 or more on the 100 point test scale once every 12 months.

- 2.21.3. Schedules OFT with Operational Fitness Training Manager and/or UFAC.
- 2.21.4. Will seek medical evaluation or intervention if a medical condition is believed to impact the ability to complete the OFT.
- 2.21.5. Notifies OFT Administrator/UFAC upon receiving an AF Form 469 from healthcare provider with fitness restriction and/or fitness assessment exemptions. Guidance on this process is provided in AFI 48-133 and **paragraph 3.4**.
- 2.21.6. Upon entrance into intervention program(s), operator must complete all program requirements and if appropriate, provide documentation of compliance.
- 2.21.7. Completes an AF Form 4447A, *Air Force Special Warfare Operator Fitness Test Fitness Screening Questionnaire (OFT FSQ)*. Operator brings completed OFT FSQ to their assessment.
- 2.21.8. ARC members will ensure they are in a qualified duty status for assessments. Assessments can be performed in the following statuses: active duty status (Annual Tour, Initial Active Duty Training, Proficiency Training, Reserve Personnel Appropriation, Military Personnel Appropriation, Reserve Management Period, and School Tour) or inactive duty status (Inactive Duty Training, Regularly Scheduled Drills, and Unit Training Assemblies).
- 2.21.9. No other duty status, i.e., Equivalent Reserve Instruction, Equivalent Training, Additional Training Period, Additional Flying Training Period, Ground Training Period, is an appropriate status to be used for the performance of the assessment requirement.
- 2.21.10. For safety, operators must understand and comply with the guidelines contained in AFI 44-102, *Medical Care Management* regarding the use of body composition, control drugs, and surgery.

## Chapter 3

### OPERATOR FITNESS TEST (OFT) GUIDANCE

**3.1. General.** This test captures the physical duty requirements necessary to accomplish a mission and therefore does not allow for component exemptions.

3.1.1. United States Air Force bases and United States Army fitness centers may support ARC tenant units to include Unit Training Assembly and Regularly Scheduled Drill, as requested or provided for in their host-tenant agreements.

3.1.2. ARC AFSPECWAR personnel may have a grace period of up to 1 month account for year-to-year Regularly Scheduled Drill or Unit Training Assembly inconsistencies.

**3.2. Satisfactory.**

3.2.1. Operators that successfully pass the OFT will be due again in 12 months.

3.2.2. Operators with a current passing OFT score are exempt from PFA requirements identified in DAFMAN 36-2905.

**3.3. Unsatisfactory.**

3.3.1. Operators who fail the OFT will be due again in 3 months (e.g., if member receives an Unsatisfactory on 15 April, then member's due month is July of the same year). **(T-1)**

3.3.2. It is the member's responsibility to ensure they retest before the end of the 3rd month as non-currency begins on 1st calendar day of the 4th month. **Note:** Traditional Reserve (TR), and Drill Status Guardsmen (DSG) will be due again in 6 months.

3.3.3. Operators require commander's approval to test earlier than the 3rd calendar month. **(T-3)**

3.3.4. Operators who fail the OFT must take the PFA as described in [paragraph 8.1](#).

**3.4. Medical Evaluation.**

3.4.1. A medical provider must evaluate all operators with risk factors identified on the OFT FSQ prior to the OFT. **(T-1)** If any item on the OFT FSQ indicates a condition which might limit performance of any component of the OFT and there is not an accompanying current AF Form 469, the UFAC will refer them to the servicing medical facility to undergo medical evaluation. **(T-2)**

3.4.1.1. The operator must carry the OFT FSQ to the medical evaluation. **(T-1)**

3.4.1.2. The provider or ARC Medical Liaison Officer will complete and sign the appropriate place on the OFT FSQ, and complete an AF Form 469, if applicable, and the operator will return the OFT FSQ to the UFAC. **(T-1)**

3.4.2. The operator must bring their completed and signed AF Form 469 to the UFAC to annotate medical exemption in electronic record as noted in DAFMAN 36-2905. **(T-3)**

**3.5. Operator Fitness Test (OFT) Administration.**

3.5.1. OFT Administrators must ensure a non-assessment taking member is present during the entire OFT. **(T-1)**

3.5.1.1. The non-assessment taking member must be current in the following courses CPR, AED, and Basic First Aid. **(T-3)**

3.5.1.2. OFT administrators will receive initial training from an Operational Fitness Training Manager on the OFT. **(T-3)**

3.5.1.3. Initial training will include documentation on DAF Form 797, *Job Qualification Standard Continuation/Command JQS*, outlining the member understands the safety parameters and components of the test.

3.5.2. OFT administrators must observe at least one OFT conducted in its entirety prior to certification. **(T-3)**

3.5.3. All components of the OFT must be completed on the same day in the order of the AFSPECWAR OFT instructions identified in **Attachment 2**. **(T-3)**

3.5.4. An AED must be present during testing. **(T-1)**

3.5.5. The test terminates for the individual if there is a question of safety or if an injury occurs.

3.5.6. Others may continue the OFT if there is no risk imposed to remaining members.

3.5.7. Operators have one opportunity to complete each of the nine OFT components.

3.5.7.1. Refer to the scoring rubric for points assigned for each component of the OFT. **Attachment 3**. Minimum passing scores are highlighted in blue. The minimum combined score to pass the OFT is 78 points.

3.5.7.2. If an operator fails to meet the minimum in one or multiple components and chooses to forfeit the remainder of the test the incomplete OFT is recorded as an official OFT unless it is an approved diagnostic OFT in accordance with **paragraph 3.7.3**.

3.5.7.3. All scores are annotated on the OFT Scorecard.

3.5.7.4. Scores for all components are final when annotated.

3.5.8. Operators will have designated warm-up periods during the test specified in the instructions of the test in addition to a designated 10-20 minute warm up period prior to the start of the test. **(T-3)**

3.5.9. All events will have a recovery period consisting of a minimum of one-minute and a maximum of five minutes, unless otherwise specified for an individual event. **(T-3)**

3.5.10. The Combat Fin is the primary exfiltration (exfil) event for all 19ZXA, 19ZXC, 1Z1, 1Z2, 1Z4 AFSCs.

3.5.10.1. The Combat Run or the Combat Fin is authorized for all 19ZXB and 1Z3 AFSCs.

3.5.10.2. Commanders may authorize the use of the Combat Run for 19ZXA, 19ZXC, 1Z1, 1Z2, or 1Z4 AFSCs due to lack of facilities or extenuating circumstances. This option will not be used for more than two consecutive years. **(T-2)**

**3.6. Extenuating Circumstances.** If UFAC staff determine extenuating circumstances prevent completion of the OFT, (e.g., rapidly changing, or severe weather conditions, emergencies, injury, or travel time needed to complete other components at alternate location) then all components must be rescheduled and completed within 14 calendar days. **(T-3)**

### 3.7. Frequency.

3.7.1. The required frequency of an official OFT is 12 months. This requirement is synced to a calendar month, not a specific day. Members must take the OFT before the last day of the due month to remain current in accordance with [paragraph 3.2](#).

3.7.2. It is each operator's responsibility to know when their OFT is due in order to remain current.

3.7.3. Diagnostic OFTs are at the discretion of the unit commander and are based on availability of OFT administrators.

3.7.3.1. OFTs that are administered before the operator is due, may be counted as a diagnostic OFT.

3.7.3.2. After completion of the OFT and receiving the composite score from the OFT administrator, the operator may elect to accept the result, or decline results to make the OFT a diagnostic test. The diagnostic test is a non-attribution assessment aimed to provide feedback and help operators identify and improve any problem areas.

### 3.8. Illness or Injury.

3.8.1. Before departing the test location, operator must notify the OFT administrator of the presence of illness or injury that developed or occurred during the test. Additionally, operators must promptly report any medical condition (e.g., disease, injury, operative procedure, or hospitalization) that might impact their utilization and readiness to their commander, supervisor, and supporting military medical facility personnel. **(T-1)**

3.8.2. If the medical evaluation validates the illness or injury, the unit commander may invalidate the OFT results.

### 3.9. Deployments.

3.9.1. See AFMAN 10-3500v1 *Air Force Special Warfare Training Program* for OFT Deployment requirements. **Note:** For the purpose of this manual, a Temporary Duty (TDY) greater than 30 continuous days is considered a "deployment".

