

INITIAL FITNESS TEST (IFT) WORKSHEET

I. TEST INFORMATION

DATE	START TIME	TEST SITE (NAME/ADDRESS)					
RECRUITER / EVALUATOR (<i>Rank, Last, First, MI</i>)		RIC CODE	UNIT	Circle: NPS PS RET/Crossflow AD Guard/Reserve			

II. APPLICANT'S INFORMATION

NAME (<i>Last, First, Middle Initial</i>)	Applicant ID	Flight	Projected Enter AD/Trng
---	--------------	--------	-------------------------

III. INITIAL FITNESS TEST

AIR FORCE SPECIAL WARFARE/SERE/EOD Initial Fitness Test Worksheet:

The purpose of the Initial Fitness Test (IFT) is to assess a candidate's physical abilities for entry into Air Force Special Warfare (AFSPECWAR), Explosive Ordnance Disposal (EOD), or Survival, Evasion, Resistance and Escape (SERE). This assessment is comprised of several timed events based on the candidate's desired Air Force Specialty. Candidates must pass every test component in one uninterrupted evaluation. Failure of any event will result in overall IFT failure.

Prior to starting the IFT, test administrators will brief all of the IFT component instructions to the candidates, include a detailed explanation and/or demonstration of proper calisthenics form, and ensure basic first aid is available throughout the assessment. The test administrators must conduct the IFT in the order and time limits listed on this form. When the IFT is complete, the test administrator should provide a signed copy of the worksheet to the candidate. Modifications to the IFT may be submitted to the OPR (AETC/A3LS) and will be coordinated with the DAF functional manager and career field managers for approval.

TEST COMPONENTS	Final Results	Pass Fail	Air Force Specialty (AFS) IFT Standard - Circle AFS column title						
			Basic SW EA 9T5	PJ/CCT/TACP/SR 1Z1/1Z2/1Z3/1Z4	EOD 3E8	SERE 1T0	TACPO 19ZXB	STO/CRO 19ZXA/C	
Pull-ups in 2 Minutes (1 Minute for STO/TACPO/CRO) Total Repetitions:		P F	8	8	3	8	12	12	
2-Minute Rest Period									
Sit-ups in 2 Minutes Total Repetitions:		P F	50	50	Not Tested	48	75	75	
2-Minute Rest Period									
Push-ups in 2 Minutes Total Repetitions:		P F	40	40	Not Tested	40	64	64	
10-Minute Rest Period									
1.5 Mile Run / 3 Mile Run for STO/TACPO/CRO Finish Time:		P F	10:20	10:20	11:00	11:00	22:00	22:00	
30-Minute Rest Period									
25m Underwater Swim 1 Go/No Go:		P F	Finish	Finish	Not Tested	Not Tested	Finish	Finish	
3-Minute Cycle									
25m Underwater Swim 2 Go/No Go:		P F	Finish	Finish	Not Tested	Not Tested	Finish	Finish	
3-Minute Cycle									
500m Surface Swim / 1500m for STO/CRO Finish Time:		P F	15:00	12:30	Not Tested	Not Tested	12:30	32:00	

IV. INITIAL FITNESS TEST ADDITIONAL REMARKS

CANDIDATE QUALIFIED FOR AIR FORCE SPECIALTY:	Yes	No	Lap Times (<i>Use spaces if needed</i>) Component:						
TEST ADMINISTRATOR COMMENTS:			1.	11.	21.				
			2.	12.	22.				
			3.	13.	23.				
			4.	14.	24.				
			5.	15.	25.				
			6.	16.	26.				
			7.	17.	27.				
			8.	18.	28.				
			9.	19.	29.				
			10.	20.	30.				
			Lap Distance:			Finish Time:			

V. CERTIFICATION

APPLICANT: I certify that the applicable IFT was administered, and that all the information entered on this worksheet is accurate. Enlisted candidates must pass the IFT within 60 calendar days prior to entering active duty or initial skills training.	APPLICANT (<i>Printed Name</i>)	DATE:
	APPLICANT SIGNATURE:	
	EMAIL:	PHONE:
TEST ADMINISTRATOR: I certify that the IFT administered was conducted per the instructions on this form. I also certify the applicant named above was properly briefed and evaluated per the IFT instructions provided.	ADMINISTRATOR (<i>Printed Name</i>)	DATE:
	ADMINISTRATOR SIGNATURE:	
	EMAIL:	PHONE:

