

# UNITED STATES COAST GUARD



## OFFICER INDOCTRINATION SCHOOL

## PRE-REPORTING GUIDE

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## WELCOME

On behalf of the Commanding Officer of the Leadership Development Center and the School Chief for Officer Candidate School, we congratulate you on your selection to attend Officer Indoctrination School. You have successfully undergone close scrutiny, and your service believes that you possess the skills and exhibit the qualities that will make you an effective officer. Officer Indoctrination School (OIS) represents a new way of life which will require many adjustments. This Pre-Reporting Guide will help you in arranging your personal affairs for OIS. For any urgent matters please contact your designated International Military Student Officer (IMSO). Your IMSO will reach out to you prior to your arrival to confirm travel arrangements and pre-reporting requirements.

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## JOINT TRAINING

You will be taking part in a joint training program that prepares future officers of the United States Coast Guard through Officer Candidate School (OCS) as well as future officers of the National Oceanic and Atmospheric Administration (NOAA) through their Basic Officer Training Class (BOTC). You will also likely train alongside other International Military Students (IMS) from various partner nations around the world. You will have an outstanding opportunity to collaborate and engage with all these Officer Candidates throughout the program.

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## OFF-DUTY PROGRAMS

OIS is an immersive, full-time obligation. Each IMS must be committed to the program and remain focused on their professional development to graduate from the program.

Off-duty education (e.g. undergraduate/graduate degree programs, certification programs, etc.) or other activities that might distract from the program should be suspended while attending OIS. Early planning can reduce disruptions to off-duty programs. Reimbursement costs are not authorized.

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## PERSONAL DATA QUESTIONNAIRE

Prior to your arrival you will fill out a Personal Data Questionnaire. This information based upon your civilian and military background will help the school understand your experiences. It is beneficial that you are detailed, accurate and thorough with this information. Use this form to communicate with the staff your background, family life, food allergies, and future goals. This information will help determine what roles you will be assigned when you report.

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## PHYSICAL FITNESS PRE-ASSESSMENT

To ensure that you are physically prepared to attend OIS, you are required to complete a Physical Fitness Pre-Assessment prior to reporting for training. You will document and record your score on your Personal Data Questionnaire.



## COMPUTER ACCESS

It is **required** that you bring a personal laptop that you may use for the duration of the program.

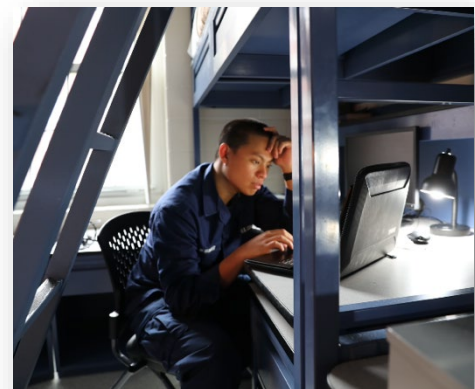
Prior to arrival or during the administrative week (Week 1), you will receive a Canvas registration via email. Canvas will be utilized for the duration of the course, to include all assignments, quizzes, announcements, and course schedule.



## REQUIRED ITEMS TO BRING

You SHALL bring the following items with you to OIS (quantities are a minimum, you will be working out every day):

- Black or Blue Shower Shoes (conservative in nature)
- One Pair of Running Shoes (any color)
- Comfortable/Loose Recreation Attire
- Civilian Attire to wear on Liberty
- One Swimsuit blue or black conservative in nature (Female: one piece, Male: swim shorts)
- Swim Goggles (optional)



If you find that you need additional items upon arrival, you can purchase them at the Coast Guard Exchange on base.

## AIRPORTS

T.F. Green International Airport (Providence, RI) and Bradley International Airport (Windsor Locks/Hartford, CT) are the two closest and most used airports. Providence is approximately 50 miles and Hartford is approximately 60 miles from New London, CT.

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## TRANSPORTATION FROM THE AIRPORT

Taxi and rideshare services (Lyft/Uber) to the USCG Academy (USCGA) can run upwards of \$200 from either airport. If you arrive by taxi or rideshare, ensure that you have proper identification ready to enter the front gate. Most taxi or ride share services are not authorized entry into the academy and will need to stop at the gate.

Both Greyhound (bus) and Amtrak (train) run out of the same station in New London, CT. The taxi ride from this location to the USCG Academy is approximately \$8.