3.9.2. Operators are considered exempt in the deployed location.

### 3.10. Acclimatization Period.

3.10.1. This time period is to ensure members safely adjust to a change in environmental or physical conditions.

3.10.2. Acclimatization periods are granted after member is away from their Home Station for more than 30 consecutive days (e.g., travel, leave), and/or after exemption types listed in

3.10.2.1. During this time, members may not be mandated to take an OFT but may volunteer to do so.

3.10.2.2. Calculation of the acclimatization period is determined by counting the 3 calendar months from the day after returning to duty/from restrictions. **(T-2) Note:** ARC personnel may only receive an acclimatization period for 90 consecutive days away from Home Station only at the discretion of their commander.

3.10.2.3. *Example 1:* Member's exemption expires (or returns to area after 30 days away) on 31 January. Calculate from 1 February, so *Acclimatization Period* would be **February/March/April** and member's due month would be **May**.

3.10.2.4. *Example 2:* Member's exemption expires (or returns to area after 30 days away) on 30 January. Calculate from 31 January, so *Acclimatization Period* would be **January/February/March** and member's due month would be **April**.

### **3.11. Installation Site Requirements, Weather Conditions, and/or Higher Altitudes.**

3.11.1. The OFT should have limited exposure to traffic, should not have a continuous incline or decline or rolling hills; and avoid slopes exceeding two degrees.

3.11.2. If using a road course, where possible, start and finish should be at the same location. Clearly mark the start and finish lines (and half-way point for road courses).

3.11.3. Trained personnel will monitor participants, ensuring all operators complete the entire course and are continuously observed for course completion, safety, and counting laps if required. **(T-1)**

3.11.4. ARC operators who commute from a lower altitude to perform duty at their assigned/attached unit at a location where the altitude is > 5,250 feet, may perform OFT with an AFSPECWAR unit at or near their home altitude. **(T-2)**

### **3.12. Open Water Course.**

3.12.1. Obtain approval prior to conducting the Combat Fin in an open water course. **(T-3)**

3.12.2. Wing approved requests will be forwarded to AF/A3S for tracking purposes. **(T-1)**

3.12.3. Open water courses allow for an additional 10 minutes to complete the Combat Fin. For example, to receive 16 points on the Combat Fin, an operator must complete the open water course in 52 minutes and 50 seconds or less. **(T-1)**

3.12.4. At a minimum, open water course requests will address the following:

3.12.4.1. Clearly mark the start and finish lines and turn around point if used. **(T-1)**

3.12.4.2. For locations with currents, identify a start and finish at the same location. **(T-1)**

3.12.4.3. Ensure all test participants complete the entire course and are continuously observed for course completion, safety, and counting laps if required. **(T-1)**

3.12.4.4. Identify the number and type/training of support personnel required on scene to conduct the event such as: SW PTL(s), standby safety swimmer(s), medical support personnel, and powered water vessel operators. **(T-1)**

3.12.4.5. Provide powered water vessels with a safety swimmer on board. **(T-1)**

3.12.4.6. Outline a plan for controlling the area from external vessels in the vicinity of the test and remove any hazards from the course. **(T-1)**

3.12.4.7. Provide swimmer vests and/or swimmer buoys for test participants. **(T-1)**

3.12.4.8. Ensure compliance with U.S. Coast Guard and manufacturer boat load limits. **(T-1)**

3.12.4.9. Provide thermal protection in cold weather referencing SS521-AG-PRO-010, *U.S. Navy Diving Manual*, Water Temperature Protection Chart. **(T-1)**

3.12.4.10. Perform visual site evaluation paired with NOAA.gov reporting for assessment of wave height, swell period, wind direction, speed, and tide. **(T-1)**

**3.13. Safety and Environmental Conditions** . Evaluation is necessary to determine if assessment can be properly conducted. **(T-3)**

3.13.1. Snow: no snow accumulation on testing surfaces.

3.13.2. Ice: no ice on testing surfaces that cannot be easily avoided.

3.13.3. Water (rain): no standing water that a large group cannot easily avoid on the testing surface. No significant rain as defined as measurable at 0.10 of inch per hour.

3.13.4. Mud: no mud on the running surface that cannot be easily avoided.

3.13.5. Lightning: no lightning within five nautical miles (six miles) and wait at least 30 minutes after the last observed lightning.

3.13.6. Hail: no hail forecasted or reported within 25 miles.

3.13.7. Shelter: establish a safe shelter procedure if there is any storm threat.

3.13.8. Visibility: must be  $\frac{3}{4}$  mile if crossing or running beside vehicular traffic.

3.13.9. Light: reflective belts or vests are required if running near traffic from one hour before sunset to one hour after sunrise. In the event the installation requirement is more restrictive, use reflective belts or vests in compliance with established policy.

3.13.10. Intersections: crossing guards with reflective safety vests or lights must be positioned at all active intersections. **(T-2)**

3.13.11. Medical: OFT administration will coordinate with medical assets to establish a method of communication or access for emergency medical services (e.g., cell phone, hand-held radio) to call 911.

3.13.12. Wind Speed: max wind allowed 15 mph sustained, or 20 mph gusting.

3.13.13. Cold Stress: Air temperatures must be > 34 degrees Fahrenheit, including wind chill. Water temperatures must be 65 degrees Fahrenheit. **(T-3)**

3.13.14. Heat Stress: wet bulb globe temperature may be used at the start of the test (should be 86 degrees Fahrenheit). **(T-3)**

## Chapter 4

### EXEMPTIONS

**4.1. Exemptions.** IAW DAFMAN 36-2905, exemptions are categorized as Composite or Component Exemptions. Exemptions prevent an operator from official testing, but do not prevent an operator from training on the remaining components for the OFT, if doing so does not jeopardize the safety of the operator.

**4.2. OFT exemptions are not approved for a single component.** Operators are exempt from all components of the OFT when one or more components is listed as exempt.

#### **4.3. OFT Composite Exemptions.**

4.3.1. Medical. Exemptions for medical reasons can only be made by a servicing medical provider (or ARC Medical Liaison Officer) and will be entered into myFitness using current AF Form 469. **(T-1)**

4.3.1.1. A military provider must make the final disposition for any physical limitations in cases where operators are seen by non-military providers or when ARC operators bring recommendations from their HPO team or personal care provider. **(T-1)**

4.3.1.1.1. Limitations are transcribed by a military provider to an AF Form 469. Guidance on this is provided in AFI 48-133.

4.3.1.1.2. Set the next OFT due date to the month after the acclimatization period in accordance with **paragraph 3.10** after the expiration of the AF Form 469. **(T-1)**

4.3.1.2. Operators with chronic medical Duty Limiting Conditions preventing them from performing one or more components of the OFT will be medically reviewed during the annual physical health assessment, at a minimum, and referred to the Airman Medical Readiness Optimization Board (AMRO) for evaluation as appropriate. Guidance on this is provided in AFI 48-123, *Medical Examinations and Standards*, AFI 48-133, and AFMAN 41-210, *Tricare Operations and Patient Administration*.

4.3.2. Pregnancy. Operators are prohibited from completing OFTs while pregnant but are encouraged to maintain a physical fitness routine.

Post-pregnancy operators will comply with PFA requirements identified in DAFMAN 36-2905.

4.3.2.1. Post-pregnancy OFT will be due the 19th month after delivery for a pregnancy lasting 20 weeks or more. **(T-1)**

4.3.2.2. Medical Providers will make a determination recommendation for pregnancies fewer than 20 weeks. **(T-1)**

4.3.2.3. To assist with postpartum recovery and facilitate a safe return to training, operators will consult with the HPO team or multi-disciplinary team to include a physical therapist specializing in pelvic floor therapy. **(T-3)**

4.3.3. Deployment Operators deployed on a contingency or exercise deployment or on military personnel appropriation orders in direct support of a contingency operation will have their home station UFAC enter this exemption into myFitness when their current OFT expires. The exemption will be valid for the remaining duration of the deployment and set the next OFT



due date to the month after the acclimatization period in accordance with [paragraph 3.10](#) after arriving back to their home station.

