

# Physical Fitness Tests and Standards for Battlefield Airmen Study

## *Executive Synopsis*

**STUDY PURPOSE** - develop and validate occupationally-specific, operationally-relevant, science-based criterion physical fitness tests and standards for Battlefield Airmen AFSCs

**GUIDANCE** - in January 2013, the Secretary of Defense rescinded the 1994 Direct Ground Combat Definition and Assignment Rule policy restricting women from certain occupations engaged in direct ground combat or long range reconnaissance. In response to the policy change, the Chairman of the Joint Chiefs of Staff directed the Services to develop, review, and validate individual occupational physical standards for all occupational specialties, with emphasis on previously closed AFSCs to women, in compliance with law. The following AFSCs are currently closed to women in the Air Force:

1C2XX - Combat Control

1T2XX - Pararescue

1C4XX - Tactical Air Control Party

13CX - Special Tactics Officer

13DX - Combat Rescue Officer

1W0X2 - Special Operations Weather

## **METHODS**

AF Fitness Testing and Standards Unit (AF Fitness Unit) executed four major steps in the study: three to develop and validate tests and standards and one post-study step to implement and verify. Battlefield Airmen career fields engaged in each study step.

## **STUDY RESULTS AND RECOMMENDATIONS**

**Requirement:** SecDef/ CJCS directive (above) - AF develop, review, and validate occupational performance standards for all AFSCs, with emphasis on closed AFSCs. Eligibility for training and development within designated occupational fields should consist of qualitative and quantifiable standards reflecting the knowledge, skills, and abilities necessary for each occupation. For occupational specialties open to women, the occupational performance standards must be gender-neutral as required by Public Law 103-160, Section 542.

**Study Results:** developed occupationally specific, operationally relevant, critical physical tasks for each BA AFSC in the Physical Demands Analysis (PDA) Phase of the Physical Tests and Standards for BA Study. The PDA included Battlefield Airmen focus groups, electronic Battlefield Airmen objective scoring assessments, full mission profile observations, and Battlefield Airmen leadership interviews.

**Recommended Action:** AF submit AFSC-specific, critical physical tasks -based physical requirements and occupational performance standards to SECAF to validate compliance with law

## CCT-STO Critical Physical Tasks (CPTs)

### SMALL UNIT TACTICS

- MANEUVER/TRaverse TERRAIN (Context: surface operations, infiltration/exfiltration or Search & Rescue missions)
- OPERATE/PATROL/TRaverse URBAN TERRAIN (Context: surface operations with ruck load)
- MANEUVER OVER/AROUND/UNDER OBSTACLES (Context: surface or jungle operations)
- CONDUCT PATROLS/COMBAT OPERATIONS (Context: surface operations, infiltration/exfiltration or Search & Rescue missions)
- ENGAGE/ELIMINATE THREAT AS REQUIRED (Context: TAC / Search & Rescue missions)
- EMPLOY DEFENSIVE/OFFENSIVE COUNTER-MEASURES (Context: Immediate Action Drills)
- RESPOND TO ATTACK (Context: Immediate Action Drills or surface operations)
- EXECUTE DOWN VEHICLE DRILLS/ASSIST TEAMMATE FROM VEHICLE (Context: Immediate Action Drills)
- PERFORM LOW/HIGH CRAWL AND RUSHES/UP-DOWNS (Context: Immediate Action Drills or surface operations)
- CLEARING AND MOVEMENT THROUGH VEGETATION (Context: jungle operations)

### CLOSE QUARTERS BATTLE

- PERFORM CLOSE QUARTERS BATTLE (Context: hand-to-hand combat or Prisoner Of War (POW) detention)
- TRaverse ROOF TOPS/STAIRWAYS (Context: Close Quarters Battle)
- DETAIN/SECURE/RESTRAIN PERSONNEL (Context: handle detained personnel or POWs)
- FIGHT/NEUTRALIZE/TAKE DOWN ENEMY (Context: hand-to-hand combat)

