

UNITED STATES MARINE CORPS

MARINE COMBATANT DIVER COURSE
350 SOUTH CRAG ROAD
PANAMA CITY, FL 32407

COMMANDING OFFICER'S CHECKLIST

PRIVACY ACT STATEMENT – The following information is provided to comply with the Privacy Act of 1974. Once this form is filled out, this checklist contains identifiable personnel data which is to be safeguarded pursuant to the Privacy Act of 1974. This information is to be released only to authorized personnel having a need to know for official use. When not in use, this checklist is to be stored in a locked cabinet or secured room. Computer printouts must be disposed of properly when no longer needed.

Name: _____ Grade: _____

Command: _____

- 1. Prerequisites:
 - a. Individual is a volunteer. YES / NO
 - b. Graduated the Basic Reconnaissance Course (Marine and Navy students). YES / NO
 - c. Has MOS: 0321, 0302, 0203, 0307, 0372, 8404 YES / NO
 - d. Completed a unit endorsed PREDIVE program. YES / NO
 - e. Minimum obligated service of 12 months upon graduation. YES / NO
 - f. Member's GT score (105 MINIMUM): GT: _____
 - g. Member's age (MAXIMUM AGE LIMIT 35): YES / NO

Administration chief signature: _____ Date: _____

2. Dive physical screened and current by a current Diving Medical Officer, ensure physical is within 2 years of the course graduating date (applicable waiver attached).

- a. HIV and PPD must be within 6 months of reporting to the course.

IDC/ DMO Stamp/ Signature: _____ Date: _____

3. Must successfully complete a pressure test IAW U.S. Navy Dive Manual and documented IAW MANMED CH 15 and 16.

4. Physical conditioning, be able to perform the following:

- a. Meets fitness standards IAW MCO 6100.13 w/ch 1 and physically capable of participating in a fitness sustainment program. Must be able to perform a First Class PFT (225 for all ages).

PULL-UPS: _____ CRUNCHES: _____ RUN: _____ SCORE/DATE: _____/_____

- b. Meets height and weight standards (MCO 6110.3 W/CH 1)

HT: _____ WT: _____ MAX: _____ DATE: _____

*Complete below information IAW (MCO 6110.3 W/CH 1). IF SNM EXCEEDS HT / WT STANDARDS

NECK: _____ WAIST: _____ BODY FAT %: _____ DATE: _____

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c. Physical Screening Test (PST) is conducted on training day (1). Students who fail any event of the physical fitness test will be considered not physically fit to safely continue with training, and will be returned to their parent commands on this training day.

Date of screening: _____ (Must be within 30 days of convene date)

1. 500 yard swim (Breast or Side stroke) Max time: 12 min 30 sec.
Score: _____ (10 MINUTE STANDING REST)
2. 42 Push-ups in 2 min: Score. _____ (2 MINUTE STANDING REST)
3. 68 Crunches in 2 min: Score. _____ (2 MINUTE STANDING REST)
4. 8 Dead Hang Pull-Ups: Score. _____ (10 MINUTE STANDING REST)
(Palms Facing Outboard)
5. 1.5 Mile run Max time 11:30: Score. _____ (10 MINUTE STANDING REST)
6. 500 yard open water swim with fins, mask, utilities and UDT vest using the tactical sidestroke. Max time ;15::00. Score. _____

Screening official: _____ (PRINT)
(Last Name) (First Name) (Rank) (Phone #)

Screening official Signature: _____

Operations Chief: _____ (PRINT)
(Last Name) (First Name) (Rank) (Phone #)

Operations Chief Signature: _____

5. PREDIVE program should include the following:

a. Open Water Surface Swims, while maintaining a minimum swim speed of one (1) knot, for distances of 1000 yd (30 min), 1500 yd (45 min), 2000 yd (60 min). All swims are conducted with combat equipment, (Full utilities w/ LBV, cartridge belt, 2 x canteens with water, 6 lbs. to simulate ammunition, rifle, knife, UDT vest, mask, snorkel, Tac-board).

b. Treading water: In the pool, with SCUBA equipment (twin 80's, UDT vest, mask, fins, 6 lbs.) (5 minutes). Upon completion of treading water drill, the students must inflate their life preserver orally and swim to the shallow end of the pool.

