

AST AIRMAN CANDIDATE TRAINING GUIDE

It is very important that when a new Airman arrives at your Unit they are quickly assigned a mentor to help them through the Airman program. Once a mentor is assigned to the Airman the mentor should take the Airman through their Indoctrination. Suggestions for indoctrination are as follows:

NOTE: Each Unit will develop their indoctrination IAW each Units needs.

Airman Indoctrination

- Check in
- Explain what is expected
- Explain challenges (mental, physical, stamina)
- Questions about medical history
- Explain PT IAW 3710.4 Rescue Swimmer Manual
- Explain initial PT assessment/PT screen
- Explain accountability of daily PT log (if used)
- Explain accountability for syllabus sign off.
- Ensure Airmen completes MRN-E4 performance quals
- Ensure Flight Physical is current with no problems
- Ensure Security clearance is in the process of completion
- Demonstrate proper form of all stretches/exercises the Unit will be using IAW 3710.4 Rescue Swimmer Manual
- Demonstrate proper donning and use of RS equipment Airman will be using at Unit IAW 3710.4 Rescue Swimmer Manual
- Explain proper configuration of PT gear Airman will be wearing
- Brief Airman about Shallow-Water Blackout and have Airman sign a Statement of Understanding for this*

Within the first 30 days of arriving at the unit Airman WILL complete the AST Candidate Physical Fitness-Screening Test IAW message #R 2017312 May 03 and amendment message #R 241225Z July 03 which is comprised of the following:

AST Airman Program Candidate Physical Fitness- Screening Test

- 34 Push ups in 2 minutes
- 40 Sit ups in 2 minutes
- 03 Pull ups
- 03 Chin ups
- 1.5 Mile run completed in 13 minutes or less
- Change into swim suit (maximum of 15 minute break), swim 500 yards (crawl stroke) in 12 minutes or less without stopping

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

AST Airman Program Candidate Physical Fitness- Screening Test (continued)

- Sprint (crawl stroke) from a standing position in the shallow end of the pool to a position over a 10 lb diving brick centered in the deepest end of the pool (at least 15 yards away). Submerge; pick up the brick and surface with brick overhead and elbows locked. Drop the brick and tread water for two minutes.
 - Airman candidate must complete this test with a one-hour time limit
 - Rest periods between exercise events are limited to a maximum of two minutes in duration.
 - Test will be administered by one of the following: AST shop CPO, LCPO with an AST representative, or a Helicopter Rescue Swimmer Flight Examining Board member.
 - A Re-test is not authorized
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After completion of the initial AST Airman Physical Fitness-Screening Test the Airman is now ready to move on with needed training. The Airman's mentor and AST shop should have identified weaknesses that the Airman has and should now start to focus on those known weaknesses for improvement. Most common weaknesses are as follows:

Weaknesses

- With push ups (shoulder, chest, triceps and back strength training needed)
 - With Sit ups (core muscle strength training needed)
 - With Pull ups (back, lat muscle strength training needed)
 - With Chin ups (back, biceps muscle strength training needed)
 - With Run (cardio endurance training needed)
 - With Swim (cardio endurance training needed)
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It is important to remember when starting your training program to ensure you limit your baseline number (repetitions) for each exercise (set), for example: limit push ups to 15 on each set or pull ups to 5 on each set. Multiple sets may be preformed but each set is limited to the baseline numbers. Increase your numbers every two or four weeks as needed to get Airmen to desired level in training. The following are baseline suggestion tables for build-up taking you through weeks 1-16 of training for PT and Pool conditioning giving an increase in baseline numbers throughout training:

NOTE: The below tables are recommendations for training and are not mandated by ATTC, each Unit should determine their training needs based on Airman's abilities and ensuring the Airman is at the proper physical requirements for entry into AST "A" school with comfort.

