**UNITED STATES MARINE CORPS**



MARINE COMBATANT DIVE DETACHMENT

NAVAL DIVING AND SALVAGE TRAINING CENTER

350 SOUTH CRAG ROAD

PANAMA CITY FL 32407-7016

Updated: 22 May 2024

**COMMANDING OFFICER’S CHECKLIST**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_\_\_\_\_\_

Command:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Prerequisites:
2. SNM is a Volunteer. YES/NO
3. Graduate of the Basic Reconnaissance Course or ITC. YES/NO
4. Possess MOS: 0321, 0302, 0203, 0202, 0307, 0372, 0370, 8026 or 8404. YES/NO
5. Completed MCDD Pre-Dive program. YES/NO
6. Has a current water survival qualification of Water Survival –Intermediate. YES/NO
7. Minimum obligated service of 12 months upon graduation. YES/NO
8. SNM must possess a GOVCC prior to Check-In. (ELT exempt) YES/NO
9. SNM must possess a SECRET or Interim SECRET security clearance. YES/NO

**\*NOTE\*** IF THE DIVE CANDIDATE DOES NOT MEET THESE PRE-REQUISITES, A WAIVER MUST BE SUBMITTED TO PP&O FOR APPROVAL 45 DAYS PRIOR TO REPORT DATE.

Administration Chief Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Dive physical screened by a Diving Medical Officer. Physical must be **within two (2) years** of the course **graduation date** (applicable waiver attached).

1. HIV must be within two (2) years, TB screening must be current upon reporting to MCDC.
2. PHA must be valid throughout course duration (**A PHA is valid for one year from start date).**
3. Must have a current 2808 that is COMPLETE.
4. Must have a current Tetanus shot.

IDC/ DMO stamp/ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Must successfully complete a pressure test in accordance with (IAW) U.S. Navy Dive Manual Revision 7 change A and documented IAW MANMED CH. 15 and 16.

DMO/ MDV stamp/ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\*If unable to conduct pressure test prior to arrival at MCDC, the student will be able to conduct one on the first Thursday of the course. It is highly recommended that the student complete a pressure test PRIOR to arrival at MCDC\*\***

4.DJRS: Dive candidate MUST have a DJRS ID number and MUST be placed in “PCS” status. (Dive locker or paraloft).

Paraloft/ Dive Locker stamp/ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Physical conditioning, MUST be able to perform the following:

A. Meets fitness standards IAW MCO 6100.13A W/ CH 2 and physically capable of participating in a fitness sustainment program.

PULL-UPS/PUSH UP HYBRID:\_\_\_\_\_\_\_\_ CRUNCHES/PLANK:\_\_\_\_\_\_\_\_\_\_\_ RUN:\_\_\_\_\_\_\_\_\_\_

SCORE/DATE:\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_

B. SNM must meet height and weight standards (MCO 6110. 3A W/CH 2)

HT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ WT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MAX:\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Complete the below information IAW MCO 6110.3A W/CH 2 if SNM exceeds HT and WT.

NECK:\_\_\_\_\_\_\_\_\_\_\_\_ WAIST:\_\_\_\_\_\_\_\_\_\_\_\_\_ BODY FAT %:\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*SNM is exempt from HT/WT standards if they have a current PFT and CFT both with a minimum score of 285.

C. Physical Screening Test (PST) is conducted on training day 1. Students who fail any event of the PST will be considered not physically qualified to safely continue in training. SNM will be dismissed from the course and return to their parent command.

Date of Screening:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Must be within 90 days of convene date).

1. 500 yard swim (Breast or Side stroke) Max time: 12 min 00sec.

Score:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (10 min standing rest)

2. Minimum of 50 push-ups in 2 mins. Score:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (2 min rest).

3. Minimum of 50 curl-ups (Hands on ribcage). Score:\_\_\_\_\_\_\_\_\_\_\_\_\_ (2 min rest).

4. Minimum of 6 dead hang pull ups. Score:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (10 min rest).

5. 1.5 mile run, max time of 11 min 30 sec. Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(10 min rest).