### CASUALTY COLLECTION

- PERFORM TACTICAL COMBAT CASUALTY CARE (TCCC)/SELF AID BUDDY CARE (SABC) (Context: casualty care)
- DRAG CASUALTY FROM BATTLE AREA (Context: TCCC)
- FIREMAN'S CARRY CASUALTY FROM BATTLE AREA (Context: TCCC)
- REASSESS/MANEUVER CASUALTY (Context: TCCC)
- PERFORM TWO MAN LITTER CARRY (Context: perform TCCC/extraction zone and pick-up activities)

### LANDING ZONE OPERATIONS

- TRaverse LENGTH OF RUNWAY TWICE (Context: establish assault/landing zone)
- PERFORM CONTINGENCY AMMO RESUPPLY (Context: engine-running loadings/unloadings)
- LOADING/UNLOADING EQUIPMENT ON/OFF AIRCRAFT (Context: engine-running loadings/unloadings of aircraft or infil/exfil)
- CLEAR OBJECTS/OBSTACLES FROM LANDING ZONE (Context: drop/landing zone operations)
- SECURE AND CHECK LANDING ZONE (Context: establish assault/landing zone operations)
- ESTABLISH/BREAKDOWN/TRANSPORT LANDING ZONE NAVIGATION AIDS (Context: drop/landing zone operations)

### MOUNTAINEERING OPERATIONS

- TRaverse WITH SKIS/SNOWSHOES/CRAMPONS (Context: winter warfare/mountaineering operations)
- PERFORM LEAD CLIMBER DUTIES (Context: boarding of large seagoing vessels)
- ASCEND/DESCEND ICE USING ROPE SYSTEM (Context: perform mountaineering operations or over-glacier movements)
- ASCEND ROPE (Context: perform rappelling operations)
- ASCEND/DESCEND MOUNTAIN (ROPE BELAYING) (Context: mountaineering operations using technical rope systems)

### FAST ROPE INSERTION/EXTRACTION SYSTEM

- CONTROL DESCENT DURING FAST ROPING (Context: Fast Rope Insertion Extraction System)

### ROPE LADDER ACTIVITIES

- CLIMB/ASCEND CAVING LADDER (Context: helocast operations)

### WATER OPERATIONS

- MANUALLY MOVE BOAT (Context: small boat employments)
- RECOVER TEAMMATE ONTO DECK BOAT (Context: dive operations or boarding seagoing vessel)
- FIN SWIM TO OBJECTIVE (Context: helocast, watercraft operations)
- TREAD WATER (Context: parachute water jump with combat equipment OR scout swimming)
- TRaverse/SWIM ACROSS RIVER (Context: riverine operations, small boat operations or jungle operations)

### PARACHUTE OPERATIONS

- MANEUVER WITHIN AIRCRAFT FOR JUMP (Context: parachute jump - combat operations)
- CONTROL PARACHUTE CANOPY (Context: parachute jump operations)
- RIGHT BUNDLE/LOAD (Context: rig or derig door bundles or individual jump loads for airdrops)

**SOWT Critical Physical Tasks (CPTs)****PARACHUTE OPERATIONS**

- RECOVER GEAR/EQUIPMENT/PARACHUTE (Context: parachute jump operations)
- CONTROL PARACHUTE CANOPY (Context: parachute jump operations)
- MANEUVER TO AIRCRAFT DOOR FOR JUMP (Context: parachute jump - combat operations)
- ASSIST/RECOVER HUNG/TOWED JUMPER (Context: parachute jump operations)
- PERFORM TANDEM LANDING (Context: parachute jump operations)
- DISMOUNT TREES AFTER TREE LANDING (Context: parachute jump operations)
- MOVE TO AIRCRAFT QUICKLY (Context: landing zone, pick-up zone, or extraction zone activities)
- DISMOUNT INFIL PLATFORM (Context: NTV, ATV, MATV, amphib, helicopter, etc. - for day/night land navigation)