Phone Numbers: Amtrak (800) 872-7245 / Greyhound (800) 231-2222

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## ARRIVAL

To enter the Coast Guard Academy Campus, **you must present your Passport and Invitational Travel Orders** to the gate security guard. The security guards at the entrance gate will be notified prior to your arrival and should be expecting you. Let them know you are reporting to Officer Candidate School and will be checking in to Munro Hall.

All International Military Students must check in with the Munro Hall staff during normal business hours (860-444-8664) or the Junior Officer of the Day (JOOD) (860-234-1481) after normal business hours.

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## **PHYSICAL EXAMINATIONS**

Your medical examination should have been completed prior to your arrival. If your physical condition has changed since that examination or you are aware of any condition that may preclude you from full participation in a physically and emotionally demanding military indoctrination program, contact the IMSO immediately.

If you are currently taking prescription medication of any kind for an already disclosed medical condition, every effort should be made to arrive with a supply large enough to last the duration of the program (12 weeks).

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## **ADMINISTRATION WEEK**

The first week of training is primarily used for administrative check-ins, introductions to the course leaders and instructors, and development of the basic skills and knowledge needed to succeed throughout the program. You will complete your first Health and Physical Readiness (HPR) test and Swim Assessment during this first week as well. Prior to your arrival, the IMSO will provide information on when and where to report for your first day. During this first week, the IMSO will also provide an arrival brief and check in with each IMS.

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## **COSTS**

There will be a cost of \$160.00 for class dues upon arrival that you should have available in the form of cash or check. The class dues will be used for morale events, class memorabilia, and to cover various fees throughout the program. Additionally, around week seven of training, you will take part in two formal dining events which will each cost \$30-40 to attend.

During the administrative week, you will be issued a student ID card and will obtain a Navy Federal bank account if you are not sponsored by your country. It is highly recommended that you receive a travel advance to cover travel, lodging, meals, and incidental costs for at least the first 30 days.

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# WHAT TO EXPECT DURING OCS

## CURRICULUM

The OIS program runs concurrently with the OCS program. The OCS program is an introduction to the Coast Guard Organization for all students. Each student is expected to provide maximum effort towards their assignments. Most instruction will be delivered in a traditional classroom setting; however, self-study topics will also be required.



A series of leadership courses are offered with exposure to theoretical and philosophical aspects of leadership, which focuses each Officer Candidate on developing their personalized model for current and future leadership roles.



The OCS program begins with an initial “boot camp” atmosphere. Physical activities shall be assigned to correct training related deficiencies. Disciplinary actions will change as the course and each Officer Candidate evolves. OCs will stand a variety of watches to gain experience and hands-on training in directing subordinates, standing duty, and evaluating subordinates. OCs may also be placed in Company/Platoon leadership positions and will be assigned collateral duties

which enable them to implement and practice leadership techniques taught in the classroom.

IMs will not participate in the indoctrination phase but will observe at least one morning and one evening evolution. Each IM will also be assigned a collateral duty and will work with their OCS counterparts to accomplish that duty.

# WHAT TO EXPECT DURING OCS

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## INTERPERSONAL RELATIONSHIPS

IMSS shall not have romantic relationships with OCs. All interactions shall be professional.

Any student that is found in an inappropriate relationship will be reprimanded and potentially disenrolled from the program.

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## LEAVE

Leave will only be granted for emergencies. Emergencies will be considered on a case by-case basis. Pre-existing significant events that are known prior to arrival will not generally be considered an emergency and should be disclosed to their Embassy before reporting (i.e. birth of a child).

*Students wanting to take leave prior to or after the course must have it notated on their Invitational Travel Orders (ITO) prior to arrival.*

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## LIBERTY

IMS are granted liberty any time after 1600 when they do not have an academic or military obligation. Those on academic probation or in remedial fitness training will have limited liberty hours as directed by the IMSO.

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## DISENROLLMENT

Students may be disenrolled at any time throughout the program for non-compliance of Course Objectives, major conduct violations, or failure to adhere to the CG's Core Values of Honor, Respect, and Devotion to Duty.

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## CONTACT/MAILING INFORMATION

Mail and packages should be sent to the following address. Designated OCS personnel will collect mail each day and bring it to the company watch office for you to pick up. Individuals will not visit the shipping/receiving office for personal mail.

