

U.S. Department of
Homeland Security

United States
Coast Guard



AVIATION SURVIVAL TECHNICIAN (AST) PHYSICAL TRAINING SCREEN TEST

U.S. Coast Guard
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AST Physical Training Screen Test Instruction

General Description Successful completion of this test is required for all candidates applying to the AST Airman (AN) Program. Testing will be administered by candidates supervisor or designated representative.

When completed Once testing is complete, email or FAX the grading sheet to:
AST AN Assignment Officer at Enlisted Personnel Management
CGPSC-EPM-2, currently ASTC Thomas. Emerick:
Thomas.R.Emerick@uscg.mil. FAX: 202-493-1779

PT Screen Goal The primary goal of this syllabus is to evaluate a candidates strength and conditioning.

Supervisors Because the Rescue Swimmer training portion of the AST A school is so physically and mentally challenging, all grading criteria must be strictly adhered to so that candidates have the best chance to successfully complete AST A School. This grading criteria is exactly what is used during the AST Airman (AN) program and AST “A” school.

Safety Precautions All safety precautions listed below shall be strictly adhered to:

- Observe students for overheating or attempting to continue physical training with a physically debilitating injury that may not have been reported.
- Observe for poisonous snakes, insects (fire ants), and any hazardous plants or objects when doing calisthenics. Determine prior to starting whether any candidates have any known allergic reactions to insect bites or plants.
- Inform students to hydrate adequately prior to the start of this physical measurement test.

AST Airman Program Introduction

Testing Environment:

The following areas will be required to complete this test:

- PT Grinder
 - measured 1 ½ mile flat running course
 - Swimming Pool
-

PT Clothing

The following personal clothing is required during testing:

- USCG shorts and T-shirt
 - Swim suit
 - Running shoes
 - White socks
 - Undergarments
-

Special Instructions

- All personnel will be briefed on the emergency action plan and an emergency assistance checklist established prior to starting.
 - Direct students to promptly and correctly respond to the orders of staff personnel.
 - Examiner will ensure students are physically fit and ready to participate (i.e., screen medical records) and will poll students for conditions that may preclude them from safely participating in the Physical Measurement Test.
 - Examiners are responsible for maintaining situational awareness and shall remain alert to signs of student panic, fear, extreme fatigue, exhaustion, and lack of confidence that may impair safe completion of the training exercise. If any of these descriptions apply to the candidate, the examiner shall immediately stop the training, identify the problem, and make a determination to continue or discontinue training. The examiners must be constantly alert to any unusual behavior which may indicate a student is experiencing difficulty, and shall immediately take action to ensure the student's safety.
 - The entire test shall be completed in sequence and in approximately one hour.
 - Rest periods between exercises are limited to two minutes and a short break when changing into swim gear.
 - There will be no rest positions during any of the exercises that are being tested.
 - Form will be strictly adhered to. Once technical failure has been reached, the exercise will be stopped.
 - Pushups and sit ups have a two minute time limit.
-

Test Items Requirements

PT Test

The following Items will be evaluated in order

Push-Ups

- Perform 50 push-ups in two minutes **without stopping.**
 - With the hands shoulder width apart, and feet together (see illustration, p.5).
 - The arms, back, buttocks, and legs must be straight from head to heels and **must remain so throughout the test.**
 - Begin push-ups by bending the elbows and lowering the entire body until the top of the upper arms, shoulders, and lower back are aligned and parallel to the deck (Arms form 90 degree angle).
 - Return to the starting position by extending the elbows until the arms are straight. The student's feet may not rest against any immovable objects. **The test is ended if participant touches the deck with any part of body except hands and feet, raises one or both feet or hands off the deck, or fails to maintain back, buttocks, and legs straight from head to heels or if student stops or rests before getting to 50.**
 - The examiner will count out loud each properly executed push-up as the student reaches the "UP" position.
-

Sit-Ups

- Perform 60 sit-ups in two minutes **without stopping.**
 - Lie flat on back with knees bent; heels close to buttocks (approximately 10 inches) fold arms across the chest with feet held to floor by partner. Curl upward and touch the elbows to the thighs then return to the starting position touching the shoulder blades to the deck. **The test will end if the legs are lowered, the student fails to keep feet on the ground, lifts buttock off the deck, fails to keep arms folded across and touching the chest, or fails to keep hands in contact with the chest or shoulders** (see illustration, p.5).
 - The examiner will count out loud each properly executed sit-up as the student reaches the "UP" position.
-

Test Items Requirements, continued

Pull-Ups

- The exercise will be performed by grasping the pull up bar and hanging straight down. Hands should be placed on the bar palms facing away from student, at shoulder width, arms fully extended (see illustration p. 5).
 - Repetitions will be counted aloud by the examiner for each properly executed pull-up, each time they pull their **chin** over the bar.
 - Students will fully extend their arms in between each repetition.
 - Students shall not swing, or bicycle their feet as they pull their chin over the bar, and they must maintain a vertical position during the exercise. “Kipping” is not permitted.
-

Chin-Ups

- The exercise will be performed by grasping the pull up bar and hanging straight down. Hands should be placed on the bar palms facing student, at shoulder width, arms fully extended (see illustration p. 5).
 - Repetitions will be counted aloud by the examiner for each properly executed pull-up, each time they pull their **chin** over the bar.
 - Students will fully extend their arms in between each repetition.
 - Students shall not swing, or bicycle their feet as they pull their chin over the bar, and they must maintain a vertical position during the exercise. “Kipping” is not permitted.
-

1.5 Mile Run

Must be completed with in 12 minutes.