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

PT Conditioning Guide

Stretches	Weeks 1-8	Weeks 9-12	Weeks 13-16
Rotor cuff	15 Seconds	15 Seconds	15 Seconds
Triceps	15 Seconds	15 Seconds	15 Seconds
Calf	15 Seconds	15 Seconds	15 Seconds
Groin (butterfly)	15 Seconds	15 Seconds	15 Seconds
Inside Hurdler	15 Seconds	15 Seconds	15 Seconds
Ankle	5 rotations CW-CCW	5 rotations CW-CCW	5 rotations CW-CCW
Lower back twist	15 Seconds	15 Seconds	15 Seconds
Swimmers	15 Seconds	15 Seconds	15 Seconds
Hamstring	15 Seconds	15 Seconds	15 Seconds
Quadriceps	15 Seconds	15 Seconds	15 Seconds

Calisthenics	Weeks 1-8	Weeks 9-12	Weeks 13-16
Jumping Jacks or Light jog	15 repetitions 3 minutes	20 repetitions 3 minutes	25 repetitions 3 minutes
Push-ups	15 repetitions	20 repetitions	25 repetitions
Push-ups (wide arm)	15 repetitions	20 repetitions	25 repetitions
Push-ups (triceps)	07 repetitions	10 repetitions	13 repetitions
8-count body-build	07 repetitions	10 repetitions	13 repetitions
Pull-ups	04 repetitions	05 repetitions	06 repetitions
Chin-ups	04 repetitions	05 repetitions	06 repetitions
Sit-ups	20 repetitions	30 repetitions	35 repetitions
Crunches	20 repetitions	25 repetitions	30 repetitions
Unassisted Sit-ups	15 repetitions	20 repetitions	25 repetitions
Crunches Reverse	10 repetitions	15 repetitions	15 repetitions
Flutter-kicks	15 repetitions	20 repetitions	25 repetitions
Four count lunges	10 repetitions	10 repetitions	10 repetitions
Step-ups	10 repetitions	13 repetitions	15 repetitions
Squats	10 repetitions	13 repetitions	15 repetitions
Shoulder Bridges	10 repetitions	13 repetitions	15 repetitions
Group Run or Interval Training	30 min. at 9-10 min pace	35 min. at 8-9 min pace	40 min. at 8 min pace

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

NOTE: The following is an example of a pyramid workout that could be used in your Airman program. Adjust numbers as needed for training ensuring Airman receives a 15 second break between each phase of the pyramid workout.

Upper and Lower body pyramid workout

Calisthenics	Weeks 1-8	Weeks 9-12	Weeks 13-16
Jumping Jacks or Light jog	15 four count 3 minutes	20 four count 3 minutes	25 four count 3 minutes
Pyramid workout			
Push-ups (wide arm)	2-4-2	2-4-4-2	4-6-4-2-2
Push-ups (triceps)	2-4-2	2-4-4-2	4-6-4-2-2
Push-ups (regular)	2-4-2	2-4-4-2	4-6-4-2-2
Bar Dips	4 sets of 5	4 sets of 6	4 sets of 7
Pull-ups	1-2-1	1-2-3-2-1	1-3-3-2-2
Chin-ups	1-2-1	1-2-3-2-1	1-3-3-2-2
Sit-ups	15-20-15	20-25-20	25-30-25-20
Crunches	15-20-15	20-25-20	25-30-25-20
Crunches Reverse	5-10-5	10-15-10	10-15-10-5
Flutter-kicks	2 sets of 10-4 count	2 sets of 15-4 count	2 sets of 20-4 count
Four count lunges	2 sets of 10-4 count	2 sets of 12-4 count	2 sets of 15-4 count
Step-ups	2 sets of 10-4 count	2 sets of 12-4 count	2 sets of 15-4 count
Squats	2 sets of 10-4 count	2 sets of 12-4 count	2 sets of 15-4 count
Shoulder Bridges	10 repetitions	13 repetitions	15 repetitions
Wind sprints	4 X 100 yard sprints w/ 100 yard jog in- between	8 X 100 yard sprints w/ 100 yard jog in- between	10 X 100 yard sprint w/ 100 yard jog in- between
Group Run or Interval Training	30 min. at a 9-10 min pace	35 min. at a 8-9 min pace	40 min. at a 8 min pace