USCG Leadership Development Center  
Officer Candidate School  
41 Mohegan Ave  
New London, CT 06320  
Attn: OC \_\_\_\_\_

*\*This address can also be used to receive mail throughout training\**

## HEALTH AND PHYSICAL READINESS STANDARD

During the first week of OIS, you will be administered a physical fitness assessment to test your cardiorespiratory fitness and muscular endurance. This assessment consists of a 1.5-mile run, push-ups, and the fore-arm plank. All sections of the physical fitness test must be completed one after the other. If a section of the test is not completed successfully, the entire test must be completed again.

The table below states the minimum requirements for graduation. OCS utilizes the Coast Guard Boat Forces Physical Fitness Test Guide to administer the physical fitness assessment, which will be provided with this Pre-Reporting Guide for reference.

| <b>Males</b>   | <b>Push-ups</b> | <b>Planks</b> | <b>1.5 Mile Run</b> | <b>12-Minute Swim*</b> | <b>2000-Meter Row*</b> |
|----------------|-----------------|---------------|---------------------|------------------------|------------------------|
| Under 30       | 29              | 1:18          | 12:29               | 500 YDS                | 9:20                   |
| 30 to 39       | 24              | 1:15          | 12:53               | 450 YDS                | 9:30                   |
| 40 to 49       | 18              | 1:12          | 13:50               | 400 YDS                | 9:40                   |
| 50 to 59       | 13              | 1:09          | 15:14               | 350 YDS                | 9:50                   |
| 60+            | 10              | 1:07          | 17:19               | 300 YDS                | 10:00                  |
| <b>Females</b> | <b>Push-ups</b> | <b>Planks</b> | <b>1.5 Mile Run</b> | <b>12-Minute Swim*</b> | <b>2000-Meter Row*</b> |
| Under 30       | 15              | 1:09          | 15:05               | 400 YDS                | 10:40                  |
| 30 to 39       | 11              | 1:06          | 15:56               | 350 YDS                | 10:50                  |
| 40 to 49       | 9               | 1:03          | 17:11               | 300 YDS                | 11:00                  |
| 50 to 59       | 9               | 1:01          | 19:10               | 250 YDS                | 11:10                  |
| 60+            | 9               | :58           | 20:55               | 200 YDS                | 11:20                  |

Failure to meet the above standards will result in enrollment into the Remedial Physical Training Program.

The 2000-Meter Row or 12-Minute Swim in lieu of the 1.5-mile run is only authorized at the discretion of the School Chief, OCS. A request to row or swim is normally only considered after a failed run attempt or as requested by a medical officer.

You will also be provided with a swimming-capabilities assessment to guide instructors in providing you with appropriate swimming instruction, if necessary. OCS has multiple swimming classes throughout the program; therefore, arriving at OIS as a proficient swimmer is advantageous to your success.

Students will be required as a graduation standard to successfully perform the Boat Crewmember water survival exercise. This exercise includes an approximately 3ft water entry and 100yd swim while wearing a personal floatation device.

Exchange / Navy Federal

Munro Hall (check in here)

Lower fields (outdoor fitness assessments)

Dry Dock Cafe  
Starbucks

OCS Classroom  
Library  
CG Museum

Gym Facilities

Indoor fitness  
assessments

Dining Facility

#### BUILDINGS

1. ALUMNI CENTER
  - Institute for Leadership
2. BARQUE EAGLE
3. BEAR PLAZA
4. BERTHOLF PLAZA
5. BILLARD HALL
  - Athletic Hall of Fame
6. CADET MEMORIAL FIELD
7. YEATON MEMORIAL
8. CHASE HALL
  - All Hands Dining Facility
  - Cadet Barracks
  - Cadet Store
9. CHAPEL
10. DESHON GATE
11. DIMICK HALL
12. FLAGPOLE
13. HAMILTON HALL
14. JOHNSON HALL
  - Coast Guard Exchange
15. LEAMY HALL
  - Auditorium
  - Bowling Alley
  - Cafes
  - Chaplains
  - MWR Office
  - USCG Band
16. MAIN GATE
17. McALLISTER HALL
18. CLINIC
19. MUNRO HALL
20. NITCHMAN FIELD
21. NORTH GATE
22. PEDESTRIAN BRIDGE
23. MARITIME CENTER
24. ROBERT CROWN PARK
25. ROLAND HALL GYM
26. ROWING CENTER
27. SAIL LOFT
28. SAILING CENTER
29. SATTERLEE HALL
30. SMITH HALL
31. SALUTE GUNS
32. STAFF HOUSING
33. CONSOLIDATED CLUB
34. WAESCHE HALL
  - Admissions
  - Museum
  - Library
35. WASHINGTON PARADE FIELD
36. YEATON HALL
  - Leadership Development Center
  - Ship Simulators
37. OBSTACLE COURSE
38. ROPES COURSE
39. USCGC RAZORBILL
40. CHILD DEVELOPMENT CENTER



