

PROCEDURAL GUIDANCE MESSAGE

Name and Grade of Action Officer SMSgt Kiernan				Office Symbol RSOP		Series Number 221		Signature of Action Officer		Implementation Date: 29 Jul 04	
	To	Action	Initials/Date		To	Action	Initials/Date		To	Action	Initials/Date
1	RSOP/ CCU	Coord	RSOP _____ CCU _____	5	AFPC/ DPPAE	Coord		9			
2	JA	Coord	JA _____	6	AF/ XOOS	Coord		10			
3	RSO/ CCU	APPR	RSO _____ CCU _____	7	RSOPA	X-MIT		11			
4	AFSOC	Coord	_____	8				12			

FROM: HQ AFRS/RSO

SUBJECT: SURVIVAL, EVASION, RESISTANCE, AND ESCAPE (SERE) PREREQUISITES

TO: All Recruiting Service

1. The SERE Functional Manager has changed the prerequisites for enlistment into the 1T031 career field. All applicants entering BMT on or after 1 Oct 04 must meet the new requirements, **no exceptions; no grandfathering.**
2. The 1T031 career field is open to both male and female applicants and both genders must pass the SERE PAST test (see attachment 1 for criteria and SERE PAST worksheet). In addition to the SERE PAST the following prerequisites must also be met.
3. Class III Flight Physical with read-aloud test, and AETC/SG certification for SERE.
4. Refer any questions, through your appropriate chain of command, to AFRS/RSOPA at DSN 665-0369 or commercial (210) 565-0369.

FOR THE COMMANDER

////SIGNED////

DANIEL WOOLEVER, Lt Col, USAF
Chief, Operations Division

Attachment 1 SERE PAST criteria and worksheet

Attachment 1

SURVIVAL, EVASION, RESISTANCE, AND ESCAPE (SERE) SPECIALIST PHYSICAL ABILITIES AND STAMINA TEST (PAST) CRITERIA

This test must be conducted *in the order* listed below. Record PAST results on a SERE PAST Evaluation Worksheet. If member is unable to meet any minimum standard, they have failed the test. However, member should continue to take the remainder of the test (if willing) to determine other weak/strong points of his physical condition. Test administrators should sign and have commanders endorse test results with a copy provided to the MEPS and one to the member.

One 200-meter/yard surface swim. This swim is conducted using any combination of swim strokes. The swim is continuous (non stop) and has no time limit. If a member stops any time during the swim, the test will be stopped and considered a failure for the entire PAST. Swimsuit and goggles/mask are the only equipment items allowed. Allow a 30-minute rest before the run.

One 1.5-mile run. The maximum time is 11 minutes, 30 seconds. PT clothes and good running shoes are the only required items. This run must be continuous (non-stop). If a member stops anytime during this run, the test will be stopped and considered a failure for the entire PAST. Test should be conducted on a measured running track. Members will be given a 10-minute break prior to the next event.

Calisthenics: 3 calisthenics exercises are evaluated, each with specific time parameters and specific exercise form mechanics. All members will exercise to either muscle failure or time completion, whichever occurs first. The intent here is to have members do as many "good form" repetitions in the time allotted or when muscle failure is reached. **NOTE:** in performing all calisthenics, the exercise's proper form must be followed. Deviation from the form to allow extra repetitions will be to the member's disadvantage. Exercise form is strictly enforced during the training pipeline. Allow a 3-minute break between each calisthenics exercise.

Chin-ups: Complete a minimum of 6 chin-ups within a 1-minute time period. Chin-ups are a two-count exercise. Starting position is hanging from a bar, palms facing the candidate with no bend in elbows. Hand spread is approximately shoulder width. Count one; pull the body up until the chin clears the top of the bar. Count two, return to the starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. If the candidate falls off, stops, or releases the bar, the exercise is terminated. Candidate will exercise to muscle failure or time completion.

Sit-ups: Complete a minimum of 50 sit-ups within a 2-minute time period. Sit-ups are a two-count exercise. Starting position is back flat on the ground, fingers interlocked behind the head, head off the mat, and knees bent at approximately a 90-degree angle. Another individual during the exercise only holds the feet. Count

one; sit up so that the shoulders are directly above the hip/pelvis area or 90 degrees to floor. Count two; return to the starting position. There is no authorized rest position for this exercise. If the member rests, the exercise is terminated. If the member's buttocks rise from the ground or his fingers are not interlocked behind his head during the repetition, the repetition is not counted. Member will exercise to muscle failure or time completion.

Push-ups: Complete a minimum of 42 push-ups within a 2-minute time period. Push-ups are a two-count exercise. Starting position is hands shoulder width apart with arms straight and directly below the chest on the ground; the legs are extended, and the back and legs remain straight. Count one, lower the chest until the elbows are bent at a 90-degree or lower angle. Count two, return to the starting position. The only authorized rest position is the starting position. If the knees touch the ground the exercise is terminated. The member will not raise his buttocks in the air, sag his middle to the ground or raise any hand or foot from their starting position. If a hand or foot is raised, the exercise is terminated. Member will exercise to muscle failure or time completion.