**WATER OPERATIONS**

- RECOVER/HAUL PERSONNEL/EQUIPMENT OUT OF WATER (Context: helocast/small boat/search dive operations)
- DON SCUBA GEAR (Context: day/night open or closed circuit dive)
- MOVE/LOAD/MOUNT BOAT ENGINE/EQUIPMENT (Context: rig/derig ATVs, CRRCs, RAMZs, for airdrops)
- LIFT BOAT/MOTOR ONTO AIRCRAFT (Context: helocasts/small boat employments)
- CARRY/HAUL/CACHE BOAT (Context: small boat operations)
- PADDLE BOAT (Context: motor inoperable or mission dictates)
- SWIM TO OBJECTIVE (Context: helocast, watercraft, riverine operations)
- TREAD WATER (Context: parachute water jump with combat equipment or scout swimming)
- PULL SELF INTO BOAT (Context: helocast/castmaster activities)
- SWIFT WATER RESCUE OF PERSONNEL/EQUIPMENT (Context: river crossing operations)

**PREPARE DEPLOYED LOCATION**

- MANEUVER/MOVE/LIFT ITEMS (Context: pack/palletize deployment/contingency equipment)
- PUSH PALLETS FROM LOADER TO AIRCRAFT (Context: pack/palletize deployment/contingency equipment)
- LOAD AND UNLOAD EQUIPMENT (Context: pack/palletize deployment/contingency equipment)
- HAUL/CARRY LUGGAGE, RUCK, EQUIPMENT (Context: pack/palletize deployment/contingency equipment on/off aircraft)
- ASSEMBLE ANTENNA (TACMET/MOD III) (Context: set-up/tear down electronic equipment)
- CLEAR/REMOVE DEBRIS OR OBSTRUCTIONS (Context: drop/landing zone activities)
- DIG HOLES/DEFENSIVE FIGHTING POSITIONS (Context: construct hasty or defensive fighting positions)
- FILL/LIFT/TRANSPORT/PLACE SANDBAGS (Context: construct hasty or defensive fighting positions)

**ROPE LADDER ACTIVITIES**

- ASCEND/DESCEND ROPE OR CAVING LADDER (Context: helocast ops)
- MOUNT ROPE OR CAVING LADDER (Context: helocast ops)

**MOUNTAINEERING OPERATIONS**

- ASCEND STEEP GRADE MOUNTAIN WITH GEAR (Context: mountaineering activities)
- ASCEND ROPE (Context: rappelling activities)
- HAUL EQUIPMENT TO RIDGELINE/MOUNTAIN BASE (Context: mountaineering activities)
- PERFORM LEAD CLIMBER DUTIES (Context: mountaineering activities)
- DESCEND STEEP GRADE WITH WEIGHT LOAD (Context: mountaineering activities)
- PERFORM BELAY DUTY (Context: rappelling activities)
- SNOWSHOE, USE CRAMPONS, SKI (Context: mountaineering activities)
- NAVIGATE AND MANEUVER THROUGH TERRAIN (Context: land navigation, mountaineering, SMUTs, patrolling)

**CLOSE QUARTERS BATTLE**

- PERFORM HAND TO HAND COMBAT (Context: IADs, SMUTs, urban operations)

**SMALL UNIT TACTICS**

- PERFORM MOVEMENTS UNDER DIRECT FIRE (Context: immediate action drills/SMUTs)
- CARRY/OPERATE HEAVY WEAPONS AND AMMO (Context: SMUTs and patrolling)
- PERFORM CONCEALED MOVEMENT (Context: SMUTs and patrolling)
- MOVE THROUGH, OVER, OR AROUND OBSTACLES (Context: SMUTs and patrolling)
- RETURN FIRE AND TAKE COVER (Context: Tactical Combat Casualty Care (TCCC), SMUTs, urban/patrolling ops or land navigation)

**CASUALTY COLLECTION**

- MOVE CASUALTY VIA BUDDY CARRY (Context: TCCC)
- MOVE CASUALTY VIA FIREMAN'S CARRY (Context: Tactical Combat Casualty Care (TCCC))