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

Drill	Weeks 1-8	Weeks 9-12	Weeks 13-16
Warm up	500 yard swim	500 yard swim	500 yard swim
Buddy tows	100 yards	200 yards	400 yards
Brick drills	10 second per student	15 second per student	20 second per student
Sprints	<ul style="list-style-type: none"> ▪ 50 yards in 50 seconds ▪ 30 second rest ▪ 100 yard in 1:55 	<ul style="list-style-type: none"> ▪ 50 yards in 45 seconds ▪ 30 second rest ▪ 100 yard in 1:50 	<ul style="list-style-type: none"> ▪ 50 yards in 40 seconds ▪ 30 second rest ▪ 100 yard in 1:45
Underwater swims	25 yards in 30 seconds with 90 second rest	25 yards in 30 seconds with 60 second rest	25 yards in 30 seconds with 50 second rest
Gear swims	200-600 yards	400-800 yards	800-1500 yards
Mask/goggle drills	Practice clearing mask underwater	Swim 25yards w/ mask filled w/ water before clearing	Use goggles w/ snorkel attached for swim drills
Gear donning/lap swim drill	<ul style="list-style-type: none"> ▪ Swim one lap put on one piece of gear, ▪ Swim second lap and put on second piece of gear, and so on ▪ Enter water at deep end and don all RS gear in 5 min 	<ul style="list-style-type: none"> ▪ Swim one lap put on one piece of gear, ▪ Swim second lap and put on second piece of gear, and so on ▪ Enter water at deep end and don all RS gear in 4 min 	<ul style="list-style-type: none"> ▪ Swim one lap put on one piece of gear, ▪ Swim second lap and put on second piece of gear, and so on ▪ Enter water at deep end and don all RS gear in 3 min
Pyramids	<ul style="list-style-type: none"> ▪ 50 yd sprints w/45 second rest x4 ▪ 100 yd sprints w/70 second rest x2 ▪ 200 yd sprints w/70 second rest x1 ▪ 100 yd sprints w/45 second rest x2 ▪ 50 yd sprint w/40 second rest x4 	<ul style="list-style-type: none"> ▪ 50 yd sprints w/40 second rest x4 ▪ 100 yd sprints w/65 second rest x2 ▪ 200 yd sprints w/65 second rest x1 ▪ 100 yd sprints w/40 second rest x2 ▪ 50 yd sprint w/35 second rest x4 	<ul style="list-style-type: none"> ▪ 50 yd sprints w/35 second rest x4 ▪ 100 yd sprints w/60 second rest x2 ▪ 200 yd sprints w/60 second rest x1 ▪ 100 yd sprints w/35 second rest x2 ▪ 50 yd sprint w/30 second rest x4
Underwater with exercise	<p>Swim side to side u/w in deep end of pool, exit the pool and perform the following</p> <ul style="list-style-type: none"> ▪ 10 push-ups <p>Renter the pool and swim u/w back across the deep end of the pool and perform</p> <ul style="list-style-type: none"> ▪ 10 flutter kicks 	<p>Swim side to side u/w in deep end of pool, exit the pool and perform the following</p> <ul style="list-style-type: none"> ▪ 15 push-ups <p>Renter the pool and swim u/w back across the deep end of the pool and perform</p> <ul style="list-style-type: none"> ▪ 15 flutter kicks 	<p>Swim side to side u/w in deep end of pool, exit the pool and perform the following</p> <ul style="list-style-type: none"> ▪ 20 push-ups <p>Renter the pool and swim u/w back across the deep end of the pool and perform</p> <ul style="list-style-type: none"> ▪ 20 flutter kicks
Brick swims	25 yards	50 yards	75 yards

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

With any program, each unit will want to establish a set of rules (standards) for the Airman to follow and the AST shop to use while the Airman goes through their training. The following are examples of rules (standards) that could be establish in your Units Airman training program:

Airman and AST rules and standards

- AST Mentor or leading Training PO should do everything he/she is asking of the Airman alongside.
- All AST shop personnel should be addressed as Chief, or Petty Officer.
- All uniform standards apply. Working blue should be clean; have authorized creases as stated in personnel manual, with polished boots. PT gear should be clean and neat. ODU uniforms ironed sharp, boots highly polished and bloused properly.
- PT gear should consist of blue shorts, plain white t-shirts (stenciled), white socks. If cold weather, than the following items could be authorized: black gloves, watch cap and gray sweats.
- All Airmen should have PT gear accessible at all times and should be consistent in appearance with all other Airman.
- Pool PT gear should consist of blue swim shorts, plain white t-shirt (stenciled), booties, mask and snorkel, fins, swim goggles, and Tri-Sar harness.
- At any time an Airman is instructed to “lean and rest” they should comply quickly.
- At the completion of an exercise (guided work-outs only) they should stand only when they hear the words “pop tall”.
- For outside PT when told to do any exercise, before you drop you should yell “hoo-rah push-ups” ect... On any exercise when told to “pop-tall” you should stand and clap hands 3 times, followed by a “hoo-rah”.
- At least one full PT screen should be completed each month to track progress throughout training (see Airman syllabus).
- Keep a daily log of PT to be signed by AST shop personnel.
- Airman should be discouraged from playing basketball and other sports with a high injury rate.
- Airman should be allowed frequent water breaks in relation to the intensity of the workout. This includes pool workouts.
- AST’s should conduct themselves accordingly and will not abuse the training program in any way that could cause harm to the Airman candidate.