- Students will follow the run course as directed by the examiner.
-

500 Yard Swim

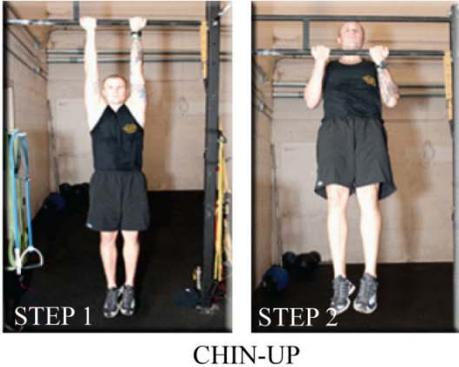
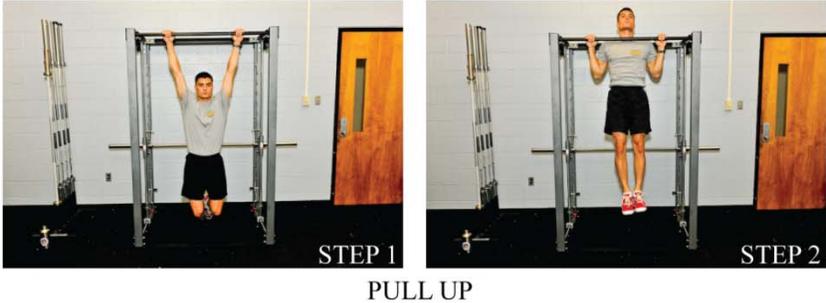
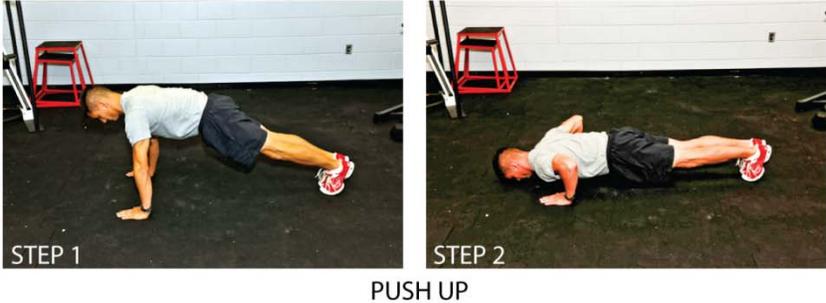
The 500 yard swim shall be completed within 12 minutes utilizing the crawl stroke only (also called the free style stroke).

- **Continuously** swim 500 yards, utilizing the crawl stroke.
 - If performed in a pool, students may push or kick off the sides during turns. Students may not stop during the test (i.e. stand on the bottom of the pool or hold onto the side).
-

Underwater Laps

Students must swim four (4) twenty-five (25) yard underwater laps with no more than 60 second rest in between laps. Student will start at one end of the pool, submerge and swim underwater to other end of pool. Student waits 60 seconds and repeats underwater again. Complete four times.

Physical Screen Test Exercise Illustrations



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Grading Sheet

Grading Sheet

1. Explanation of all PT standards:

- Entire test must be completed in sequence, in one hour.
- Rest periods between exercises are limited to two minutes (with the exception of time required to change into swimmer attire).
- Strong minimums must be demonstrated on this test.
- There will be no rest position for any exercises being tested.
- Form will be strictly adhered to. Once technical failure has been reached, the exercise will be stopped.
- Push-ups and sit-ups have a two minute time limit.

2. Conduct PT In-Test exercises and record scores below:

Exercise	Minimum Standard	Amount Completed	Go/No Go
1. Push-Ups	50 non-stop		
2. Sit-Ups	60 non-stop		
3. Pull-Ups	5		
4. Chin-Ups	5		
5. 1.5 mile run	12 min		
6. 500 yd swim (crawl)	12 min		
7. U/W Laps	4 x 25 w/ 60 sec rest		

Airman Mentor Sign Off

I certify that _____ completed the Aviation Survival

Technician AST PT Screening Test with the numbers reflected above on _____.

This member is within their Maximal Allowable Weight (MAW) of _____ pounds.

Examiner: _____ Title: _____

Comments:

Once complete, email or FAX this sheet only to:
AST AN assignment officer at CGPSC-EPM-2
(Currently ASTC Thomas Emerick: Thomas.R.Emerick@uscg.mil, FAX: 202-493-1779)

END OF PHYSICAL SCREEN TEST