<b>MOVE CASUALTY VIA BUDDY DRAG</b> (Context: Tactical Combat Casualty Care (TCCC))
<b>MOVE CASUALTY VIA PULL/DRAW</b> (Context: Tactical Combat Casualty Care (TCCC))
<b>PERFORM TWO MAN LITTER CARRY</b> (Context: perform Tactical Combat Casualty Care (TCCC)/extraction zone and pick-up activities)
<b>PERFORM CHEST COMPRESSIONS</b> (Context: Tactical Combat Casualty Care - TCCC)
<b>REASSESS/MANEUVER CASUALTY</b> (Context: Tactical Combat Casualty Care - TCCC)
<b>FAST ROPE INSERTION EXTRACTION SYSTEM</b>
<b>CONTROL DESCENT DURING FAST ROPING</b> (Context: FRIES)

**PJ-CRO Critical Physical Tasks (CPTs)**

**SMALL UNIT TACTICS**

**CONDUCT OFFENSIVE AND DEFENSIVE MANEUVERS; MANEUVER TO COVER/FIRING POSITION (CRAWL TO SPRINT)**

(Context: perform immediate action drills & small unit tactics)

**TRANSITION FROM PRONE TO KNEELING TO STANDING POSITIONS** (Context: perform immediate action drills & small unit tactics)

**TRAVERSE ADVERSE TERRAIN AND URBAN AREAS** (Context: maneuver through operational environment)

**MANEUVER OVER OBSTACLES IN AN OPERATIONAL ENVIRONMENT** (Context: maneuver through operational environment, e.g., climb walls/obstacles)

**ASSIST OTHER OPERATORS TO OVERCOME OBSTACLES** (Context: maneuver through operational environment)

**CLOSE QUARTERS BATTLE**

**MANUALLY BREACH ENTRY WITH TOOLS OR BY KICKING** (Context: perform building entry, clearing, and close-quarter combat operations)

**ATTACK OR DEFEND SELF AGAINST ENEMY AND ESTABLISH CONTROL** (Context: perform hand-to-hand combat with or without weapons)

**RESTRAIN AND CONTROL ENEMY COMBATANT OR NONCOMPLIANT SURVIVOR** (Context: restrain/control enemy combatant or panic stricken/noncompliant survivor)

**CASUALTY COLLECTION**

**DRAG CASUALTY OVER ADVERSE TERRAIN WITHOUT LITTER** (Context: move casualties over adverse terrain to cover (without litters))

**CARRY CASUALTY OVER ADVERSE TERRAIN WITHOUT LITTER** (Context: move casualties over adverse terrain to cover (without litters))

**ESTABLISH A LIFT POSITION AND RAISE OR LOWER LITTER FROM GROUND TO ABOVE HEAD** (Context: maneuver litter over adverse terrain)

**MANEUVER LITTER OVER ADVERSE TERRAIN WITH TWO LITTER BEARERS** (Context: maneuver litter over adverse terrain)

**MANEUVER LITTER UP AND OVER EDGES / LEDGES** (Context: maneuver litter over adverse terrain)

**HAUL ROPE / RESCUE SYSTEM TO RAISE RESCUER AND PATIENT** (Context: operate high/low-angle rescue system)

**ARCTIC OPERATIONS**

**EXECUTE MOVEMENT IN SNOW WITH CROSS COUNTRY SKIS, SNOW SHOES OR CRAMPONS** (Context: maneuver through arctic/mountainous environment)

**PERFORM ICE AXE AXE ARRESTS OR SELF RECOVER PROCEDURES** (Context: perform crevasse recovery procedures)

**WATER OPERATIONS**

**EXECUTE SURFACE FIN SWIM (IN COMBAT GEAR) TO PACKAGE** (Context: deploy packages into water using static line/free-fall jumper procedures; perform swift-water operations or water hoist recovery operations)

**RIGHT THE VESSEL** (Context: perform Combat Rubber Raiding Craft (CRRC) surface operations)

**LIFT AND MOUNT MOTOR ON TRANSOM** (Context: perform Duck deployments (H,K,S,T) and RAMZ deployment de-rigging)

**PROPEL MANUALLY WITH OARS** (Context: perform CRRC surface operations)

**MANEUVER VESSEL THROUGH SURF ZONE AND NAVIGATE CURRENTS** (Context: perform surf zone shoreline rescue)

**MAINTAIN BODY CONTROL, POSTURE / STABILITY IN CHALLENGING CONDITIONS** (Context: control/stabilize self on aircraft, vessels, mantelshelves, ladders, uneven ground, in the sea, etc.)