4.3.3.1. Operators with a composite deployment exemption may complete the OFT on a voluntary basis only.

4.3.3.2. Operators may volunteer to be assessed during either the post-deployment or acclimatization period but cannot be directed to do so.

4.3.3.3. Operators deployed 365 days or more will test when their current OFT expires in the deployed location, unless the location is not resourced, equipped, or otherwise capable of administering the OFT. **(T-2)**

4.3.4. Permanent Change of Station (PCS).

4.3.4.1. Operators pending PCS to an operational unit must have a current OFT that does not expire through the report no later than date (RNLTD). **(T-2)**

4.3.4.2. If the current OFT expires prior to the operator's RNLTD, the operator must complete an OFT prior to departing their losing duty station.

4.3.4.3. Members are allowed the acclimatization period in accordance with [paragraph 3.10](#) from the date they arrived on station to complete an OFT. **(T-2)**

4.3.4.4. If a member is due to PCS during an acclimatization period, the existing composite exemption will be extended through another acclimatization period from the day after they arrived on station.

## Chapter 5

### EDUCATION, IMPROVEMENT, AND INTERVENTION

**5.1. Physical Fitness and Nutrition Education.** Physical fitness occupationally directed physical training and nutrition education will be incorporated into training programs and unit physical training for the OFT. **(T-2)**

**5.2. Fitness Improvement Program (FIP).** Reference DAFMAN 36-2905 for components of the Fitness Improvement Program.

5.2.1. Operators failing to meet OFT standards will be enrolled in an OFT FIP and take the PFA IAW DAFMAN 36-2905, see **Attachment 6**. **(T-3)**

5.2.2. Members are ultimately responsible for improving their fitness level to achieve a minimum passing score for the OFT.

5.2.3. Provide documentation using AF Form 109, *Air Force Special Warfare Fitness Education, and Intervention Processing*, of compliance with FIP to their leadership.

**5.3. AF Form 109, Air Force Special Warfare Physical Fitness Education, and Intervention Processing.**

5.3.1. The Operational Fitness Training Manager must initiate and annotate mandatory FIP option(s) and appointments on AF Form 109 to include date, time, and location. **(T-3)**

5.3.2. The member signs the AF Form 109 acknowledging FIP enrollment, accepting responsibility for improving their fitness level, completing program requirement, and providing documentation of program compliance.

5.3.3. The unit commander or equivalent will use the AF Form 109 as a tool to document mandatory education and intervention requirements. **(T-3)** The failure of command or command representatives to sign, annotate, or otherwise complete the AF Form 109 in no way lessens the member's overarching responsibility for their own fitness and compliance with OFT standards.

5.3.4. The facilitator signs the AF Form 109 upon the member's completion of the education or intervention program. Facilitator signature on AF Form 109 is not required for online FIP. Annotations can be made on the back of the AF Form 109 for programs requiring multiple attendances.

5.3.5. Commanders or First Sergeants may request a clinical case review on members with unsatisfactory score(s) to determine if there are documented medical conditions that prohibit program success, see **Attachment 6**. This does not require a face-to-face encounter with the member unless determined by the healthcare provider to be clinically indicated. For purposes of the PFP, obesity will not be used as a diagnosis prohibiting program success.

## Chapter 6

### SPECIAL POPULATIONS

#### 6.1. Key Staff & Student, Trainee, or Personnel (STP) Hold-Status.

6.1.1. Members assigned to key staff, student, trainee, or personnel hold-status positions will adhere to the PFA requirements. Guidance on the PFA program is provided in DAFMAN 36-2905.

6.1.2. ARC members in all fitness categories going on active duty orders for training must be prepared to participate in PFPs and those in self-paced FIPs must participate during periods of active duty. (T-2)

#### 6.2. Geographically Separated Unit or Member. For the purposes of this manual, a geographically separated unit is defined as a unit that is separated from the host or main operating base that provides support. The host or main operating base is defined as the base where the member's FSS is located.

6.2.1. Members complete all components of the OFT. Guidance on the components is provided in [Chapter 3](#) of this manual.

6.2.2. Where no HPO team exists, UFAC will be established. (T-3) In the event a unit does not have an Operational Fitness Training Manager, or they require testing assistance, exercise physiologists, certified strength, and conditioning specialists, or an AFSPECWAR operator who successfully passed the OFT may be eligible to serve as an OFT administrator pending approval as noted in [Chapter 3](#).

6.2.3. When necessary, members will work with their unit commander to accomplish the OFT at an alternate location where an Operational Fitness Training Manager is available.

6.2.3.1. For AFRC geographically separated units, follow [Chapter 3](#) guidance for certifying a member to administer the OFT. (T-2) HQ AFRC Health Promotion and Fitness Program Manager will support UFACs at direct reporting units that report directly to AFRC or a Numbered Air Force. (T-2)

6.2.3.2. For ANG geographically separated units, commanders will assign an Operational Fitness Training Manager to conduct the OFT. (T-2)

6.2.3.3. For Recruiting Services, commanders will determine whether unit recruiters must pass either the OFT or the PFA. (T-3)

6.2.3.4. When a member is the sole Air Force member assigned to a location a waiver may be submitted for MAJCOM consideration, requesting an exemption for the OFT for the duration of that assignment.

6.2.3.5. The host installation will provide PFP support if applicable to a PFA. AFSPECWAR UFAC will enter the results of the OFT in myFitness as described in DAFMAN 36-2905. (T-1)

#### 6.3. Individual Mobilization Augmentees (IMA). The attached or assigned Regular Air Force (RegAF) unit will manage the PFP for IMAs. (T-2) Members must be in a qualified duty status during assessment. (T-0)

6.3.1. Reserve detachment commanders and program managers will monitor the timely completion of PFP requirements with the attached or assigned RegAF unit and the IMAs, and will provide OFT expiration dates, if not accessible, by the attached or assigned RegAF unit. **(T-3)**

6.3.2. Members will be assessed by the attached or assigned RegAF unit during the member's annual tour, if possible, or during an inactive duty training period. **(T-3)** Members will contact the RegAF UFAC to schedule the OFT.

6.3.3. IMAs who perform duty at locations outside their commuting area may perform their OFT with an Air Force unit at or near their home, with commander's approval.

## Chapter 7

### SYSTEMS MANAGEMENT

**7.1. myFitness.** Refer to DAFMAN 36-2905 for systems management requirements.

**7.2. Protected Health Information.** OFT components and composite scores do not meet the definition of protected health information as outlined in DoD Manual (DoDM) 6025.18, *Implementation of the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule in DoD Health Care Programs*.

7.2.1. Medical providers, medical staff, and human performance personnel must handle information obtained from the member during education, intervention, assessment, or treatment for the PFP. Guidance on this is provided in DoDM 6025.18 and local MTF procedures.

7.2.2. If protected health information must be shared with the commander, documentation of the specific information released must occur as outlined in DoDM 6025.18 and in local MTF guidance, unless the member provides written authorization to disclose the information. **(T-0)**

## Chapter 8

### ADMINISTRATIVE AND PERSONNEL ACTIONS

**8.1. Adverse Personnel Actions.** Members are expected to be in compliance with OFT standards at all times.

8.1.1. Members with a failed OFT render themselves potentially subject to adverse action and ineligibility for occupationally specific deployments.

8.1.1.1. Commanders should consult with their servicing Staff Judge Advocate before taking such action.

8.1.1.2. Members with a failed OFT must take the PFA as outlined in DAFMAN 36-2905.

8.1.2. Prohibited Actions:

8.1.2.1. Commanders will not impose non judicial punishment (Article 15, Uniform Code of Military Justice) solely for failing to achieve a passing OFT score. **(T-1)**

8.1.2.2. A member will not be subject to adverse personnel action for inability to take the OFT, if the member is on a 365-day exemption that has been validated by the Military Treatment Facility (MTF) Deployment Availability Working Group (DAWG). **(T-1)**

8.1.3. Authorized Actions.

8.1.3.1. Unit commanders or equivalent should utilize the Review Board process outlined in AFMAN 10-3500V2 *Air Force Special Warfare Standardization and Evaluation* for all individuals failing to meet OFT standards.