6. 500 yard open water fin with fins, mask, utilities, UDT vest, rifle, deuce gear, and gloves (Candidates may not utilize arms to assist). Must finish. No time requirement, 15 min recommended.

Screening official (Rank/Name): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (PRINT)

Screening official signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Operations Chief signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. A Pre-Dive program MUST be completed at the unit level. (see attached Pre-Dive program)

1000yd FIN TIME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1500yd FIN TIME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2000yd FIN TIME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MOODLE COMPLETION DATE (recommended, not required):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Pre-Dive training:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Operations Chief signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. SNM has read the above prerequisite standards and minimum equipment necessary to attend the course.

SNM signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. SNM has no pre-exisiting family problems, financial hardships, administrative, or pending legal matters that could interfere with attendance of the course.

SNM signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. SNM has no pending medical, dental or personal appointments during the course dates that could prevent them from attending the course.

SNM signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Marines E5 and above have TD fitness report completed prior to convene date.

RS stamp/ signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

11. All incoming students must report, with original orders, to the NDSTC quarterdeck, building 350, no later than 2200 on the last day prior to the class convening date. Students arriving after 2200 will report to the NDSTC quarterdeck the next morning for official command endorsement.

Entry Level Training (ELT) Marines will be directed to the Navy Gateway Inn and Suites (NGIS) at 101 Vernon Ave. Panama City, FL 32407. Due to this being a military installation, you must enter 366 Solomans Dr. to successfully navigate to the NGIS.

ELT Marines have priority to the limited rooms available at the NGIS and MUST occupy a room on-base if available. For ELT Marines only**,** the MCD staff will reserve rooms at the NGIS for you.

If on-base lodging is unavailable, students will book off-base lodging via DTS.

\*Due to the geographical location of the schoolhouse and the possible requirement for hyperbaric recompression therapy treatment, students should reserve lodging at either the Fairfield Inn & Suites at 7718 Front Beach Rd or Home 2 Suites at 7710 Front Beach Rd, Panama City Beach.

-If they are available in DTS, book in DTS and then contact Melanie Hadaway at 423-505-4572. Provide your name and mention you are with the Marine Corps Dive Course.

-If they are NOT available in DTS, call the above number. There may be a room available that DTS cannot see.

-If neither of those options work, book a hotel near NSA Panama City.

12. SNM possesses all the appropriate uniforms, gear, and equipment for the course. **This includes:** Service “C” for graduation, and Dress Blues if on deck during the Marine Corps Ball (See attached gear list).

13. All waivers must be submitted 45 days prior to attending MCDC for approval through PP&O and/or BUMED.

This Sailor or Marine **DOES/ DOES NOT** meet the requirements listed in this checklist. If SNM does not meet the requirements, please explain below:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

STUDENT’S SIGNATURE STUDENT’S PRINTED NAME DATE

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Co. 1ST SGT/ SNCOIC SIGNATURE Co. 1ST SGT/ SNCOIC PRINTED NAME DATE

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Co. COMMANDER’S SIGNATURE Co. COMMANDER’S PRINTED NAME DATE

**Marine Combatant Diver Course**

**Pre-Dive**

1. A pre-dive training program shall include the following minimum requirements:

A. Open water surface swims, while maintaining a minimum speed of (1) knot, for distances of 500 yards, 1,000 yards, 1,500 yards and 2,000 yards with 15 minute, 30 min, 45 min and 60 min maximum times respectively. The dive candidate will always wear the following minimum equipment while conducting surface fins for time while at MCDC: Full utilities, LBV with 6 lbs. of weight, 2 canteens with fresh water, rifle (rubber), dive knife, UDT vest, mask, snorkel, and Tac-board. Students are recommended to extensively famailirize themselves with conducting surface fins while in a face down attitude following their compass azimuth on their Tac-board.

B. Water tread: In the pool, with SCUBA equipment (twin aluminum 80 tanks, UDT vest, mask, fins, and 6 lbs of ditchable diving weight) tread for 5 minutes. Upon completion of the tread, the students must be able to maintain one arms distance from their buddy and orally inflate their UDT vest.

