



UNITED STATES MARINE CORPS
MARINE COMBATANT DIVE DETACHMENT
NAVAL DIVING AND SALVAGE TRAINING CENTER
350 SOUTH CRAG ROAD
PANAMA CITY FL 32407-7016

Updated: 9 March 2023

COMMANDING OFFICER'S CHECKLIST

Name: _____

Grade: _____

Command: _____

1. Prerequisites:

- | | |
|--|--------|
| A. SNM is a Volunteer. | YES/NO |
| B. Graduate of the Basic Reconnaissance Course or ITC. | YES/NO |
| C. Possess MOS: 0321, 0307, 0372, 0370 or 8404. | YES/NO |
| D. Completed MCDD Pre-Dive program. | YES/NO |
| E. Has a current water survival qualification of Water Survival –Intermediate. | YES/NO |
| F. Minimum obligated service of 12 months upon graduation. | YES/NO |
| G. SNM's GT score is a minimum of 105. | YES/NO |
| H. SNM must possess a GOVCC prior to Check-In. (ELT exempt) | YES/NO |
| I. 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).

- A. HIV and PPD must be within six (6) months of reporting to MCDC.
- B. PHA must be valid throughout course duration (**A PHA is valid for one year from start date**).
- C. Must have a current 2808 that is COMPLETE.
- D. 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. SNM must be able to perform a First Class PFT score of 235.

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 30 days of convene date).

1. 500 yard swim (Breast or Side stroke) Max time: 12 min 30sec.

Score: _____ (10 min standing rest)

2. Minimum of 42 push-ups in 2 mins. Score: _____ (2 min rest).

3. Minimum of 68 crunches (Hands on ribcage). Score: _____ (2 min rest).

4. Minimum of 8 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, and gloves (Candidates may not utilize arms to assist). Max time of 15 min 00 sec. Score: _____

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: _____

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-existing 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. SNM must book off-base lodging during NGIS renovations. The expected date of completion is 2023. ELT Marines have limited rooms available at the NGIS and MUST request a room on-base if available. The lodging policy at NSA Panama City states a reservation has to be made by the student by going to the following link and completing their own reservations:

<https://ngis.dodlodging.net/property/Panama-City-NSA->

Billeting/ Lodging (Students must reserve their room at least 30 days prior to check-in)

Navy Gateway Inns & Suites

484 Vernon Ave. Panama City, FL 32407

1-877-628-9233 EXT. 726

DSN: 436-4217

Fax: (850)234-4991

<http://ngis.dodlodge.net/property/Panama-City-NSA->

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. 1 ST SGT/ SNCOIC SIGNATURE	_____ Co. 1 ST 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 retrieval 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 on TD-3, SNM will be returned to their parent command. ****