

AIR FORCE SPECIAL WARFARE/SERE/EOD Physical Ability and Stamina Test (PAST) CRITERIA

The purpose of the PAST test is to assess an AF candidate's current physical condition for potential entry into one of the above career fields. This test is comprised of several events; the candidate must pass every event. Failure of any event will result in the overall PAST failure. However, test administrators should direct candidates to complete the test in its entirety to determine physical condition status. Test administrators must conduct this test *in the order and time limits* listed below. Record PAST minimum standards and results on the "Evaluation Worksheet" managed by AETC/A3S contact below.

Test administrators (PTL in absence of functional personnel) will sign, have commanders/superintendents endorse test results, and provide a copy to the member.

NOTE: The PAST requirements are designed to test for a minimum fitness level for entry into the various training pipelines. Candidates should continue to train throughout their application process to exceed these minimums in order to enhance their chances of success. For CCT and SOWT re-trainees a good goal to strive for is the Operator PT test found in AFI 13-219.

NOTE: Exercise form is strictly enforced during the PAST and in the training pipeline. Repetitions done without proper form will not be counted and will be to the member's disadvantage. Events graded calisthenics, run last event is swim.

1. Calisthenics (All): Conducted as the first phase of the test. Three 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 is to have members do as many "good form" repetitions in the time allotted or when muscle failure is reached. Allow a 2-minute rest between each calisthenics exercise.

1.1. Pull-ups (2 minutes): Pull-ups are a two-count exercise. Starting position is hanging from a bar, palms facing away from the candidate with no bend in elbows ("dead-hang"). Hand spread is approximately shoulder width apart. Count one; pull the body up until the chin breaks the horizontal plane of the bar. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. If the candidate falls off or releases from the bar, the exercise is terminated.

Allow a minimum of 2 minute rest prior to next exercise.

1.2. Sit-ups (2 minutes): Sit-ups are a two-count exercise. Starting position is back flat on the surface, fingers interlocked behind the head, head off the surface, and knees bent at approximately a 90-degree angle. Another individual may hold the individual's feet during the exercise, or be placed under a "toe-hold" bar. Count one; sit up so that the back is vertical to the surface. Count two; return to the starting position. The exercise is continuous. If the member stops, the exercise is terminated. If the member's buttocks rise from the surface or his fingers are not interlocked behind his head during the repetition, the repetition is not counted. There is no authorized rest position.

Allow a minimum of 2 minute rest prior to next exercise.

1.3. Push-ups (2 minutes): Push-ups are a two-count exercise. Starting position is hands, approximately shoulder width apart, arms, back, and legs must remain locked 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 surface, or raise any hand or foot from their starting position. If a hand or foot is raised, the exercise is terminated.

Allow a minimum of 10-minute rest before the next event.

2. 1.5 Mile Run (All): Conducted as the second event. Physical training (PT) clothes and good running shoes are the only required items. The run must be conducted on an accurately measured course, preferably a running track.

Allow a 30-minute rest prior to the next event.

3. Surface/Subsurface water: Subsurface underwater and surface swim is conducted as the last events using swimsuit and goggles/scuba mask the only equipment items allowed.

3.1. 2 x 25 Meter Underwater Swim (PJ/CCT/SOWT only): Swimsuits and swim goggles/scuba mask are the only equipment items allowed. This exercise is two-3 minute cycles consisting of: underwater swim and surface swim back to the starting point. Members will take a breath, submerge, push off the pool wall and swim 25 meters underwater. Member will then surface swim, any stroke, to the starting point. If members surface or break the water surface during any portion of the underwater swim, the test will be stopped and considered a failure. The second underwater cycle starts at the end of the first 3 minute period. Complete the second cycle as listed above. After completion of the second underwater cycle allow a 10 minute rest before the next event.

3.2. 500 Meter Surface Swim (PJ/CCT/SOWT) Note: TACP will complete swim as data only, not required as a measurement for entry: This swim is conducted using the freestyle, breaststroke or sidestroke. The swim is continuous (non-stop). If a member stops any time during the swim, the test will be stopped and considered a failure for the entire PAST.

3.3. 200 Meter Surface Swim (SERE only): This swim is conducted using the freestyle, breaststroke, sidestroke. While treading (not floating) is allowed, standing on the bottom of the pool is not allowed during the swim. If a member touches the bottom of the pool at any time during the swim, the test will be stopped and considered a failure for the entire PAST.

4. Additional PAST event for CCT/SOWT re-trainees that have already accomplished Air Traffic Control or the Weather course. (This event may be conducted on a separate day from the other PAST requirements.) A three-mile rucksack march while carrying a 50-pound load, wearing issue military boots, in no more than 45 minutes (45:00). Wear a military standard issue ALICE rucksack weighted with an internal 50-pound load. Boots must be military style leather. Do not wear running shoes or other commercial style boots. March will be conducted on a hard surface or track. Terrain should be relatively flat with no extreme elevation changes. This exercise is evaluated as a prerequisite to entering the Special Warfare Assessment.

ATTACHMENT: PAST EVAL WORKSHEET

Managed at AETC/A3S

OPR: AETC/A3S (AETC.BAT.Director@us.af.mil)