Telephone: 800.883.8724  
Email: [admissions@uscga.edu](mailto:admissions@uscga.edu) | Web: [www.uscga.edu](http://www.uscga.edu)  
31 Mohegan Avenue | New London, CT 06320

- PARKING (LOTS A-U)
- ♿ HANDICAPPED PARKING
- Ⓞ ATMs



**If you have active duty or reserve Coast Guard, Air Force, Army, Navy or Marine Corps service, please call the Immunization Department Registered Nurse at 860-701-6155 before seeing your health care provider. Your immunization record may be accessible electronically by the nurse. If so, completion of this form will most likely not be required.**

- All immunizations should be given at least 4 weeks prior to DCO, OCS, or ROCl entrance**  
**Fax and mail form at least 4 weeks prior to reporting**

Name \_\_\_\_\_ SSN \_\_\_\_\_

**Part II — To be completed by a physician or other health care provider**

Tuberculosis Skin Test (TST) Information: All DCO, OCS and SRDC personnel new to the Coast Guard will be given a TST **at the Academy** unless not indicated. No TST is necessary prior to arrival.

If member has received BCG, enter date given: \_\_\_\_\_

If member has had a **positive** TST test, enter date \_\_\_\_\_ and induration \_\_\_\_\_ mm

If positive, was chest X-RAY obtained? ☐ YES ☐ NO If yes, Date of X-RAY \_\_\_\_\_

**Please attach X-Ray report.**

Date, type and duration of prophylactic therapy, if applicable: \_\_\_\_\_

**Enter dates in boxes or spaces provided. Use month-day-year format (mm-dd-yy).**

**Hepatitis A** – Two doses of Hepatitis A vaccine or Twinrix series; at least the first dose of the series is required on entrance. (Enter administration of Twinrix in spaces provided lower on this page.)

If immunization records are not available, a lab report proving immunity may be submitted instead.

#1   -   -   #2   -   -   (at least 6 months after first dose)

Positive Hepatitis A antibody serology test date: \_\_\_\_\_ **Please attach lab report.**

**Hepatitis B** – Three doses of Hepatitis B vaccine or Twinrix series; at least the first dose of the series is required on entrance (Enter administration of Twinrix in spaces provided lower on this page.)

If immunization records are not available, a lab report proving immunity may be submitted instead.

#1   -   -   #2   -   -   #3   -   -

Positive Hepatitis B antibody serology test date: \_\_\_\_\_ **Please attach lab report.**

**Twinrix (Hepatitis A/B combination)** – Three doses; at least the first dose of the series is required on entrance.

(Twinrix is **not required** if both the Hepatitis A series and Hepatitis B series have been given or lab reports proving immunity are submitted.)

#1   -   -   #2   -   -   #3   -   -

**Measles, Mumps, Rubella (MMR)** – Required: two doses (review childhood records, contact school/college)

If immunization records are not available, a lab report proving immunity may be submitted instead.

#1   -   -   (After one year of age) #2   -   -   (at least 4 weeks after first dose)

**Date of MMR serology:** \_\_\_\_\_ **Please attach lab report.** Circle immunity status below

**Measles titer:** immune / not immune

**Mumps titer:** immune / not immune

**Rubella titer:** immune / not immune

**Meningococcal** – Required: one dose **MCV4 (Menactra or Menveo)**; must be **within 5 years** of reporting unless meningococcal vaccination previously obtained on accession to the Coast Guard

**Menactra**   -   -   **OR** **Menveo**   -   -

**Health Care Provider's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Health Care Provider's Name (print or use stamp)** \_\_\_\_\_

**All immunizations should be given at least 4 weeks prior to DCO, OCS, or ROCI entrance**

**Fax and mail form at least 4 weeks prior to reporting**

Name \_\_\_\_\_ SSN \_\_\_\_\_

**Part II (continued) — To be completed by a physician or other health care provider****Enter dates in boxes or spaces provided. Use mm-dd-yy format.****Polio** – Required: one dose **IPV** after 18 years of age.