VI. INITIAL FITNESS TEST ADMINISTRATION INFORMATION

Air Force Special Warfare (AFSPECWAR) applies to Basic Special Warfare Enlisted Airman (BSWEA)/9T5, Pararescue (PJ)/1Z1, Combat Control (CCT)/1Z2, Tactical Air Control Party (TACP)/1Z3, and Special Reconnaissance (SR)/1Z4 enlisted candidates. AFSPECWAR also applies to Special Tactics Officer (STO)/19ZX, Tactical Air Control Party Officer (TACPO)/19ZXB, and Combat Rescue Officer (CRO)/19ZXC officer candidates. Explosive Ordnance Disposal (EOD) applies to EOD/3E8 enlisted candidates. Survival, Evasion, Resistance and Escape (SERE) applies to SERE/1T0 enlisted candidates.

Basic Special Warfare Enlisted Airman (BSWEA): All non-prior service active duty enlisted AFSPECWAR candidates will enter the Air Force as a 9T500. BSWEA candidates must pass all 9T500 IFT components to be eligible to enter the Air Force. Air Force Recruiting Service will designate an IFT Test Administrator for all BSWEA candidates. Candidates may be required to perform multiple IFTs during development sessions. All BSWEA candidates must pass an IFT within 60 calendar days prior to entering active duty.

PJ/CCT/TACP/SR: All candidates identified with an AFSPECWAR AFS (Air Reserve Component, Prior Service, Retrainee) must pass all applicable AFS IFT components to be eligible for AFSPECWAR. Air Reserve Component, and prior service candidates will have a designated Test Administrator provided by Air Force Recruiting Service. The Active Duty Retraining application IFT will be conducted by any Airman with a AFSPECWAR control AFSC, an Air Force Physical Fitness Assessment administrator, or commander appointed Physical Training Leader. All Retrainee candidates must also pass an IFT within 60 calendar days prior to initial training start date administered by a designated Candidate Development Sport Services (CDSS) Field Developer. Contact your AFSPECWAR Retraining point of contact for more information as needed.

STO/CRO and TACPO: Candidate must pass all applicable AFS IFT components to be eligible to enter the Air Force, or cross-flow into 19ZX. IFT will be conducted by a designated test administrator. Contact your AFSPECWAR 19Z Application point of contact for more information as needed.

EOD and SERE: All candidates identified with an EOD/SERE AFS must pass all applicable AFS IFT components to be eligible for EOD or SERE. Air Force Recruiting Service will designate an IFT Test Administrator for all non-prior service active duty candidates, and candidates must pass an IFT within 60 calendar days prior to entering active duty. Contact your EOD/SERE Retrainee Application point of contact for more information as needed.

VII. INITIAL FITNESS TEST INSTRUCTIONS

1. **Calisthenics:** Physical training (PT) clothes and running shoes are the only required clothing items. The first portion of the IFT consists of three calisthenics components; pull-ups, sit-ups, and push-ups. Each Air Force Specialty has a different standard or requirement. All candidates will perform each exercise to muscle failure or time completion, whichever occurs first. AFSPECWAR and SERE candidates are evaluated on all three components, while EOD candidates are evaluated on the pull-up component. The test administrator will designate counters if needed. The test administrator will start the timing device upon directing the candidates to begin the component, and will announce the remaining time, in 30 second intervals. The counter will count the number of correct repetitions out loud. If the candidate breaks correct form, the counter will repeat the last correct number performed (e.g., one, two, two, three, etc.), as well as give instruction on what was done incorrectly (e.g., chin not above the bar, keep your back straight, etc.). EOD candidates conducting the IFT with AFSPECWAR and SERE candidates will be allotted 18 mins between the pull-up component and the 1.5 mile run as the AFSPECWAR and SERE candidates complete the IFT sequence. EOD candidates conducting an IFT without other Air Force Specialties will at a minimum take the listed 10-minute rest period before the 1.5 mile run.