**TRANSIT VIA SWIM (LEAD MAN)** (Context: perform individual and team water-crossing techniques)

**MANEUVER UNDERWATER CONDUCTING SEARCH AND RESCUE PROCEDURES** (Context: perform closed-circuit/open-circuit dive operations including subsurface, infil/exfil ops)

**PERFORM UNDERWATER BUDDY RESCUES** (Context: perform SAR / buddy rescues using open-circuit dive equipment)

**RECOVER / TRANSFER OBJECTS OR PERSONNEL IN WATER ONTO VESSEL OR SHORE** (Context: perform recovery operations from water via vessels, aircraft or shoreline)

**ROPE LADDER ACTIVITIES**

**SECURE AND CONTROL LADDER FOR TEAM MEMBERS TO CLIMB** (Context: maneuver into aircraft or vessel from water, land or another vessel)

**ASCEND LADDER TO AIRCRAFT OR WATERCRAFT** (Context: maneuver into aircraft or vessel from water, land or another vessel)

**TRANSITION YOUR BODY OVER THE EDGE OF A VESSEL OR AIRCRAFT** (Context: maneuver into aircraft or vessel from the water, land or another vessel)

**PERFORM CLIMBING PROCEDURES**

**ASCEND TREE TO RESCUE HUNG JUMPER** (Context: perform tree parachute rescue evacuations)

**ASCEND VERTICAL PITCH USING VARIOUS CLIMBING TECHNIQUES (at a minimum 5.10a difficulty)** (Context: perform climbing procedures)

**EXECUTE COMMANDO CRAWL / INVERTED HAND OVER HAND CROSSING ACROSS A GAP** (Context: construct and cross high lines)

**FAST ROPE INSERTION EXTRACTION SYSTEM**

**STOP AND LOCK OUT ON ROPE WHILE EXECUTING FAST ROPE DESCENT** (Context: perform fast-rope insertion extraction system (FRIES) procedures)

**PARACHUTE OPERATIONS**

**DON EQUIPMENT, PARACHUTE, AND RUCK** (Context: perform full combat equipment static line/Military Free Fall (MFF)/water parachute ops to include scuba utility deployment system (SPUDS) parachute jumps)

**DON PARACHUTE, PERSONNEL (TANDEM) AND EQUIPMENT (BUNDLE), SQUAT / STAND, MOVE TO THE DOOR, HANG AT THE DOOR RAMP** (Context: perform military tandem/tethered bundle (MTTB) operations)

**MAINTAIN STABILITY IN FREE FALL** (Context: perform full combat equipment MFF parachute ops)

**MAINTAIN CONTROL / GRIP ON TOW BAR OR RISERS** (Context: perform full combat equipment static line/MFF/water parachute ops and surface searches, such as diver tow)

**RIG AND DE-RIG EQUIPMENT**

**CONSTRUCT EQUIPMENT BUNDLE / PACKAGE AND MANEUVER INTO POSITION ON AIRCRAFT** (Context: rig and de-rig equipment, door/ramp bundles, motorcycles, ATVs, RAMZs or ARCs for land, sea, or aerial deployments)

**MANUALLY DEPLOY EQUIPMENT OUT OF THE AIRCRAFT DOOR / RAMP** (Context: rig and de-rig equipment, door/ramp bundles, motorcycles, ATVs, RAMZs or ARCs for land, sea, or aerial deployments)

**RIG / DERIG EQUIPMENT** (Context: rig and de-rig equipment for aerial deployments, dive operations, cast and recovery operations)

**ASSEMBLE EQUIPMENT AND RIG VESSEL FOR DEPLOYMENT** (Context: pack deployment or contingency equipment for shipments or movements)

**MANUALLY LOAD EQUIPMENT, BUNDLES, AND PALLETS ONTO TRUCKS, VEHICLE, AIRCRAFT** (Context: pack deployment or contingency equipment for shipments or movements)

