



The future belongs to those who can look at a challenge...and see an opportunity

OFFICER CANDIDATE SCHOOL



Pre-Reporting Guide

Revised: July 2007

Officer Candidate School U. S. Coast Guard Academy New London, CT

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GENERAL INFORMATION

Welcome

Congratulations on your selection to attend Officer Candidate School (OCS). You have successfully undergone close scrutiny and the Coast Guard believes that you possess the skills and exhibit the qualities that will make you an effective officer. Now it is up to you to prove the selection process really works. OCS represents a new way of life for you, which will require many adjustments. This booklet will help you in arranging your personal affairs in preparation for the program and will tell you something of what you can expect.

Who to Contact

If you have any questions about OCS or encounter any travel problems please call (860) 701-6887.



Reporting In

Arrival Time

You must report to Chase Hall “D” Annex on your class convening date. Processing begins at the time stated on the memo you have received from OCS. You shall be on time with orders in hand. Both men and women shall wear a white t-shirt under their clothing on the day of arrival to facilitate the check in process at the uniform shop. Lunch will not be provided on that day, so eat a substantial breakfast. You **will not** be able to check in before the time stated on your memo. Do not enter the OCS Barracks early. **If you have not received a memo from us, please call (860) 701-6887. If this is a problem, call ahead for individual instructions.**

Wednesday Arrivals

If arriving the day before check-in and need a place to stay, you must call the MWR office prior to arrange a room. You will need a copy of your orders to do this and there is a nominal fee. The number for the MWR office is (860) 444-8664.



Records

You must hand-carry original or certified copies of the records listed below to establish the benefits for your dependents and to register your vehicle.

Personal Records (as they apply)	Vehicle Records (If driving POV)
DD214 (new accessions w/ prior military) Marriage Certificate (new accessions) Children’s Birth Certificate (new accessions) Divorce Decree, member & spouse (new accessions) Medical and Dental records (all) Valid Tourist Passport (all) Two Passport Photos, civilian attire (all) – will be used to obtain Official Government Passport.	Registration Title Proof of Insurance Valid Drivers License

Medical Issues

Upon reporting to Officer Candidate School, you will undergo a thorough physical. If your physical condition has changed since your application to the program or you are aware of any condition that may preclude your full participation in a physically and emotionally demanding military indoctrination program, contact Officer Candidate School immediately. Students who are unable to participate in ALL aspects of training will be **DISENROLLED** immediately, thereby denying another qualified applicant the opportunity to attend Officer Candidate School. An early determination may allow an alternate to attend in your place. If you are currently taking prescription medication (of any kind) for an already disclosed medical condition, every effort should be made to arrive with a three-week supply in hand. In the event you are unable to obtain a three-week supply prior to your arrival, it is your responsibility to bring this to the attention of the doctor during your physical examination so that an order can be placed for the necessary refills. For the purpose of issuing military identification cards, ensure that you know your blood type.

Small Pox Vaccination: All Officer Candidates receive mandatory small pox vaccinations prior to commissioning. If you have already received the small pox vaccination ensure it is documented in your medical record. Ideally, prior enlisted Officer Candidates shall receive small pox vaccinations prior to reporting to OCS. This will minimize risk of experiencing fatigue related side effects and possible infection while at OCS.

Flight Applicant Physicals: Officer Candidates interested in applying for flight school at OCS will undergo a thorough flight physical. This physical is more intensive than the standard OCS physical and the time line for completion of the physical is limited. It is highly recommended that candidates who are interested in Flight School receive flight physicals prior to arrival at OCS. This will allow candidates more time to pursue waivers if needed. Flight physicals are valid for one year from the date of the examination. Candidates who complete this pre-requisite shall ensure a copy of their approved flight physical is in their medical record prior to reporting to OCS. Candidates who have LASIK vision correction are not eligible to apply for flight school.

How to get to the Coast Guard Academy

Commercial Transportation

Commercial Transportation is available to the Coast Guard Academy (CGA) by three convenient means:

- by air
- by bus
- by railroad

Arriving by Air

AIRPORT	LOCATION	DISTANCE FROM CGA (MILES)
T. F. Green International Airport	Providence, RI	45
Bradley International Airport	Hartford, CT	60

Arriving by Bus

A Greyhound Bus Terminal is located at the Amtrak Station in New London; one and a half (1.5) miles from the CGA.

Arriving by Railroad

Amtrak provides daily service from all major cities in the U.S. to New London.