(Dose as adult required for INTERNATIONAL TRAVEL)

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**Tetanus, Diphtheria, Pertussis** – Required: one dose **Tdap**. If more than 10 years since administration, a subsequent dose of Td or Tdap is also required. Doses of Td given less than 10 years after Tdap should also be documented below.**Tdap**

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Please document childhood Diphtheria, Tetanus, Pertussis (DTaP or DTP) series &amp; Td vaccinations:

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**Varicella** (Chickenpox) – Required: two doses or history of chickenpox#1 

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(at least 4 weeks after first dose)

**History of Chickenpox?** ☐ YES ☐ NONot required: **Yellow Fever** - please document only if previously received

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**Human Papillomavirus; Strongly Recommended – Please CIRCLE Applicable Version of Vaccine****9vHPV (Gardasil 9), 4vHPV (Gardasil), 2vHPV (Cervarix)** – 9vHPV vaccinations may be completed at USCGA#1 

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**HEALTH CARE PROVIDER INFORMATION****Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_**Name (print or use stamp):** \_\_\_\_\_**Mailing Address:** \_\_\_\_\_**City, ST, ZIP:** \_\_\_\_\_**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_**All immunizations should be given at least 4 weeks prior to DCO, OCS, or ROCI entrance****Fax and mail form at least 4 weeks prior to reporting**



# United States Coast Guard Academy



## Additional Immunizations

The Notice of Privacy Practices, Military Health System effective April 14, 2003 as required by the Health Insurance Portability and Accountability Act (HIPAA) applies and can be viewed electronically at [www.tricare.osd.mil](http://www.tricare.osd.mil).

When you receive additional immunizations from an outside provider, please have them complete this form. Make a photocopy of the form and keep it in a safe place. Fax the completed form to the CG Academy Regional Clinic Immunization Department at: 860-701-6665 and mail the original form to CG Academy Regional Clinic, Attn: Immunization Department, USCGA, 15 Mohegan Ave., New London, CT 06320. If you have any questions, you may call a clinic Registered Nurse at: 860-701-6155.

Use blue or black ink to print all required information clearly.

It is your responsibility to ensure that data entered by the health care provider is readable.

Name \_\_\_\_\_

Last 4 digits of Social Security Number \_\_\_\_\_

Phone \_\_\_\_\_, E-mail address \_\_\_\_\_

Health Care Provider: Please print the name of the vaccine and applicable information below. Use month-day-year format to record the date of administration of the specified vaccine.

Vaccine: \_\_\_\_\_, Brand name: \_\_\_\_\_

CVX code: \_\_\_\_\_, Lot number: \_\_\_\_\_

Manufacturer: \_\_\_\_\_, Dose: \_\_\_\_\_, Route: \_\_\_\_\_

Injection Site: \_\_\_\_\_, Date administered: \_\_\_\_\_

If influenza and correct CVX code unknown, indicate if pre-filled syringe, single dose vial, or multi-dose vial: \_\_\_\_\_

Vaccine: \_\_\_\_\_, Brand name: \_\_\_\_\_

CVX code: \_\_\_\_\_, Lot number: \_\_\_\_\_

Manufacturer: \_\_\_\_\_, Dose: \_\_\_\_\_, Route: \_\_\_\_\_

Injection Site: \_\_\_\_\_, Date administered: \_\_\_\_\_

### Health Care Provider Information

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name (print or use stamp): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

# Boat Forces Physical Fitness Test Guide



## PHYSICAL FITNESS STANDARDS

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### Purpose

Physical fitness standards are required to ensure boat crews possess sufficient strength, and endurance to safely perform duties when underway.

All Boat Forces competencies are required to meet the standards of the physical fitness test (PFT) in accordance with Boat Operations and Training (BOAT), Volume II, COMDTINST 16114.33 (series) to qualify and maintain currency.

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### PFT Components

Cardiorespiratory fitness. Cardiorespiratory fitness, or aerobic capacity, is the ability of the heart and lungs to deliver oxygen to working muscles. It is associated with the ability to carry out strenuous work for long durations without undue fatigue. The 1.5-mile run is an indicator of cardiorespiratory endurance. The alternate cardio options Concept 2 rower and swim test are also viable indicators.