8.1.3.2. Commanders will consider use of the sample memorandum for medical evaluation following one or more OFT failures. **Attachment 7.**

8.1.3.3. Commanders will consider adverse administrative action upon a member's unsatisfactory fitness score on an official PFA.

8.1.3.4. Unit commanders will document and consider taking corrective action for a member's unexcused failure to participate in the PFP such as failing to accomplish a scheduled OFT or PFA, failing to attend a scheduled fitness appointment, or failing to complete mandatory educational intervention. **(T-2)**

8.1.3.5. For standards and requirements relating to performance report documentation of fitness, consult DAFI 36-2406, *Officer and Enlisted Evaluations Systems*, and other official guidance specifically addressing performance reports.

8.1.4. Administrative Separations. Refer to DAFI 36-3211, *Military Separations*.

8.1.4.1. Unit commanders must make an AFSC re-classification, discharge, or retention recommendation to the separation authority for enlisted members, show cause authority for officers, or appropriate discharge authority for ARC members once they receive two OFT failures in a 24-month period and a military medical provider has reviewed the member's medical records to rule out medical conditions precluding the member from achieving a passing score. **(T-2)**

8.1.4.1.1. If a member fails the OFT, the member should take the PFA as outlined in DAFMAN 36-2905. Only after failing to meet the requirements in DAFMAN 36-2905 should a member be recommended for discharge.

8.1.4.1.2. If appropriate authority non-concurs with the unit commander's retention recommendation, re-classification or discharge action is initiated pursuant to applicable re-classification or discharge instruction.

8.1.4.2. If a member is retained and a subsequent failure re-establishes the basis for re-classification (e.g., two failures in 24 months based on most recent failure date), the unit commander must initiate a medical records review and submit another re-classification, discharge, or retention recommendation. **(T-1)**

8.1.4.2.1. Retention does not prevent previous failures from being included in the most recent 24-month period for OFT failure count.

8.1.4.2.2. Retention decision memorandums will be filed in the member's PFP case file. **(T-1)**

8.1.4.3. The 24-month period for re-classification, discharge, or retention recommendation is calculated from the most recent failure and is measured in months, not days, including the month of the most recent failure. For example, if the most recent failure is 15 June 2023, then count the failures in the previous 23 months plus the month of the most recent failure (June 2023). In this example, the inclusive months in which fitness failures must be counted are July 2021 through June 2023. Two OFT failures anytime in those 24 months meets the criteria and would require the unit commander to make a re-classification or retention recommendation, provided the member does not have a medical condition to preclude them from achieving a passing score. A discharge recommendation will only be made once the member fails to pass the PFA as outlined in DAFMAN 36-2905. **(T-1)**

8.1.4.3.1. ANG DSGs and AFRC TRs have a limited number of duty days to complete the OFT and many members may not have the opportunity to test three times within a 24-month period. Unit commanders must make a re-classification, discharge, or retention recommendation to the appropriate discharge authority for a TR or DSG member receiving two unsatisfactory OFT scores within a 36-month period. **(T-1)** A military medical provider must have reviewed the member's medical record to rule out medical conditions precluding the member from achieving a passing score. **(T-1)**

8.1.4.3.2. Unit commanders may initiate an enlisted member's, or recommend an officer's, re-classification or administrative discharge only after the member has: received two OFT failures in a 24 month period (36 months for TR and DSG); failed to demonstrate improvement (as determined by the commander) despite the reconditioning period; failed subsequent PFA as outlined in DAFMAN 36-2905, and a MTF medical provider has reviewed the member's medical records to rule out medical conditions precluding the member from achieving a passing score.

**8.2. Fitness Appeals.** If a member believes the administration of their test or their OFT score was in error or unjust, the member may submit an appeal to the Wing Commander, or equivalent, as described in **Table 8.1** (**Note:** Information pertaining to the wing-level process and procedure and Fitness Assessment Appeals Board supplemental review can be found within AFPCI 36-115, *Fitness Assessment Appeals Board*). At installations with multiple wings or tenant organizations,

the installation commander may delegate this action to the respective wing commander or equivalent.

**Table 8.1. Fitness Assessment Appeals Process.**

STEP	ACTION
1	Member submits an appeal request through myFitness and sends it to the Operational Fitness Training Manager. <b>Note:</b> Member may add any supporting documentation to the request prior to submitting.
2	Operational Fitness Training Manager collects a Memorandum for Record from the member that includes: <ol style="list-style-type: none"> <li data-bbox="391 583 1424 619">1. Requested action; applicant must identify what action they request to be taken.</li> <li data-bbox="391 619 1424 695">2. Basis for request: applicant must be clear what they believe to be an injustice or error.</li> <li data-bbox="391 695 1424 730">3. References or supporting documentation.</li> <li data-bbox="391 730 1424 804">4. Applicant information to include name, organization/office symbol, unit address, contact phone number, email address, and signature.</li> </ol>
3	Operational Fitness Training Manager routes through chain of command to wing commander or equivalent (may be delegable no lower than squadron commander or equivalent).
4	If the commander or equivalent (see step 3) approves removal, Operational Fitness Training Manager approves assessment removal or correction. For disapproved requests, the commander or equivalent will provide the member with disapproval rationale. <b>(T-3)</b>
5	For approval, Operational Fitness Training Manager will update the member's record.
6	If the member wants to appeal the denied request, Operational Fitness Training Manager must submit the complete package to corresponding MAJCOM 3-letter office. If needed, the Air Force Board for Correction of Military Records (BCMR) will be the final decision authority. Required documents are: <ol style="list-style-type: none"> <li data-bbox="391 1251 1424 1327">1. Disapproval memorandum from the member signed by the wing commander, or equivalent (should include reason for disapproval).</li> <li data-bbox="391 1327 1424 1392">2. The completed and signed AFSPECWAR OFT Scorecard, AF Form 4447, <i>Air Force Special Warfare Operator Fitness Test Scorecard</i>.</li> </ol>

**8.3. Correcting Administrative Errors on Fitness Assessment Scores.** Refer to DAFMAN 36-2905 for corrections to scores in myFitness.

ALEX WAGNER  
Acting Assistant Secretary of the Air Force  
(Manpower and Reserve Affairs)



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

10 USC § 1506, *Personnel Files*

UCMJ, *Uniform Code of Military Justice*

DoDI 1308.03, *DoD Physical Fitness/Body Composition Program*, 10 March 2022

DoDM 6025.18, *Implementation of the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule in DoD Health Care Programs*, 13 March 2019

DAFPD 36-29, *Military Standards*, 24 January 2023

DAFI 36-2406, *Officer and Enlisted Evaluations Systems*, 14 November 2019

DAFI 36-3211, *Military Separations*, 24 June 2022

AFI 33-322, *Records Management and Information Governance Program*, 23 March 2020

AFI 33-332, *Air Force Privacy and Civil Liberties Program*, 10 March 2020

AFI 44-102, *Medical Care Management*, 17 March 2015

AFI 48-133, *Duty Limiting Conditions*, 7 August 2020

DAFMAN 36-2905, *Department of the Air Force Physical Fitness Program*, 21 April 2022

DAFMAN 48-123, *Medical Examinations and Standards*, 8 December 2020

DAFMAN 90-161, *Publishing Processes and Procedures*, 15 April 2022

AFMAN 41-210, *Tricare Operations and Patient Administration*, 10 September 2019

AFMAN 10-3500V1, *Air Force Special Warfare Training Program*, 1 June 2022

AFMAN 10-3500V2, *Air Force Special Warfare Standardization and Evaluation*, 1 June 2022