Local Transportation to the CGA

Modes of transportation to the CGA, their availability, and approximate costs.

Arrival Point	Mode	Approx. Cost	Availability
T.F. Green International Airport	Taxi	\$120.00	Upon demand
Bradley International Airport	Taxi	\$125.00	Upon demand
New London Train Station	Taxi	\$4.00	Upon demand

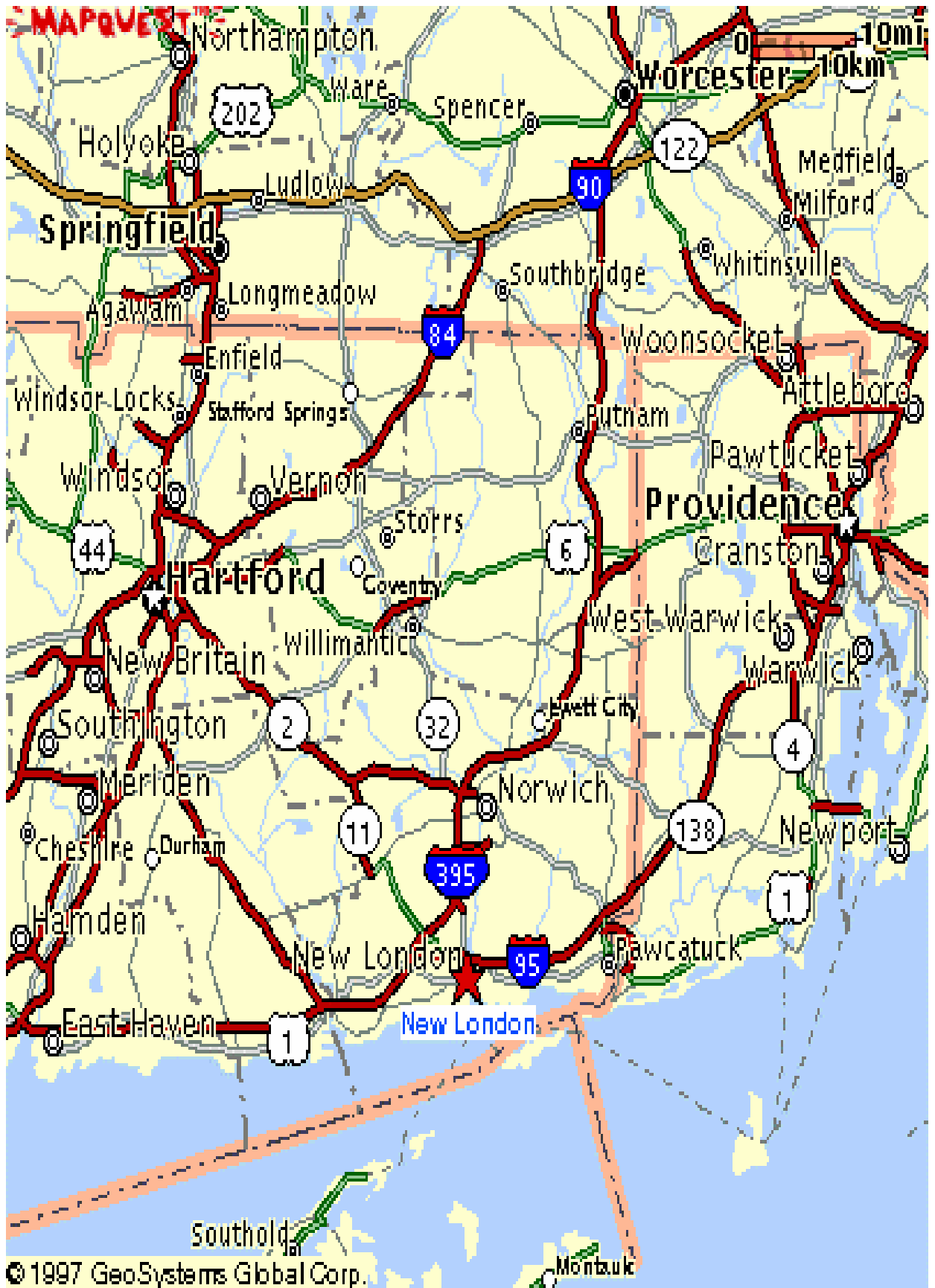
NOTE: Only personnel using Transportation Requests will be reimbursed for taxi fares. Rental cars are not authorized.