C. SOCOM Intest: (Minimum depth is 9 feet however, MCDC conducts their test in a 12 foot pool)

1. 25 meter underwater swim with UDT shorts. Students cannot break the surface of the water before they reach the end of the pool.

2. Underwater knot tying. This event is conducted in UDT shorts. The test will be conducted in five separate breath holds with a maximum of 30 seconds of rest in between each knot. The knots, in sequential order, are as follows:

a. Bowline.

b. Round turn two half hitches.

c. Square knot (no safeties).

d. Clove hitch.

e. Figure 8 knot.

3. Drown proofing: (All of the events in this portion are conducted with hands and feet bound. The test will be a failure if the restraints come undone during the test). There are no breaks between the following events and they occur in the following order:

a. Bobbing for 5 minutes.

b. Floating for 2 minutes.

c. Traveling for 100 meters face down.

d. No more than 5 bobs between travel and front flip.

e. 1 front flip in a vertical plane.

f. No more than 5 bobs between front flip and back flip.

g. 1 back flip in a vertical plane.

h. No more than 5 bobs between back flip and mask retrevial from pool bottom.

i. Conduct 5 bobs with mask in teeth. (Nothing may be added to the mask to assist)

**\*SOCOM Intest will be conducted the morning of TD-2 at MCDC\***

**\*\*If SNM fails their first two attempts, remediation will be conducted the following morning. If the student fails the remediation, SNM will be returned to their parent command. \*\***

**MARINE COMBATANT DIVER COURSE**

**GEAR LIST (updated 4/4/2024)**

The following equipment, uniforms, and items are **REQUIRED** for training:

\*Medical and Dental record. **(2807/2808 must be COMPLETE and no older than (2) years upon start date of the Pipeline).\***

* (2) Serviceable sets of Woodland MARPAT camouflage utility uniform minimum.
* (1) Boonie cover.
* (1) Utility Garrison cover.
* Set of serviceable woodland or desert MARPAT utilities. (Utilities can be adjusted to be swim cammies i.e. trousers cut no higher than the ankle in length; however, they must be free of tears, rips or any other unserviceable features).
* (1) Pair of Marine Corps issued boots.
* (5) Pairs of appropriate boot socks.
* (1) Appropriate martial arts belt for garrison wear.
* **(1) rigger’s belt with hard point attachment for diving**
* (1) Set of Service “C” uniforms w/ short sleeve khaki shirt, correct rank, garrison cap, ribbons, and no shooting badges. (this is year round, no need for “B” in winter months)
* For classes on deck during the Marine Corps Ball, (1) set of Dress Blues “A” or “B” (ribbons or medals) will be required for ball attendance.
* (1) Digital submersible watch**,** with stopwatch capability. (Staff recommends 2 watches).
* (6) Pairs of green skivvy shirts.
* Students who wear corrective lenses must have (2) military issued pairs. Some contact lenses are authorized for diving operations, but only if they are **gas permeable**.
* (1) Watch cap. (Marine Corps issue).
* (1) Gortex top and bottom.
* (1) Pair of running shoes.
* (2) Pairs of UDT swimming trunks minimum.
* (2) Pairs of 100% cotton briefs. (NOT boxer briefs).
* (1) USMC sweats (top and bottom) or Marine Corps running suit (top and bottom).
* (2) Towels minimum (military in nature).
* Notebook, pens, pencils, highlighter, and index cards.
* **If** **a student requires corrective lenses, they may opt to bring a personal diving mask with prescription lens inserts. The mask must be black, low profile with certified and tempered glass, no tinted masks are allowed at MCDD.**
* Students are allowed to bring their own wetsuits, fins, and booties to the course as long as they are military in nature. Fins may NOT be split fins, and no non-tactical footwear will be allowed. MCDD supply will issue 3 or 5 mil wetsuits, Frog fins, and neoprene booties for students arriving without these equipment items.
* (2) Pairs of green USMC issue PT shorts.
* (1) Rucksack (used by students to bring their personal gear to and from the classroom).
* (1) Hydration bladder and carrier. (Black, green, tan or military in nature)
* **(1) Glow Belt**
* (1) pack of map pens