AFMAN 36-2912, *Air Force Body Composition Program*, TBD

AFPCI 36-115, *Fitness Assessment Appeals Board*, 23 May 2019

myFitness User Guide

SS521-AG-PRO-010 / 0910-LP-115-1921, *U.S. Navy Diving Manual*, 30 April 2018

***Prescribed Forms***

AF Form 109, *Air Force Special Warfare Physical Fitness Education, and Intervention Processing*

AF Form 4447, *Air Force Special Warfare Operator Fitness Test Scorecard*

AF Form 4447A, *Air Force Special Warfare Operator Fitness Test Fitness Screening Questionnaire (OFT FSQ)*

***Adopted Forms***

DD Form 2875, *System Authorization Access Request*

DAF Form 797, *Job Qualification Standard Continuation/Command JQS*

DAF Form 847, *Recommendation for Change of Publication*

AF Form 469, *Duty Limiting Condition Report*

***Abbreviations and Acronyms***

**AD**—Active Duty

**AED**—Automated External Defibrillator

**AF**—Air Force

**AFI**—Air Force Instruction

**AFMAN**—Air Force Manual

**AFPC**—Air Force Personnel Center

**AFPD**—Air Force Policy Directive

**AFR**—Air Force Reserve

**AFRC**—Air Force Reserve Command

**AFSC**—Air Force Specialty Code

**AFSPECWAR**—Air Force Special Warfare

**AGR**—Active Guard/Reserve

**ANG**—Air National Guard

**APF**—Appropriated Funds

**ARC**—Air Reserve Component

**BCMR**—Board for Correction of Military Records

**CPR**—Cardiopulmonary Resuscitation

**DAFI**—Department of Air Force Instruction

**DoD**—Department of Defense

**DoDI**—Department of Defense Instruction

**DoDM**—Department of Defense Manual

**DSG**—Drill Status Guardsman

**exfil**—Exfiltration

**FAC**—Fitness Assessment Cell

**FHD**—Funeral Honors Duty

**FIM**—Fitness Information Manager

**FIP**—Fitness Improvement Program

**FSS**—Force Support Squadron

**FTNGD**—Full-Time National Guard Duty

**HIPAA**—Health Insurance Portability and Accountability Act

**HPO**—Human Performance Optimization

**HQ**—Headquarters

**IAW**—In Accordance With

**IDT**—Inactive Duty Training

**IMA**—Individual Mobilization Augmentee

**infil**—Infiltration

**JQS**—Job Qualification Standard

**MAJCOM**—Major Command

**MTF**—Military Treatment Facility

**NGB**—National Guard Bureau

**OPR**—Office of Primary Responsibility

**OFT**—Operator Fitness Test

**OFT FSQ**—Air Force Special Warfare Operator Fitness Test Fitness Screening Questionnaire

**OSPFA**—Occupationally Specific Physical Fitness Assessment

**PCS**—Permanent change of station

**PFA**—Physical Fitness Assessment

**PFPP**—Physical Fitness Program

**PII**—Personally Identifiable Information

**PTL**—Physical Training Leaders

**RC**—Reserve Command

**RegAF**—Regular Air Force

**RNLTD**—Report Not Later Than Date

**ROTC**—Reserve Officer Training Corps

**Stan/Eval**—Standards and Evaluation

**STP**—Student, Trainee, or Personnel

**SW**—Special Warfare

**TDY**—Temporary duty assignment

**TR**—Traditional Reservist

**UFAC**—Unit Fitness Assessment Cell

**UFPM**—Unit Fitness Program Manager

**U.S.C.**—United States Code

### *Office Symbols*

**AF/A1**—Air Force Manpower, Personnel, and Services

**AF/A1PP**—Air Force Military Force Management Policy

**AF/A1X**—Air Force Plans and Integration

**AF/A3**—Air Force Operations, Plans and Requirements

**AF/A3S**—Air Force Special Warfare

**AF/SG**—Air Force Surgeon General

**AFPC/PA**—Air Force Personnel Center/Public Affairs

**AFSVC/VMS**—Air Force Services Center Fitness and Sports

**SAF/MR**—Assistant Secretary of the Air Force Manpower and Reserve Affairs

**SAF/MRM**—Deputy Assistant Secretary of the Air Force for Force Management Integration

**SAF/MRR**—Deputy Assistant Secretary for Reserve Affairs and Member Readiness

### *Terms*

**Air Reserve Component**—Component consisting of all ANG and AF Reserve personnel.

**Automated External Defibrillator**—A device approved by the Federal Drug Administration for the purpose of administering an electric shock of preset voltage to the heart through the chest wall in an attempt to restore the normal rhythm of the heart during a life-threatening arrhythmia.

**Basic First Aid course**—Includes Cardiopulmonary Resuscitation and Automated External Defibrillator certification.

**Chronic Medical Condition**—A medical condition that active medical treatment cannot cure. Chronic conditions may involve periodic acute episodes and may require intermittent inpatient care. Sometimes medical treatment may control a chronic medical condition sufficiently to permit continuation of daily living activities such as work, or school. (Defined in AFMAN 41-210)

**Current**—Currency is established based on completion date and fitness level of last assessment. Members go non-current when they haven't tested within that timeframe. **Note:** Being "current" does not necessarily constitute meeting standards.

**Human Performance Optimization (HPO) Team**—team assigned to a unit to prepare members to be physically, mentally, spiritually, and nutritionally prepared to meet occupational requirements and mission essential tasks. The HPO Team consists of the following individuals: Physical Therapist, Occupational Therapist, Strength and Conditioning Coach, Exercise Physiologist, Operational Psychologist, Clinical Psychologist, Cognitive Enhancement Specialist, Neuropsychologist, Psychometrist, Licensed Clinical Social Worker, Athletic Trainer, Performance Dietitian, Sports Medicine Physician, Physician Assistant, Chaplain, Religious

Affairs Airman, mental health technician, physical therapy technician, dietetics technician, and may include other specialties.

**Occupationally Specific Physical Fitness Assessment (OSPFA)**—Performance based fitness test that is occupationally specific, operationally-relevant, and independent of age and gender.

**Traditional Reserve**—ARC personnel performing ANG or AFR duty on part time status during the period associated with their fitness testing.

**Physical Fitness Assessment**—Fitness test that indicates health and general fitness for total force.

**Qualified Duty Status**—The period in which an RC Service member is: On Active Duty (AD) or full-time National Guard duty (FTNGD) for more than 30 calendar days; performing AD or FTNGD for 30 calendar days or less; performing IDT; performing funeral honors duty (FHD); traveling to or from the place where he or she is to perform or has performed AD or FTNGD as provided in this definition, IDT, or FHD; remaining overnight immediately before the commencement of, or between successive periods of IDT at or in the vicinity of the site of the IDT; or remaining overnight immediately before serving on FHD, at or in the vicinity of the place where the Reserve Component Service member was to so serve, if the place is outside reasonable commuting distance (as determined by unit commander or equivalent) from his or her residence.

**Self-paced Fitness Improvement Program (FIP)** - A remedial intervention program recommended for non-AGR ARC members identified with a composite unsatisfactory fitness score.

**Special Warfare Operators**—The term AFSPECWAR operator is restricted to members who hold a 1ZXXX or 19ZXX AFSC, not the overarching AFSPECWAR enterprise.

**Unit Fitness Assessment Cell**—Operational Fitness Training Manager and/or OFT Administrators appointed by a unit commander that has opted to perform OSPFAs internally.

**Wet Bulb Globe Temperature**—A composite temperature used to estimate the effect of temperature, humidity, wind speed and solar radiation on humans. Industrial hygienists and athletes have used it to determine appropriate exposure levels to high temperatures.