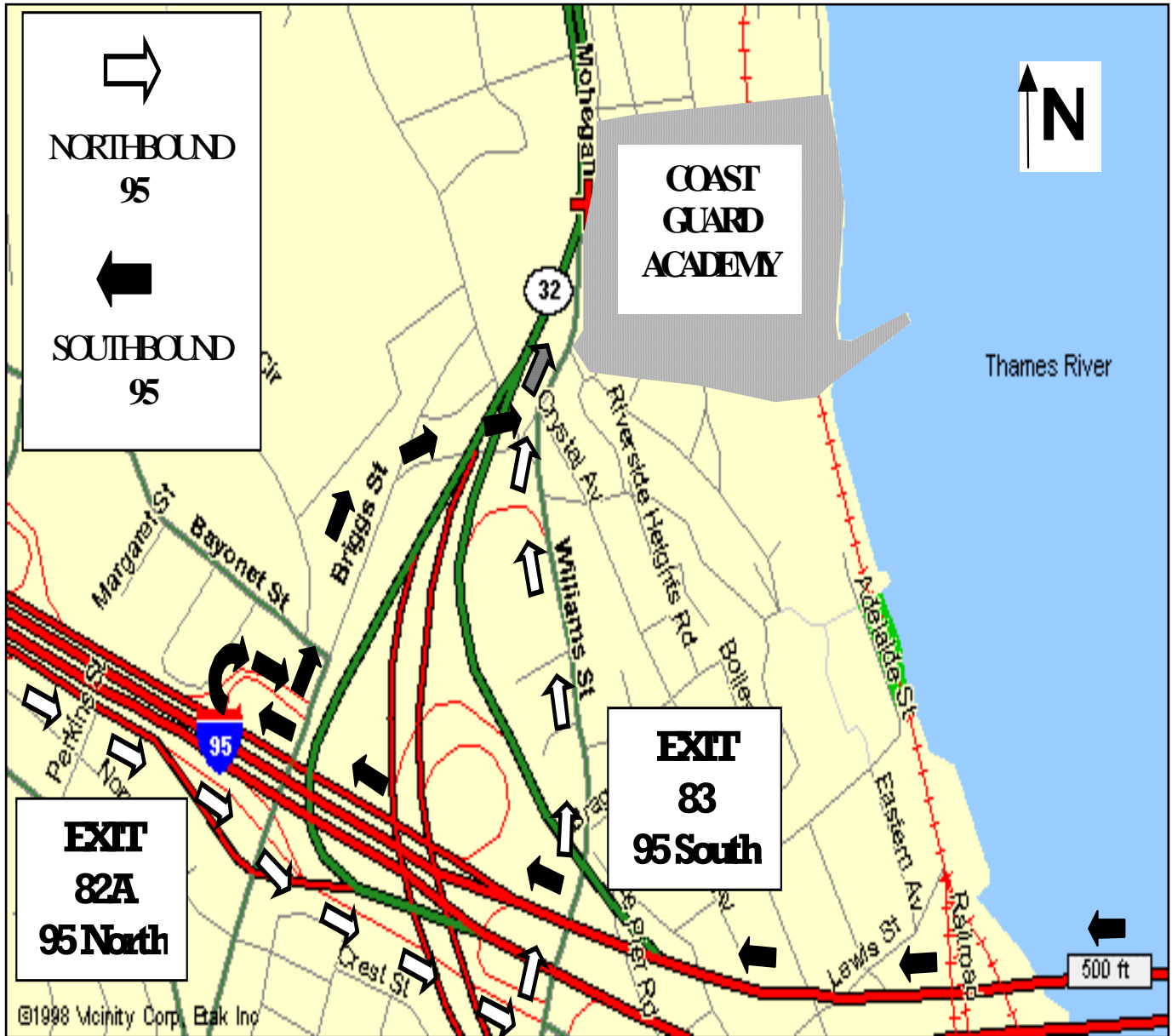
Arriving

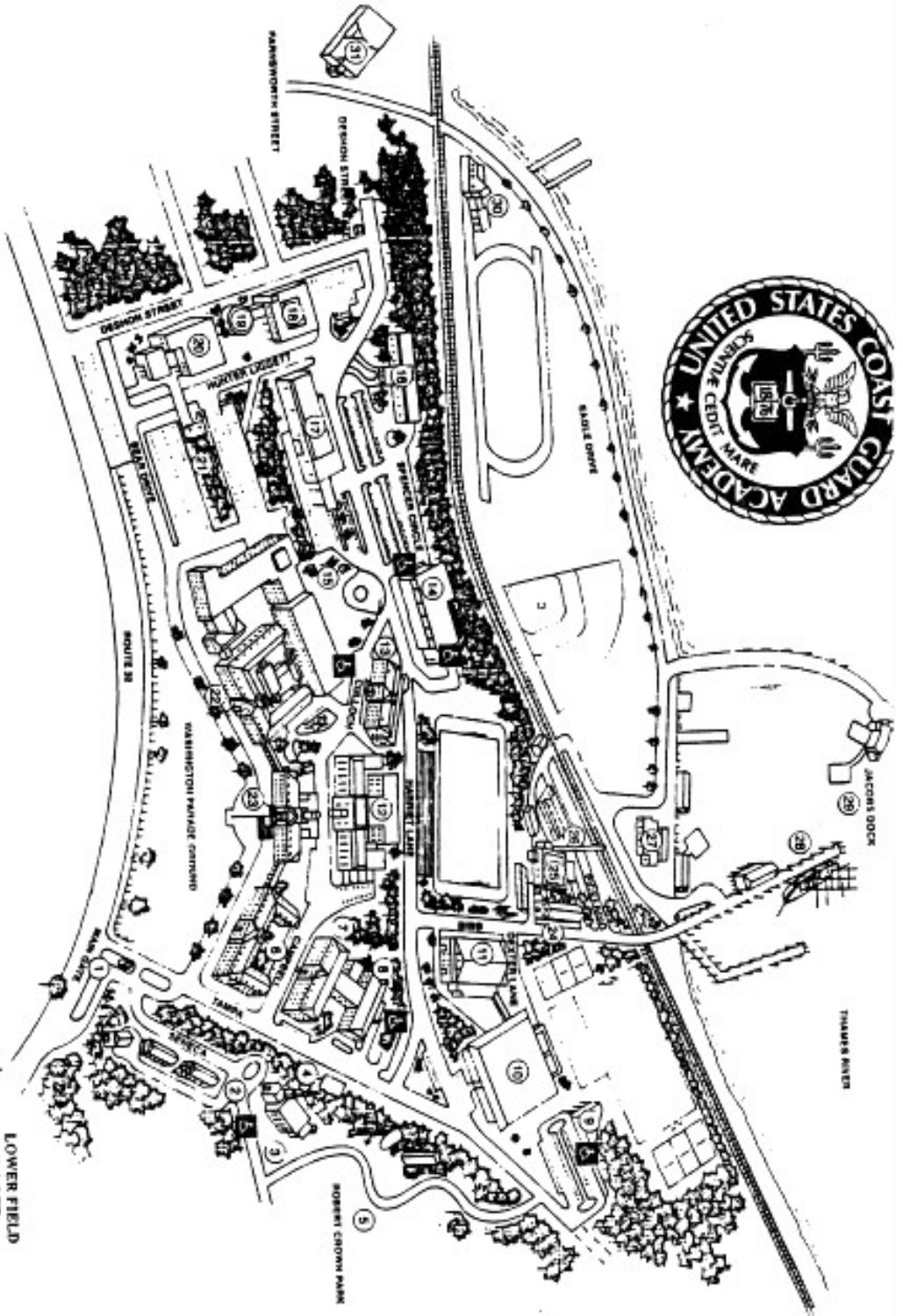
Only personnel specifically authorized to travel via privately owned vehicles will be reimbursed for their travel.

Directions to the CGA

Location	Directions
From Boston, MA	Take I-95 South to Exit 83 in New London, CT and follow the signs to the CGA
From New York, NY	Take I-95 North to Exit 82A in New London, CT and follow the signs to the CGA







1. MAIN GATE
2. OFFICER'S ROW
3. COAST GUARD MEMORIAL CHAPEL
- Religious services, access to Crews Park
4. CAPT. HOPLEY YEATON MEMORIAL
- *Tomb of the Coast Guard's first commissioned officer
5. ROBERT CROWN PARK
- *Memorial, Picnic Area, Pond, Seaside Overlook
6. SATTERLEE HALL
- Computer Center, Humanities Dept., Legal Office
- YEATON HALL
1. Nautical Science and Math. Dept.
- Work/Life Office
8. OFFICER'S CLUB
9. VISITORS CENTER
- (Open May thru Dec.)
- Gift Shop, Exhibits and Seaside Overlook