Muscular endurance. Muscular endurance is the ability to sustain muscle contractions over a period of time without undue fatigue. The push-ups and forearm plank are indicators of muscular endurance. Although there is no single test that measures the endurance of all muscles, the forearm plank serves as a measure of abdominal muscle endurance while the push-up measures upper body muscular endurance. In addition, the forearm plank, when performed properly, can develop core strength and endurance, which are important factors in preventing low-back injuries.

### Testing Sequence

All sections of the physical fitness test must be completed one after the other with a reasonable amount of time (no more than 30 minutes) between each section. If a section of the test is not completed successfully the entire test must be completed again.

**Testing  
Safety  
Procedures**

There is a natural risk of injury for all personnel participating in physical activity, even those related to improving health. The environment and the characteristics of the participants also contribute to the overall injury risk. Participants must be informed of these risks and informed of how to minimize the possibility of injury. To reduce the potential for injury, commands are responsible for ensuring a member's level of physical fitness, including acclimatization to environment, is appropriate for the physical demands required of PFT and other physical activities.

A safety plan should be in place for emergency assistance if needed. At a minimum, the plan must include telephone numbers and procedures for requesting aid, as well as clear directions for emergency response personnel to avoid confusion and ensure prompt arrival. Include guidance for contacting base security personnel to assist with rapid access of emergency personnel to test site.

Ensure all members are dressed appropriately and wearing proper footwear. Adequate fluid intake is vital to safe participation in the PFT and physical exercise. Ensure drinking water is readily available at the test site. At end of the PFT, members should participate in a cool down period to allow their heart rate to decline gradually. Cool down should last at least ten minutes. Without cool-down, members may become dizzy or light-headed.

## PFT Assessment Procedure and Requirements

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### Push-ups Procedure

The push-up modality must be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the member must be entirely on or off the padding (i.e., upper body cannot be on the padding with feet off). Members are required to wear shoes.

- Member will begin in leaning-rest position on the deck so that body forms a straight line through the head, shoulders, back, buttocks, and legs. Weight is supported only with the toes and palms of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.





- Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width.



- Member shall lower entire body until arms bend to at least 90 degrees while keeping head, shoulders, back, buttocks, and legs aligned and parallel to the deck.



- Member pushes entire body upward and returns to starting position, ensuring arms are fully extended, without locking elbows.



- Member may rest only in the up position maintaining a straight line with head, shoulders, back, buttocks and legs.

- Push-ups are repeated as many times as possible with correct form in 1 minute. PFT Assessment Team must monitor members for correct form and count only the number of properly performed push-ups. Push-ups performed incorrectly will not be counted.

Push-ups event is ended when the member:

- Touches deck with any part of body except hands and feet.
- Raises one hand or foot off the deck.
- Fails to maintain proper body alignment (i.e., head, shoulders, back, buttocks, and legs in a straight line with head and heels).

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## Forearm Plank Procedure

To properly execute the forearm plank modality of the PFT, there will be equal participants, one (1) official timekeeper and one official observer.

- The forearm plank will be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. The member must be entirely on or off the padding, (i.e., upper body of the member cannot be on the padding with feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed.
- The Official Timekeeper will record time with a stopwatch to the nearest second and will give the preparatory command “EVERYBODY UP”, which will prompt participants to assume the forearm plank position. Immediately afterward, the execution command “START” will be given, which prompts the official timekeeper to start the stopwatch. Once the time has begun, the official timekeeper may announce 15- second intervals until the last participant is finished.
- Member will begin face down on the deck with elbows bent, forearms flat on deck, with the body in a straight line through the head, shoulders, back, buttocks and legs.



- Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Forearms may be parallel or angled inward. Hands will either be in fists with the pinky side of the

hand touching the deck or lying flat with palms touching the deck. Members may switch between the two hand positions, but hands and forearms cannot be lifted from the deck.



- Feet should be placed hip-width apart. Hips must be lifted off the deck with only the forearms, hands, and toes on the deck.
- Knees are straight, pelvis in a neutral position, and back flat. The back, buttocks, and legs must be straight from head to heels and must remain so throughout the test.
- The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels.

- Toes, forearms, and fists or palms must remain in contact with the deck at all times and claspings of hands is not permitted. No part of the body may contact a vertical support surface.



- Involuntary muscle spasms (i.e., shaking, trembling, or quivering) resulting from maximum exertion during the exercise are anticipated and permitted as long as the proper forearm plank position is maintained.

