

# U.S. Army Ranger Training

The US Army Ranger course is considered the Army's toughest course and premier small unit tactics and leadership school. The path to a Ranger qualification consists of two courses: the Ranger Assessment Course (RAC) and the U.S. Army Ranger School. These opportunities are open to any AFSC and select enlisted/officer grades.

RAC prepares Airmen for successful completion of U.S. Army Ranger School by assessing members' physical and mental capabilities and ensuring they can execute Troop Leading Procedures under field conditions. Per ETCA, students must successfully complete a RAC in order to continue on to the U.S. Army Ranger Course.

Ranger Training is very physically, mentally, and emotionally demanding; learning how to perform under these conditions is part of each course. Members are expected to participate in all training events. There are no temporary profiles or duty limitations allowed.

## **Program Providers/Location:**

- (RAC) AF SF Center, various locations, biannually
- (RAC) ARNG Warrior Training Center, Ft Benning GA, monthly
- (RAC) Tropic Lightning Academy, Schofield Barracks, HI, monthly
- (Ranger) Ft Benning, GA

## **Program Duration:**

RAC: 16-19 days depending on location

U.S. Army Ranger school: minimum of 62 days

## **Pre-Course Requirements:**

- Successful completion of the U.S. Army Ranger Physical Fitness Test:
  - Minimum 49 Push-Ups (2 minutes to complete)
  - Minimum 59 Sit-Ups (2 minutes to complete)
  - 5-Mile Run in under 40 minutes
  - 6 Pull-Ups (palm in)

- Must be able to pass the Combat Water Survival Assessment (CWSA)
- Must be able to complete a 12-mile ruck march in 3 hours or less with 35lb dry weight

Further details can be found in the Ranger Student Guide on either AFRIT under Tab 17 and the AF Security Forces Center SMARTNet.

Additional information can be found on the ARTB website under Student Information. Lack of attention to detail has been sufficient to send previous students home early.

## **Medical Information:**

NOTE: The following medical criteria are non-waiverable:

- Chronic or daily use of medications
- Any condition that would make an Airman non-deployable
- Previous hot weather injury (cannot begin course from the months of April-October)
- Previous cold weather injury (cannot begin course from the months of October-April)

## **Target Population:**

For USAF, all officer/enlisted grades (E4 and above) from any AFSC who meet pre-course requirements; rank waiver exists for E3s from first O6 in the individual's chain of command.

## **Importance:**

Directly feeds the 2018 National Defense Strategy primary line of effort: "...field a lethal, resilient, and rapidly adapting Joint Force

## **Program Funding:**

- Centrally funded for AD to attend RAC; unit funded for ANG/AFRC unless otherwise specified in the supporting OPOD
- AETC funded slots for Ranger do exist; ANG/AFRC make contact with RAC PM to discuss specifics.

## **Program Websites:**

- USAF RAC: [https://cs2.eis.af.mil/sites/10139/SitePages/Ground\\_combat\\_Training\\_Ranger.aspx](https://cs2.eis.af.mil/sites/10139/SitePages/Ground_combat_Training_Ranger.aspx)
- AFRIT: <https://aefonline.afpc.randolph.af.mil/AFRIT/afrit.aspx>
- ARNG RTAC: <http://www.benning.army.mil/tenant/wtc/RTAC.html>
- TLA SURT: [https://www.25idl.army.mil/UNIT\\_HHBN/LIGHTNING\\_ACADEMY/index.html](https://www.25idl.army.mil/UNIT_HHBN/LIGHTNING_ACADEMY/index.html)
- U.S. Army Ranger school: <http://www.benning.army.mil/infantry/ARTB/Student-Information/index.html>

*\* It is imperative that all applicants review websites thoroughly*

## **Remarks:**

Members must bring all items on the packing list located on the ARTB website for Ranger; additional items may be required for RAC

It is your responsibility to ensure you check the site up until the minute you depart for any changes and know what is expected.

Additional paperwork items are required as per the ARTB Student Reporting Instructions

For additional medical information visit: <http://www.benning.army.mil/infantry/ARTB/StudentInformation/Medical.html>