## Attachment 2

## AFSPECWAR OPERATOR FITNESS TEST INSTRUCTIONS

Table A2.1. Infiltration (infil) Tactical Ruck:

<b>(infil): Tactical Ruck (3 mile [mi]; 60 pounds [lbs])</b>
<b>Test Administrator Guidance (do not read to member):</b>
<ol style="list-style-type: none"> <li>1. Prepare Course: Establish route of march (accurate and as level/even as possible).</li> <li>2. Provide and brief course diagram.</li> <li>3. Weigh and record rucks before and after completion (dry weight). Ensure each ruck is 60 lbs or greater.</li> <li>4. Establish turn around marker (if needed) and support team to ensure operator compliance.</li> <li>5. Utilize 2 stopwatches for redundancy.</li> <li>6. Provide a 30-minute recovery period following ruck.</li> </ol>
<b>Equipment:</b>
<ol style="list-style-type: none"> <li>1. 2 stopwatches</li> <li>2. Ruck weighing a total of 60 lbs for each member</li> <li>3. Combat top and pants</li> <li>4. Combat boots</li> </ol>
<b>Test Administrator script (read all the following to member; ensure the route of march is briefed):</b>
<b>Event:</b> Tactical Ruck infil, 3 mi with 60 lbs ruck
<b>Purpose:</b> Measure cardio-respiratory endurance
<b>Tactical Relevance:</b> Tactical infiltration and dismounted operations require load carriage skills.
<b>Protocol:</b>
<ol style="list-style-type: none"> <li>1. The ruck is a pass/fail event with a 49-minute maximum allowable time.</li> <li>2. This event is individual effort with no physical assistance from anyone or anything.</li> <li>3. No running: shuffling is allowed.</li> <li>4. Operators must remain on the designated course for the entire distance.</li> <li>5. Operators will wear combat boots, combat top, and pants.</li> <li>6. On the command “Operators to your mark,” move up to the start line; on the command “Go,” start the test.</li> <li>7. Wrist watches are permitted and recommended for pacing.</li> </ol>

Table A2.2. Standing Long Jump:

<b>Standing Long Jump</b>
<b>Test Administrator Guidance (do not read to member):</b>
<ol style="list-style-type: none"> <li>1. Prepare area: Tape start line on non-slip surface; run measuring tape perpendicular to the start line.</li> <li>2. Record all 3 trials; the best of 3 trials is scored. All trials are not required if member achieves desired score prior to last attempt.</li> <li>3. Allow for a minimum of 1-minute and maximum 5-minute recovery period after completion of event.</li> </ol>
<b>Equipment:</b>
<ol style="list-style-type: none"> <li>1. Measure wheel, tape measure, or testing mat</li> <li>2. Flat, nonslip testing surface</li> <li>3. Combat top and pants</li> </ol>

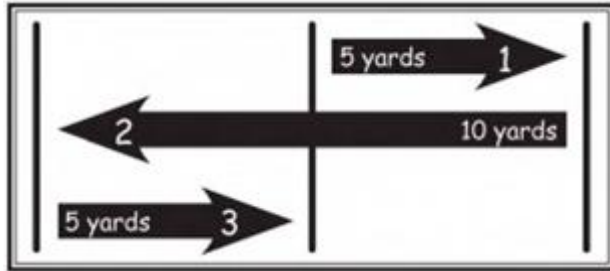
<p>4. Combat boots</p> <p><b>Test Administrator Script (read all the following to member):</b>  <b>Event:</b> Standing Long Jump  <b>Purpose:</b> Measure lower body explosive power  <b>Tactical Relevance:</b> Quickly moving heavy equipment or personnel in a tactical environment requires power generation.  <b>Protocol:</b></p> <ol style="list-style-type: none"> <li>1. Operator will space feet at a comfortable distance apart with toes behind the start line.</li> <li>2. Operator should “toe the line” without going over the edge at the start. The distance from the marked start line to the back of the heel after jump is measured.</li> <li>3. Countermovement prior to jumping is authorized.</li> <li>4. Jump and hold the landing to allow the distance to be marked.</li> <li>5. No additional steps, falling backwards, or to the side will count; falling forward is authorized if the forefeet stay planted and heels rise.</li> <li>6. Perform 3 trials with a recommended 1-minute minimum and 5-minute maximum rest for recovery between trials.</li> <li>7. All trials are not required if member achieves desired score prior to last attempt.</li> </ol>
---

**Table A2.3. Pro Agility Drill:**

<p><b>Pro Agility Drill</b></p> <p><b>Test Administrator Guidance (do not read to member):</b></p> <ol style="list-style-type: none"> <li>1. Prepare Field: Set 3 cones at 5-yard intervals on flat, non-slip surface.</li> <li>2. Utilize 2 stopwatches for redundancy.</li> <li>3. 1 trial per direction is mandatory, but 2 trials are recommended.</li> <li>4. All trials are not required if member achieves desired score prior to last attempt.</li> <li>5. Record the best time to the nearest tenth of a second.</li> <li>6. Lines should be taped between field marking cones if possible.</li> <li>7. There will be a minimum of 1-minute and maximum of 5-minute recovery period between trials and after completion of event.</li> </ol>
<p><b>Equipment:</b></p> <ol style="list-style-type: none"> <li>1. Flat, non-slip surface</li> <li>2. Measure wheel or tape measure</li> <li>3. Field-marking cones or tape</li> <li>4. 2 stopwatches</li> <li>5. Combat top and pants</li> <li>6. Combat boots</li> </ol>
<p><b>Test Administrator Script (read all the following to member):</b>  <b>Event:</b> Pro Agility Drill  <b>Purpose:</b> Measure agility, coordination, and reaction time  <b>Tactical Relevance:</b> Reacting to enemy contact requires rapid acceleration, change of direction, and mobility.  <b>Protocol</b> (Read event, purpose, tactical relevance, and the following):</p> <ol style="list-style-type: none"> <li>1. Operators ready themselves in a 3-point position on the start-line facing perpendicular to direction of travel, with feet shoulder width apart and placed equally on either side of the line or behind cone. The hand in contact with the floor during the 3-point position determines which direction the athlete must travel. For example, if the participant is going right, then they will start with their right hand on the start-line.</li> <li>2. Sprint 5 yards to the 1st cone (on either the left or right side), change direction and run</li> </ol>

- 10 yards to the 2nd cone, change direction and run back past the start cone **Figure 2.1.**
3. The operator's hand must touch the line every time except final sprint through final cone
  4. Time starts at operator's 1st movement and stops when the operator passes the middle cone
  5. If more than one trial per direction performed, there will be a 1-minute minimum and 5- minute maximum rest for recovery between trials.

**Figure A2.1. Pro Agility Drill:**



**Table A2.4. Trap Bar Deadlift:**

<p><b>Trap Bar Deadlift (3 rep max)</b></p> <p><b>Test Administrator Guidance (do not read to member):</b></p> <ol style="list-style-type: none"> <li>1. Prepare Equipment: establish multiple hex bar stations with varying weight.</li> <li>2. Have operators measure mid shin height for selection of low/high grip.</li> <li>3. Report highest successful 3 rep max weight lifted.</li> <li>4. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.</li> <li>5. Recommended warm-up time for the Trap Bar Deadlift following the rest period of the Pro Agility Drill is no more than 10 minutes.</li> <li>6. Minimum of 2-minute and maximum of 3-minute recovery period between trials.</li> <li>7. Minimum of 1-minute and maximum of 5-minute recovery after completion of event.</li> </ol>
<p><b>Equipment:</b></p> <ol style="list-style-type: none"> <li>1. Trap Bar (Hex Bar)</li> <li>2. Weight plates</li> <li>3. Collars</li> <li>4. Chalk</li> <li>5. Combat top and pants</li> <li>6. Combat boots</li> <li>7. Weight Belt (as needed)</li> </ol>
<p><b>Test Administrator Script (read all the following to member):</b></p> <p><b>Event:</b> Trap Bar Deadlift 3 Rep Max</p> <p><b>Purpose:</b> Measure grip and lower body muscular strength</p> <p><b>Tactical Relevance:</b> Sustained movement of heavy equipment or personnel in a tactical environment requires muscular strength.</p> <p><b>Protocol:</b></p> <ol style="list-style-type: none"> <li>1. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.</li> <li>2. Operators stand inside the hex bar and grasp handles so that bar is at mid shins. Arms should be fully extended.</li> </ol>



3. Operators will have a neutral spine or flat back with the chest held up and out.
4. The head should be in line with the spinal column or slightly hyperextended, heels in contact with the floor, and eyes focused straight ahead or slightly upward.
5. All repetitions will begin from this position.
6. Stand up and lift the bar by extending hips and knees; (Note: do not let hips rise before your shoulders); maintain a flat-back; continue to extend until the hips and knees are straight.
7. Pause at the top of this movement.
8. Allow your hips and knees to flex as you slowly lower the bar to the floor; maintain your flat-back body position; (**Note:** Do not lean forward.)
9. Weights must touch the floor to a dead stop before engaging in the next repetition. No bouncing is authorized.
10. If desired score is reached prior to final attempt, further attempts are not required.