c. SOCOM Intest: (Minimum depth of pool is 9 feet) (Testing will be conducted in a 12 foot pool at Dive School)

1. 25 meter underwater swim (UDT shorts and mask)
2. Underwater knot tying (in five separate breath holds tie the following knots with only 30 seconds on the surface between knots)
 - a. Bowline

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- b. Clove Hitch
 - c. Square Knot
 - d. Round turn with two half hitches
 - e. Figure 8 Knot
3. Drown proofing (all events in this portion are with hands and feet tied)
- a. Bobbing for five minutes
 - b. Floating for two minutes
 - c. Traveling/swimming for 100 meters face down
 - d. No more than 5 bobs between travel and front flip
 - e. 1 x Front flip in a vertical plane
 - f. No more than 5 bobs between front flip and back flip
 - g. 1 x Back flip in a vertical plane
 - h. No more than 5 bobs between back flip and retrieving a facemask
 - i. Descending to the bottom of the pool and retrieving a facemask with teeth.
 - j. Ascending to the surface with mask in teeth and bobbing five times without losing the mask.

Date of Pre-dive Training: _____

Operations Chief Signature: _____

6. Student has read the MCD website.
(<https://www.netc.navy.mil/centers/ceneoddiver/ndstc/Courses.aspx?ID=14>) and understands the prerequisites standards and equipment requirements.

7. No pre-existing family problems, financial hardships, administrative, or legal matters pending that could interfere while attending the course.

8. Marine or Sailor has no pending medical, dental or personal appointments during the course that could prevent him from attending the course.

9. Has TD report completed. Provide a copy of TD report with screening checklist in SRB upon arrival at course.

10. Has billeting / lodging reserved. The lodging policy at Panama City has just been implemented. All students must now go to the following link and make their own room reservations. (<http://dodlodging.net>)

Billeting / Lodging (students must reserve 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://dodlodging.net/nsa_panamacity.htm)

11. Possesses appropriate uniforms, gear, and equipment for the course.

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and criminal penalties.

12. All waivers must be approved through PP&O and/ or BUMED.

This Marine or Sailor does/ does not meet the requirements listed in this checklist. If the Marine or Sailor does not meet the requirements, Please explain below:

STUDENT
(PRINT)

STUDENT
(SIGNATURE)

DATE

COMPANY 1STSGT / SNCOIC
(PRINT)

COMPANY 1STSGT / SNCOIC
(SIGNATURE)

DATE

COMPANY COMMANDER / OIC
(PRINT)

COMPANY COMMANDER / OIC
(SIGNATURE)

DATE

MARINE COMBATANT DIVER COURSE GEAR LIST

The camouflage uniform is the prescribed uniform for Marines and Corpsman for day to day training.

The following uniforms and equipment are required for all students:

- Health, Dental and Service Record
- Camouflage Utility Uniform - 4 sets minimum.(2 Daily Wear, 2 Swim). Woodland and Desert pattern depending on the season.
- Boots - one pair of Marine Corps issue boots
- Socks, cushion sole (green) - 6 pairs minimum
- Belt with buckle - 2 each
- Watch with stopwatch or rotating bezel (preferably digital).
- Green T-shirt - 6 each
- Flight or Dive gloves
- Students who wear eyeglasses must have two military issue pairs (contact lenses are not allowed during diving operations)
- Watch cap, black: 1 each (During Winter Months)
- Rain gear, complete (Gore-Tex recommended)
- Running shoes: 1 pair (good condition)
- UDT swimming trunks: 2 pair minimum
- USMC Sweats, top and bottom, must be green or USMC running suite: (mandatory)
- Towel: 2 each
- Notebook, pens, pencils, high-liter, calculator, index cards
- Modified low profile black subdued facemask (recommended only for Marines requiring glasses, have lens insert prior to arrival). Glass must be certified and tempered
- I.D. tags: 1 set
- Green running shorts: 2 pair
- Ruck: 1 each
- Hydration bladder (optional)
- Boonie Cover Seasonal appropriate color
- **Dress Blues or Service Alpha uniform for students attending the course during the USMC Birthday Ball.**

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