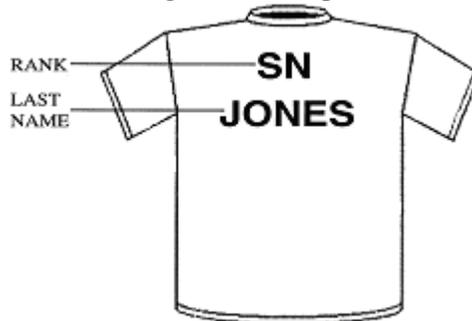
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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

Holding a standard in training is paramount when developing a program of which you want a high success rate. A standard should also be held in appearance, having all Airmen in your program outfitted with gear similar in appearance gives an impression that the unit has a very organized and structured training program. All PT clothing and pool clothing should be consistent with each Airman in your program. The following is an example of PT and pool clothing that could be utilized at your unit:

PT and Pool Clothing for Airman

- Shirts should be a white crew neck t-shirt with rank over name stenciled in 2" black ink. Rank is over name with a 1" space between the bottom of rank and top of name. The top of the rank should be centered 2" below the front of the collar on the front of the shirt and 4" below the back of the collar on the back of the shirt. **Do not stencil rate (BM3 = P03)**. The following is an example:



- The AST shop could issue blue shorts.
- High quality running shoes, not to exceed \$100.00, could be issued to the AST candidate after passing the AST Airman Program Candidate Physical Fitness-Screening Test (IAW with message #R201731Z May 03 and #R241225Z July 03).
- Sweatshirts, with or without hood could be optional and should be light gray in color and plain without designs (they may be stenciled same as T-shirts if desired).
- Rain gear, gloves and headgear are optional. If worn, they should be conservatively styled.
- Pool gear should be T-shirt (stenciled), blue swim shorts, booties, mask and snorkel, swim fins, swim goggles, and Tri-Sar. If there is more than one Airman in your program have them color code their gear with tape.
- Backpack style water packs are very useful at units where drinking water is not readily available during outside training.

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

As outlined in the Airman syllabus, an Airman will be required to complete and comfortably pass the PT Screen Exam every other day in one week (M,W,F) by no later than 30 days prior to reporting to AST “A” school. This test should be administered once every month to track progress through training until the every other day for one-week requirement IAW the Airman syllabus is completed:

NOTE: Airman should be encouraged to complete, continually, all minimum required numbers before being allowed to take a break. Good form should be stressed throughout the PT Screen Exam.

PT Screen Exam

- 42 push ups in two minutes
- 50 sit ups in two minutes
- 5 Pull ups
- 5 Chin ups
- 4X 25 yard underwater swims with 90 second rest intervals
- 1.5 mile run in 12 minutes or less
- Change into swim suit (maximum of 15 minute break)
- 500 yard swim using (crawl stroke) in 12 minutes or less
- Rest periods between exercise events are limited to a maximum of two minutes in duration.
- The PT screen exam will be administered by one of the following: AST shop CPO, LCPO with an AST representative, or a Helicopter Rescue Swimmer Flight Examining Board member.

On the following pages are examples of an the AST Airman Program Candidate Physical Fitness-Screening Test, AST Airman Screen Exam, AST Airman Check-off Sheet, Airmen Physical Fitness Tracking Record, and a Statement of Understanding for Shallow-Water Blackout that could be used for your Units Airmen training program:

AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

AST AIRMAN CHECK-OFF SHEET

1. Check in _____
2. Explain what is expected _____
3. Explain challenges (mental, physical, and stamina) _____
4. Questions about medical history _____
5. Explain PT IAW 3710.4 (Series) Rescue Swimmer Manual _____
6. Demonstrate all stretches/exercises _____
7. Explain initial AST Airman Program Candidate Physical Fitness-Screening Test and PT Screen Exam _____
8. Explain accountability for daily PT log _____
9. Explain accountability for syllabus sign off _____
10. MRN E4 Performance Quals sign off _____
11. Flight Physical _____
12. Security clearance _____
13. Duty section _____
14. Demonstrate proper donning and use of RS equipment _____
15. Explain proper configuration of PT gear Airman will be wearing _____
16. Brief Shallow-Water Blackout and have Airman sign a Statement of Understanding* _____

Date Signed: _____

Mentor Signature: _____
(Print and Sign)

Airman Signature: _____
(Print and Sign)

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

AST CANDIDATE PHYSICAL FITNESS SCREENING TEST

1. Pre-exercise stretches completed _____
2. Push ups (2 minutes), 34 required # _____
3. Sit ups (2 minutes), 40 required # _____
4. Pull ups, 03 required # _____
5. Chin ups, 03 required # _____
6. 1.5 mile run (13 minutes or less) Time _____
7. 500 yard swim (crawl stroke) 12 minutes or less Time _____
8. Pick up 10lb brick, drop and tread water for 2 minutes GO/NO GO _____

DATE PT FITNESS SCREENING TEST COMPLETED: _____

AIRMANS SIGNATURE: _____
(Print and Sign)

AST MENTOR/PO SIGNATURE: _____
(Print and Sign)

REMARKS: _____

NOTE: To be completed within 30 days of reporting to Air station Airman Program, and WILL be administered IAW Message # R 2017312 May 03

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

AST AIRMAN PT SCREEN EXAM

1. Pre-exercise stretches completed _____
2. Push ups (2 minutes), 42 required # _____
3. Sit ups (2 minutes), 50 required # _____
4. Pull ups, 05 required # _____
5. Chin ups, 05 required # _____
6. 1.5 mile run (12 minutes or less) Time _____
7. 500 yard swim (crawl stroke) 12 minutes or less (no gear) Time _____
8. 25yd underwater swim (4) with 90-second break in between each _____

NOT PART OF PT SCREEN EXAM

1. Buddy tows Distance _____
2. Gear swims Distance _____

DATE PT SCREEN EXAM COMPLETED: _____

AIRMANS SIGNATURE: _____
(Print and Sign)

AST MENTOR/PO SIGNATURE: _____
(Print and Sign)

REMARKS: _____

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

AIRMAN PHYSICAL FITNESS TRACKING RECORD

Name: _____

AST Candidate Physical Fitness Screening Test	Push-ups	Sit-ups	Pull-ups	Chin-ups	1.5 Mile Run/ min	500 Yard Swim / min	Picking up 10lb brick & treading water 2 minutes
Minimums	34	40	03	03	13	12	
Test month 1							

Name: _____

Airman PT Screen Exam	Push-ups	Sit-ups	Pull-ups	Chin-ups	1.5 Mile Run / min	500 Yard Swim / min	Underwater swims
Minimums	42	50	05	05	12	12	4/90
Exam month 2							
Exam month 3							
Exam month 4							
Exam Month 4							
Exam Month 4							
Average							

Distance Swim Times

Name: _____

Practiced Swim Events	200-600 Yard Gear Swim	400-800 Yard Gear Swim	800-1500 Yard Gear Swim	100-400 Yard Buddy Tow
What completed	Time	Time	Time	Time

Instructors/Mentor Comments: - _____

Instructor/Mentor: _____ Date: _____

(Print and Sign)

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AST AIRMAN CANDIDATE TRAINING GUIDE (continued)

AST CANDIDATE PROGRAM **STATEMENT OF UNDERSTANDING**

SHALLOW-WATER BLACKOUT

WARNING

**DO NOT HYPERVENTILATE PRIOR TO UNDERWATER SWIMS.
HYPERVENTILATION CAN LEAD TO SHALLOW-WATER BLACKOUT.**

The following is a simple explanation of shallow-water blackout:

1. Hyperventilation (excessively rapid breathing) purges the blood of CO₂, the body's cue to breathe.
2. The swimmer runs out of oxygen without ever feeling the need to breathe, passes out, and drowns.

I, _____, have read the above statement about Shallow-
(Print Name)
Water Blackout and understand that I will NOT hyperventilate prior to executing any
underwater swims while in the AST Airman Candidate Program.

AST Candidate Signature: _____ Date: _____