**Table A2.5. Pull Ups:**

<b>Pull Ups (max reps)</b>
<b>Test Administrator Guidance (do not read to member):</b>
<ol style="list-style-type: none"> <li>1. Prepare Equipment: Provide pull up bars accessible by operators of various heights.</li> <li>2. Report final count of successful repetitions.</li> <li>3. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.</li> <li>4. There will be a minimum of 1-minute and maximum 5-minute recovery period after completion of event.</li> </ol>
<b>Equipment:</b>
<ol style="list-style-type: none"> <li>1. Standard pull up bar</li> <li>2. Combat top and pants</li> <li>3. Combat boots</li> </ol>
<b>Test Administrator Script: (read all the following to member):</b>
<b>Event:</b> Pull Ups
<b>Purpose:</b> Measure upper body muscular endurance
<b>Tactical Relevance:</b> Conducting methods of infil/exfil and actions on the objective that require vertical movement.
<b>Protocol:</b>
<ol style="list-style-type: none"> <li>1. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.</li> <li>2. Operators start from the hanging position (“dead hang”) with palms facing away from the body, hands placed shoulder- width apart, and no bend in the elbows.</li> <li>3. Operators must pull their body up until the chin breaks the horizontal plane of the top of the bar.</li> <li>4. Operators must return to the starting position (“dead hang”) before starting the next repetition.</li> <li>5. 1st warning will be given for improper form; the 2nd warning will result in an uncounted repetition.</li> <li>6. Legs may bend but cannot be kicked or used in any way to aid upward movement. (<b>Note:</b> Kipping is not authorized.).</li> <li>7. Falling off or letting go of the bar terminates the test.</li> <li>8. Chin ups may not be conducted in place of pull ups.</li> </ol>

**Table A2.6. Farmer's Carry:**

<b>Farmer's Carry (1x100 yards)</b>
<p><b>Test Administrator Guidance (do not read to member):</b></p> <ol style="list-style-type: none"> <li>1. Prepare field: Set 4 cones; 2 cones indicating the start line and 2 cones indicating the finish line 100 yards apart on flat, non-slip surface.</li> <li>2. Utilize 2 stopwatches for redundancy.</li> <li>3. Record time to the nearest tenth of a second.</li> <li>4. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.</li> <li>5. There will be a minimum of 1-minute and maximum 5-minute recovery period after completion of event.</li> </ol>
<p><b>Equipment:</b></p> <ol style="list-style-type: none"> <li>1. 2 stopwatches</li> <li>2. Flat, nonslip 100 yd course</li> <li>3. Field-marking cones or tape</li> <li>4. 53-lb kettlebell for each hand (2 kettlebells per member)</li> <li>5. Combat top and pants</li> <li>6. Combat boots</li> </ol>
<p><b>Test Administrator Script: (read all the following to member):</b></p> <p><b>Event:</b> Farmer's Carry (1x100 yards)</p> <p><b>Purpose:</b> Measure anaerobic power and grip strength</p> <p><b>Tactical Relevance:</b> Reacting to enemy contact while maintaining positive control of equipment or personnel requires a high anaerobic threshold.</p> <p><b>Protocol:</b></p> <ol style="list-style-type: none"> <li>1. Military gloves or chalk may be used but straps or other grip improvement devices are forbidden.</li> <li>2. Starting position is standing between 2 53-lb kettlebells positioned behind the starting line.</li> <li>3. Squat down between the 2 kettlebells, grasp the handles in each hand and prepare to start.</li> <li>4. Time starts at operator's first movement.</li> <li>5. Move forward as quickly as possible with kettlebells in each hand for 100 yds.</li> </ol>

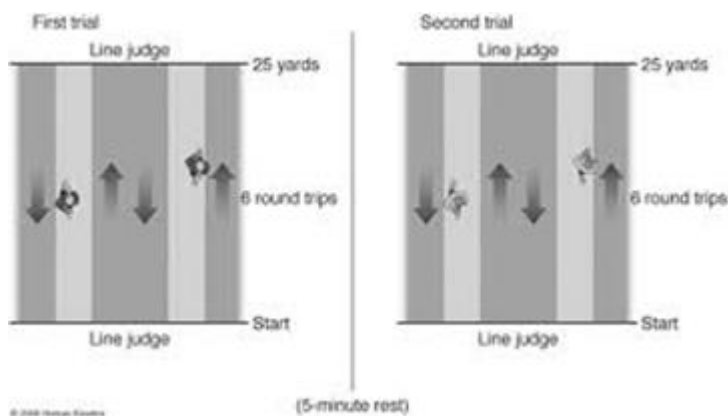
**Table A2.7. Shuttle Run:**

<b>Shuttle Run Repeat (2x300 yard sprint)</b>
<p><b>Test Administrator Guidance (do not read to member):</b></p> <ol style="list-style-type: none"> <li>1. Prepare field: Set 4 cones or tape; 2 cones indicating the start line and 2 cones indicating the finish line 25 yards apart on flat, non-slip surface.</li> <li>2. Report both trial times and an average of the two trial times</li> <li>3. Rest for 5 minutes between trials</li> <li>4. There will be a minimum of 15-minute and maximum 30-minute recovery period after completion of event to allow for time to report to location for exfil event.</li> <li>5. Utilize 2 stopwatches for redundancy.</li> </ol>
<p><b>Equipment:</b></p> <ol style="list-style-type: none"> <li>1. 2 stopwatches</li> <li>2. Field-marking cones or tape</li> <li>3. Flat, nonslip 25 yd (23 m) course</li> <li>4. Combat top and pants</li> <li>5. Combat boots</li> </ol>

**Test Administrator Script (read all the following to member):**  
**Event:** Shuttle Run Repeat (2x300 yard sprint)  
**Purpose:** Measure anaerobic and aerobic capacity  
**Tactical Relevance:** Reacting to enemy contact or conducting dismounted movements in adverse terrain requiring high anaerobic and aerobic thresholds.  
**Protocol:**

1. Starting position is standing behind the starting line.
2. Time starts on the first movement of the operator.
3. Sprint to the 25 yd line and touch the line with one foot, then turn to sprint back to the starting line and repeat for 6 total round trips. Sprint through the finish line on final lap.
4. Operator must perform this test 2x.
5. There is a mandatory 5-minute recovery between trials

**Figure A2.2. Shuttle Run Repeat:**



**Table A2.8. Exfiltration (exfil) Combat Fin:**

<p><b>Exfiltration (exfil): Combat Fin (1500 Meter (m) Combat Stroke)</b></p> <p><b>Test Administrator Guidance (do not read to member):</b></p> <ol style="list-style-type: none"> <li>1. Prepare Pool or Open Water location: Determine number of laps for 1500m distance and set lane lines for safety.</li> <li>2. If using an open water course, where possible start and finish should be at the same location.</li> <li>3. Establish counter for each lane of swimmers.</li> <li>4. Utilize 2 stopwatches for redundancy.</li> <li>5. Report final time.</li> </ol>
<p><b>Equipment:</b></p> <ol style="list-style-type: none"> <li>1. Combat top and pants</li> <li>2. Mask or goggles</li> <li>3. Booties and fins (operators are permitted to use any fin that they would operationally don)</li> <li>4. Snorkel (optional)</li> <li>5. Swimmers vest and buoys for open water</li> <li>6. Thermal protection (Reference Navy Diving Manual, Water Temperature Protection Chart for requirements in cold weather)</li> </ol>
<p><b>Test Administrator Script (read all the following to member):</b>  <b>Event:</b> Exfil: 1500m Combat Fin  <b>Purpose:</b> Measure cardio-respiratory endurance and combat swimmer skill</p>

**Tactical Relevance:** Maritime surface and subsurface movement requires muscular strength and endurance associated with combat swimming techniques.