**MANEUVER BUNDLE TO DOOR / RAMP ON AIRCRAFT** (Context: pack, rig, and de-rig equipment door/ramp bundles for land or sea aerial deliveries)

**PERSONNEL EXTRACTION**

**TRANSPORT EQUIPMENT AND GEAR TO OBJECTIVE, e.g., WRECKAGE SITE, DIVE SITE OR VESSEL** (Context: remove survivors from aircraft or vehicle wreckage, structures, and confined spaces)

**EMPLOY AND OPERATE EXTRICATION DEVICES AND EQUIPMENT** (Context: remove survivors from aircraft or vehicle wreckage, structures, and confined spaces)

**CONSTRUCT AND INSERT SHORING SYSTEMS TO STABILIZE WRECKAGE** (Context: perform lift-bag recovery and confined space collapsed structure procedures)

**REMOVE SURVIVORS FROM AVALANCHES, AIRCRAFT OR VEHICLE WRECKAGE, COLLAPSED STRUCTURES, OR CONFINED SPACES** (Context: remove survivors from avalanches, aircraft or vehicle wreckage, structures, and confined spaces)

**RECOVER / REMOVE SURVIVORS / REMAINS AND SENSITIVE MATERIALS FROM WATER, WRECKAGE, OR VEHICLE** (Context: remove personnel from aircraft or vehicle wreckage, structures, and confined spaces)

**DIG AND DISPLACE SNOW OR DIRT TO EVACUATE VICTIM** (Context: perform avalanche search and recovery procedures)

**REMOVE DEBRIS, OBJECTS, OR OBSTACLES TO GAIN PATIENT ACCESS OR ESTABLISH LANDING AREA** (Context: clear building entry and landing areas for recovery forces at incident sites)

## TACP Critical Physical Tasks (CPTs)

### SMALL UNIT TACTICS

**LOAD AND DON EQUIPMENT - ruck sack, load bearing vest, helmet, weapon, water, etc.** (context: in preparation for foot marches, navigation, parachute jumps, small unit tactics)

**TRANSPORT EQUIPMENT WITH COMBAT LOAD** (context: in preparation for foot marches, navigation, parachute jumps, small unit tactics)

**EXECUTE RUCK MARCH; TRAVERSE OVER ADVERSE TERRAIN** (context: performing individual movement techniques / small unit tactics)

**EXECUTE LOW CRAWL / HIGH CRAWL** (context: performing individual movement techniques / small unit tactics)

**EXECUTE POSTURE TRANSITIONS - prone to kneeling to standing** (context: performing individual movement techniques / small unit tactics)

**EXECUTE 3 SECOND to 5 SECOND RUSHES** (context: performing individual movement techniques / small unit tactics)

**TAKE COVER** (context: performing individual movement techniques / small unit tactics)

**PERFORM ACTIONS ON AN OBJECTIVE / SECURE OBJECTIVE** (context: conduct dismounted operations/small unit tactics)

**REACT TO DIRECT / INDIRECT FIRE, REACT TO FAR/NEAR AMBUSH** (context: conduct dismounted operations/small unit tactics)

**REACT TO ENEMY CONTACT / BREAK CONTACT** (context: conduct dismounted operations/small unit tactics)

**CAST EQUIPMENT OVER OBSTACLES** (context: maneuver over obstacles e.g., walls)

**TRAVERSE WALLS / OBSTACLES** (context: maneuver over obstacles e.g., walls)

**ASSIST OTHERS OVER OBSTACLES** (context: maneuver over obstacles e.g., walls)

### CLOSE QUARTERS BATTLE

**MANUALLY BREACH ENTRY - KICK, SLEDGE HAMMER, BATTERING RAM** (context: enter and clear a building)

**ELIMINATE THREAT ROOM TO ROOM** (context: enter and clear a building)

**ATTACK / DEFEND, GRAPPLE WITH ENEMY** (context: enter and clear a building)

### CASUALTY COLLECTION

**CARRY VICTIM, TWO MAN LITTER** (context: transport casualties to secure location / collection point)

**TRANSPORT CASUALTIES VIA ONE MAN CARRY OVER ADVERSE TERRAIN** (context: transport casualties without litter or sled to secure location / collection point)