Forearm plank ends when:

- Maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed.
- Any part of the body other than hands (fists/palms), forearms, or feet touch the deck.
- Member lowers head to hands.
- Member lifts hands, forearms, or feet off the deck.
- Member does not maintain 90 degrees at the elbow (i.e., Member shifts weight forward or back on forearms/toes decreasing or increasing the 90-degree bend).
- Member receives more than two corrections on form. On the third correction, the PFT Assessment Team will stop the member and record the time. This will be the official forearm plank time (score) of the member.

**1.5-mile  
Run  
Procedure**

This cardio modality test consists of running/walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete the test. The PFT Assessment Team will select the most level 1.5- mile course available. The course will be free of steep inclines and declines, surface irregularities, and sharp turns. Verify or measure course distance with measuring wheel (usually available from recreation services).

- Conduct on a flat and solid surface track or outdoor course.
- Member will stand at start line.
- Timer will signal start and call out time intervals until completion of test.
- Time is recorded with stopwatch to nearest second.

The 1.5-Mile Run is ended when:

- Member completes the 1.5 mile. PFT Assessment Team will record the time. The member must remain in the area of the designated course to participate in the post PFT cool-down.
- Member takes a short cut or does not complete the entire 1.5-mile course. If not complete (other than for injury), the cardio portion of the PRT will result in a failed test.

**Alternative  
2000-meter  
row  
Procedures**

Members who intend to test on the rower for the PFT are required to train and familiarize themselves on the rower. The following guidance is provided to assist members in successfully conducting the 2000-meter row.

- Instruct member to set damper setting on the flywheel of their choosing. Member will not be able to adjust the damper setting during the test. \*\* Note: the damper will need a medium to high setting in order for the member to meet the require time.
- Instruct member to sit on rower machine then adjust the footplate placements and secure feet using adjustable straps. The foot straps should be secured at the widest portion of the foot to permit freedom of movement of the heel during rowing. Additionally, the back of the rower must not be placed near or against any vertical surfaces that would restrict the member's range of motion while rowing.
- Member should grasp the handle with both hands placed along the outer edge of the handle. Once the member begins pulling on the handle, they should remain in constant and continuous motion (to prevent inadvertent monitor cut-off, which would result in a test graded as a failure) until the 2000- meter test is complete.





- The event begins when the PFT Assessment Team gives the command “START”. Time starts automatically on the rowing performance monitor display when the member starts rowing.
- The rower event ends when the member:
- Completes 2000-meters.
  - Stops rowing for a period long enough that the monitor turns off.

**Physical  
Fitness  
Standards**

All Coast Guard boat crews are required to meet the standards of physical fitness shown in the table below in accordance with BOAT VOL II, COMDTINST 16114.33E to qualify and maintain currency. Physical fitness standards are required to ensure boat crews have sufficient strength, and endurance to safely perform duties when underway.

| <b>Males</b>   | <b>Push-ups</b> | <b>Planks</b> | <b>1.5 Mile Run</b> | <b>12-Minute Swim*</b> | <b>2000-Meter Row*</b> |
|----------------|-----------------|---------------|---------------------|------------------------|------------------------|
| Under 30       | 29              | 1:18          | 12:29               | 500 YDS                | 9:20                   |
| 30 to 39       | 24              | 1:15          | 12:53               | 450 YDS                | 9:30                   |
| 40 to 49       | 18              | 1:12          | 13:50               | 400 YDS                | 9:40                   |
| 50 to 59       | 13              | 1:09          | 15:14               | 350 YDS                | 9:50                   |
| 60+            | 10              | 1:07          | 17:19               | 300 YDS                | 10:00                  |
| <b>Females</b> | <b>Push-ups</b> | <b>Planks</b> | <b>1.5 Mile Run</b> | <b>12-Minute Swim*</b> | <b>2000-Meter Row*</b> |
| Under 30       | 15              | 1:09          | 15:05               | 400 YDS                | 10:40                  |
| 30 to 39       | 11              | 1:06          | 15:56               | 350 YDS                | 10:50                  |
| 40 to 49       | 9               | 1:03          | 17:11               | 300 YDS                | 11:00                  |
| 50 to 59       | 9               | 1:01          | 19:10               | 250 YDS                | 11:10                  |
| 60+            | 9               | :58           | 20:55               | 200 YDS                | 11:20                  |