1.1. Pull-ups: Pull-ups are a two-count exercise. Starting position is hanging from a bar, palms facing away from the candidate with no bend in elbows and the head in the neutral position (dead-hang with eyes facing forward). Hand spread is approx shoulder width apart. Count one; pull the body up until the chin is above the highest point of the horizontal plane of the bar, maintaining the neutral position. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. The starting position is the only authorized rest position. Adjustment of the hands is permitted; however, if the candidate falls off, releases from the bar or the candidate uses the ground to rest or assist, the exercise is terminated. If the candidate's feet inadvertently touch the ground, the repetition will not be counted. If the exercise is terminated, the repetitions performed prior to termination will be recorded.

1.2. Sit-ups: Sit-ups are a two-count exercise. Starting position is back flat on the ground or mat, fingers interlocked behind the head, head off the surface, and knees bent at approximately a 90-degree angle. Candidate's feet will be placed under a "toe-hold" bar or held by another individual. Count one; raise the upper torso until the back is perpendicular to the surface. Count two; return to the starting position. The exercise is continuous, if the candidate's buttocks rises from the surface or fingers are not interlocked behind the head during the repetition, the repetition will not be counted and feedback will be provided. There is no authorized rest position, so if the candidate stops, the exercise is terminated. If the exercise is terminated, the repetitions performed prior to termination will be recorded.

1.3. Push-ups: Push-ups are a two-count exercise. Starting position is the up position; hands approximately shoulder width apart, arms, back, and legs must remain locked straight with feet together. Count one; lower the body to the ground until the elbows are bent at a 90-degree or lower angle and parallel (shoulder to elbow) to the ground. Count two; return to the starting position. The only authorized rest position is the starting position. If the knees touch the ground the exercise is terminated. The exercise will also be terminated if the candidate raises their buttocks in the air, sags their middle to the surface, or raise any hand or foot from their starting position. If the exercise is terminated, the repetitions performed prior to termination will be recorded.

2. **1.5 or 3 Mile Run:** PT clothes and running shoes are the only required clothing items. The run must be conducted on an accurately measured course that is as level and even as possible, preferably a maintained running track. If a standard 400 meter track is used, the 1.5 mile timed run will be six laps plus 46 feet, or 12 laps plus 92 feet for the 3 mile timed run. If a non-standard 400 meter track or alternative route is used, the 1.5 mile timed run will be 2,640 yards (2,414 meters), or 5,280 yards (4,828 meters) for the 3 mile timed run. Route should not have exposure to traffic, a continuous incline or decline or rolling hills; and avoid slopes exceeding two degrees. If using a road course, where possible, the start and finish should be at the same location. Clearly mark the start and finish lines (and half-way point for road courses). The test administrator will start the timing device upon instructing the candidates to begin and will announce and annotate the time elapsed to each candidate as they complete each lap or specified section of the course.

3. **Subsurface/Surface Swim:** Only AFSPECWAR candidates complete the swim components of the IFT. Swimsuit, sports bra, and goggles/scuba mask are the only authorized equipment items. All swim components will be conducted in an aquatic facility, not open water. It is the responsibility of the Test Administrator to ensure the aquatic facility has a life guard or medical support on duty.

3.1. 2 x 25 Meter Underwater Swim: This exercise is two-3 minute cycles consisting of an underwater swim and surface swim back to the starting point. When instructed, the candidate will take a breath, submerge, push off the pool wall and swim 25 meters underwater. When 25 meters has been reached, the candidate will then surface swim, any stroke, back to the starting point. The second underwater cycle starts at the end of the first 3 minute period. Complete the second cycle as listed above. If candidate breaks the water's surface during any portion of the underwater swim, the component will be terminated and considered a failure. Candidate must pass both cycles.

3.2. 500 or 1500 Meter Surface Swim: This swim is conducted using the freestyle, breaststroke or sidestroke. The swim is continuous. If a member stops (e.g. rests holding on the side of the pool) any time or uses the bottom of the pool to assist, the test will be terminated and considered a failure of this event.