**TRANSPORT CASUALTIES VIA ONE MAN DRAG OVER ADVERSE TERRAIN** (context: transport casualties without litter or sled to secure location / collection point)

### WATER OPERATIONS

**CROSS RIVER WITH ROPE SYSTEM AND GEAR - IN / ABOVE / PARTIALLY IN WATER** (context: perform water crossings)

**LAUNCH BOAT FROM AIRCRAFT** (context: participate in waterborne operations)

**TREAD WATER AND SWIM** (context: perform combat water survival procedures)

**BOARD RIB BOAT** (context: participate in waterborne operations)

### ROPE LADDER ACTIVITIES

**DON GEAR AND CLIMB ROPE LADDER INTO AIRCRAFT OR VESSEL** (context: perform rope ladder activities)

### FAST ROPE INSERTION EXTRACTION SYSTEM

**DISEMBARK HELICOPTER VIA FASTROPE WITH COMBAT LOAD** (context: perform tactical helicopter insertions or extractions)

**DESCEND AND LOCK ONTO FASTROPE** (context: perform tactical helicopter insertions or extractions)

### PARACHUTE OPERATIONS

**DON PARACHUTE EQUIPMENT AND COMBAT LOAD - parachute harness/reserve parachute/helmet/weapons case/rucksack** (context: perform tactical equipment parachute jumps)

**STAND UP WITH COMBAT LOAD AND PARACHUTE - EXIT THE AIRCRAFT** (context: perform tactical equipment parachute jumps)

**DISEMBARK AIRCRAFT AND MAINTAIN MILITARY FREE FALL POSITION - MFF** (context: perform tactical equipment parachute jumps)

**DERIG ALL JUMP ITEMS** (context: perform tactical equipment parachute jumps)

**JMPI ALL JUMPERS AND CHECK AIRSPACE IN FRONT OF AND BEHIND AIRCRAFT** (context: perform jumpmaster operations)

**RETRIEVE / PULL IN PACK TRAYS** (context: perform jumpmaster operations)

**PERSONNEL EXTRACTION**

**EXTRACT PERSONNEL OUT OF VEHICLE OR CONFINED SPACE** (context: evacuate injured personnel)

**VEHICLE OPERATIONS**

**MANEUVER OUT OF ROLLOVER OR SUBMERGED VEHICLE** (context: perform vehicle egress)

**REACT TO IEDs AND PERFORM ACTIONS ON CONTACT DURING VEHICLE OPS** (context: conduct vehicle ops)

**RECOVER OR REPAIR DAMAGED OR DISABLED VEHICLES** (context: perform field expedient maintenance or recovery ops on vehicle; e.g. change tire, hook-up tow bar)

**UNLOAD / CROSS LOAD PERSONNEL AND EQUIPMENT FROM DISABLED VEHICLE TO EVACUATION VEHICLE OR AIRCRAFT** (context: perform field expedient maintenance or recovery ops on vehicle; e.g. change tire, hook-up tow bar)

**PREPARING DEPLOYED LOCATIONS**

**MOVE OBSTACLES, REMOVE OBSTRUCTIONS, CLEAR LANES OF FIRE** (context: prepare landing zones, bivouac sites and defensive fighting positions)

**FILL AND TRANSPORT SAND BAGS; FILL HESCO BARRIERS WITH SAND** (context: prepare deployed locations and defensive fighting positions)

**DIG A TWO PERSON DELIBERATE FIGHTING POSTION** (context: prepare deployed locations and defensive fighting positions)

**CONSTRUCT WALLS USING SANDBAGS OR OTHER MATERIALS** (context: prepare deployed locations and defensive fighting positions)

**LOAD AND UNLOAD PALLETS** (context: pack or palletize equipment for shipment)

**RADIO ASSEMBLY**

**ASSEMBLE / DISASSEMBLE RADIO MOUNT; MOVE RADIO PALLET THROUGH TIGHT SPACES** (context: remove or install communication systems, pallet radio mounts)

**ROUTE AND BURY ANTENNA CABLES** (context: prepared deployed locations and bivouac sites)