**Protocol:**

1. Equipment will be checked and prepared prior to testing. In the event of equipment failure, operators may fix or replace equipment in order to continue the test.
2. Operators will wear combat top, pants, fins, mask/goggles for entirety of the event (snorkel optional).
3. On the command “Operators to your mark,” move up to the start line; on the command “Go,” operators will push off the wall and begin the combat fin.
4. Use side stroke, combat side stroke, freestyle stroke, or lead arm trail arm stroke to complete the distance.
5. Push off is allowed at each turn.
6. Continue swimming until you complete the required distance.

**Table A2.9. Dry exfil Combat Run:**

**Dry exfil: Combat Run (1.5 Miles (mi))**

**Test Administrator Guidance (do not read to member):**

1. Prepare Equipment: Flat, level, non-banked course free of dirt and debris.
2. Measure course or track.
3. Establish counter to call out lap split times (interval and placement at administrator discretion).
4. Utilize 2 stopwatches for redundancy.
5. Record finish time in minutes and seconds.

**Equipment:**

1. Level, non-slip course
2. 2 stopwatches
3. Combat top and pants
4. Running shoes

**Test Administrator Script (read all the following to member):**

**Event:** Dry exfil, 1.5 mi Combat Run

**Purpose:** Measure cardio-respiratory endurance

**Tactical Relevance:** Evaluates the cardiovascular endurance and ability to continue movement after mission execution.

**Protocol:**

1. Operators will wear combat top, pants, and running shoes for entire event.
2. On the command “Operators to your mark,” move up to the start line; on the command “Go,” start the test.
3. Operators are not permitted physical assistance from anyone or anything.
4. Operators must stay on the marked course.

**Attachment 3  
OFT SCORING RUBIC**

**Table A3.1. AFSPECWAR OFT Scoring Rubric.**

AFSPEWAR OPERATOR	Infil: Tactical Ruck 3mi/60lbs	Standing Long Jump	Pro Agility Drill (Right)	Pro Agility Drill (Left)	Trap Bar Deadlift	Pull Ups	Farmer's Carry 2x 53lb kb	Shuttle Run repeat	Combat Fin 1500M	Open Water Combat Fin 1500M	Or	Combat Run 1.5mi
	<i>mins secs</i>	<i>inches</i>	<i>secs</i>	<i>secs</i>	<i>lbs</i>	<i>reps</i>	<i>secs</i>	<i>secs</i>	<i>mins secs</i>	<i>mins secs</i>		<i>mins secs</i>
20	549:00								34:37:00	44:37:00		10:10
19									36:21:00	46:21:00		10:45
18									38:10:00	48:10:00		11:26
17									40:04:00	50:04:00		12:35
16									42:50:00	52:50:00		13:06
15									44:11:00	54:11:00		13:31
14									46:23:00	56:23:00		14:15
13									48:43:00	58:43:00		
12									51:09:00	1:01:09		
11									53:42:00	1:03:42		
10		94			360	16	21	67.7	56:23:00	1:06:23		
9		85			325	15	24	71.1	59:12:00	1:09:12		
8		76			305	14	27	80.5	1:02:10	1:12:10		
7		69			270	12	29	84.5	1:05:16	1:15:16		
6		62			240	10	33	86.1	1:08:32	1:18:32		
5		50	4.99	4.99	205	9	36	90.3	1:11:58	1:21:58		
4		42	5.24	5.24	170	8	39	94.5	1:15:34	1:25:34		
3		34	5.5	5.5	135	7	43	99.8	1:19:21	1:29:21		
2		25	5.78	5.78	105	5	48	105	1:23:19	1:33:19		
1		17	6.07	6.07	70	3	52	110.3	1:27:28	1:37:28		
<b>Minimum Component Score Highlighted in Blue</b>						<b>Minimum Composite Score is 78pts</b>						

**Attachment 4****SAMPLE WRITTEN ORDER FOR OPERATOR FITNESS TEST ADMINSTRATORS**

## MEMORANDUM FOR OPERATOR FITNESS TEST ADMINSTRATORS

FROM: (Wing Commander - highly recommended)

SUBJECT: Written Order – Duties Associated with Air Force Special Warfare Operator Fitness Test (OFT)

Part of your duties in the Air Force will require you to have access to sensitive and protected Privacy Act information regarding members. That information includes, but is not limited to, fitness test scores, Department of Defense Identification number (DoDID), and medical information.

You are hereby ordered to correctly record all fitness test results as required as part of your duties. You will not alter or change a member's fitness test results. You are ordered not to release, reveal, or disclose any member's fitness scores, DoDIDs, medical information or other information received as part of your duties associated with the Air Force Physical Fitness Program. Violations of this order may subject you to administrative and or disciplinary action under the Uniform Code of Military Justice.

(Commander's Signature)

1st Ind, (Member's name and office symbol)

MEMORANDUM FOR

I hereby acknowledge understanding and receipt of this order.

(Member's Signature)

**Attachment 5**

**SAMPLE MEMORANDUM FOR TDY OR PME**

MEMORANDUM FOR COMMANDANT or TDY COMMANDER

FROM: Unit Commander

SUBJECT: Fitness Intervention, Follow-up, and Assessment Requirements

(Rank, Name) received an unsatisfactory fitness score on (date). He or she is enrolled in the Fitness Improvement Program:

The member must continue the Fitness Improvement Program while TDY. Please ensure enrollment in local programs.

The member must be reevaluated not later than (date).

(Commander's Signature)

Attachment:

Individual Fitness Assessment Report

1st Ind, COMMANDANT/COMMANDER

MEMORANDUM FOR UNIT COMMANDER

(Rank, Name) did or did not enroll and participate in the required improvement programs.

A fitness assessment was accomplished on (assessment date) with a score of (composite fitness score).

(Commandant Signature)

**Attachment 6****SAMPLE MEMORANDUM FOR MEDICAL VALIDATION OF FITNESS  
ASSESSMENT ILLNESS OR INJURY**

MEMORANDUM FOR UNIT COMMANDER

FROM: (Military Treatment Facility or Human Performance Center Medical Provider)

SUBJECT: Medical Validation of Fitness Illness or Injury

I evaluated (rank, name) on (date) for a reported injury or illness that occurred during the AFSPECWAR Operator Fitness Test on (date). Guidance on this test is provided in AFMAN 36-2919, *Air Force Special Warfare Operator Fitness Test*.

I (validate or do not validate) the reported injury or illness adversely impacted the fitness score.

(Provider Signature)



**Attachment 7**

**SAMPLE MEMORANDUM FOR MEDICAL EVALUATION FOLLOWING  
MULTIPLE FAILURES**

MEMORANDUM FOR MEDICAL PROVIDER

FROM: \_\_\_\_\_/CC(F)

SUBJECT: Medical Condition Determination for Operator Fitness Test (OFT) Failures

Please determine whether there was a medical condition that precluded (*Rank, First and Last Name*) from achieving a passing score on the OFT identified in the table below.

Please contact me at DSN \_\_\_\_\_ with any questions.

\_\_\_\_\_  
(Commander's Signature)

1st Ind, MEDICAL PROVIDER

TO: UNIT/CC(F)

I have reviewed the member's medical record for the OFT as indicated by my initials below. I may be reached at DSN \_\_\_\_\_.

Medical Provider's Signature

Signature & Stamp of Senior Profiling Officer and Date

*This document/attachment may contain information which must be protected IAW AFI 33-332 and DoD Reg 5400.11; Privacy Act of 1974 as amended Title 5 United States Code Section 552a applies, and is Controlled Unclassified Information (CUI). RECIPIENT IS RESPONSIBLE FOR SAFEGUARDING AND MAINTAINING THIS PRODUCT IAW THE PRIVACY ACT OF 1974, PL 93-579.*