10. ROLAND HALL
- Physical Education Department
11. BILLARD HALL
- Original Academy Gym
12. McALLISTER HALL
- Department of Engineering
13. MICHEL HALL
- Club
14. LEAHY HALL
- Auditorium, Chaplain's Office, Ballroom, Dry
15. BEAR PLAZA
- *Coast Guard Academy Memorials
16. MUNRO HALL
- Enlisted Barracks, Academy Police Office, Housing
- Office, ID Card Office, Mess, 1st Club

17. JOHNSON HALL
- Exchange, Shipping and Receiving, Gas Station
18. SMITH HALL
- Department of Science
19. DIMICK HALL
- Auditorium
20. WAESCHER HALL
- Coast Guard Museum, Library, Admissions, Public
- Affairs
21. BERTHOFF PLAZA
- *Coast Guard History Memorials
22. CHASE HALL
- Cadet Administration, Cadet Dormitory and Mess
23. HANLTON HALL
- Superintendent, Dean, Registrar, Personnel Offices,
- Alumni Association, Facilities Engineering

- LOWER FIELD**
24. SAIL LOFT
 25. HEATING PLANT
 26. MAINTENANCE SHOPS
 27. PINE HALL
 - Waterfront Operation, Boat Maintenance,
 - Waterfront Storage
 28. EAGLE PIER
 - Berth for Barque Eagle
 29. JACOBS ROCK
 - Sailing and Seamanship Center
 30. CREW ROWING CENTER
 - Rowing Tank, Shell Storage, Maintenance Shop
 31. CHILD DEVELOPMENT CENTER
 - Center promoting the development
 - of young children
- 7** Indicates Handicapped Parking or Access

FINANCES

Total Cost

The total cost you can expect while you are at OCS is approximately \$2,000 to \$2,500 depending on what optional uniform items you purchase, the amount of your class dues and whether or not you receive an initial issue of uniforms. You will have a required uniform issue approximately half way through the program. This issue will include Ensign insignia, an Officer's sword, a Service Dress White uniform, white shoes, and a 2nd Service Dress Blue jacket. These items are required to complete the junior officer sea bag requirements.

The above cost is an estimate only. It does not include expenses related to travel, hotels and child care for dependants, which may incur during graduation week.

What to Bring

It generally takes several weeks to receive your first paycheck. You should have access to approximately \$1000 upon arrival (cash, checks, and traveler's check) to cover your initial expenses for uniforms and Exchange purchases. An ATM is available on base for a \$2.00 service charge. Visa and MasterCard are accepted at the Exchange, Clothing Locker, Bookstore and Tailor.



UNIFORMS

Overview

The uniform is what identifies us as members of the Coast Guard. When we wear it, we are essentially walking advertisements for our service. Accordingly, our appearance must be impeccable at all times. The standards set at OCS reflect this need.

Active Duty

If you are entering OCS as an enlisted member of the Coast Guard, you are required to have a COMPLETE SEABAG. All uniforms in this sea bag must be new or like new in order to meet the OCS standards. You will be required to purchase all necessary uniforms when checking in to have a complete sea bag. We do not encourage you to buy uniforms before coming to OCS. Uniforms may be purchased at the CGA clothing locker during the check-in process. **If you are prior service you are expected to report in Service Dress Blue with combination cover.** Typically SDB jackets and ODUs/ODU name tapes will need to be replaced (crows discolor SDB fabric and create worn / stitching spots). Boots should be in excellent condition and the heels should have little to no wear (if you can roll a #2 pencil under the heel it is not serviceable). "Like new" means that the uniform when compared to a new uniform can not be distinguished. Typically, a "like new" uniform has only been washed once or twice, and worn two or three times.

Initial Uniform Requirements – All OCs

The following uniforms items are the minimum requirements for OCS. Civilians coming to the program will be issued these items free of charge. Coast Guard enlisted members will be required to purchase all items not in their possession or those not meeting OCS standards. Corframs and anodized "Officer's Brass" are not authorized for Officer Candidates. Do not apply leather luster or other instant shine products to boots or leather dress shoes or you will be required to purchase a new pair. All necessary items must be purchased when checking in. Items in *italics* are only available at the Coast Guard Academy Clothing Locker and will be issued upon arrival. Prices listed below are subject to change.

<u>ITEM</u>	<u># REQUIRED</u>	<u>COST (Each)</u>
Seabag	1	\$ 18.05
<i>OCS Duffle Bag</i>	<i>1</i>	<i>\$ 10.55</i>
Belt w/Buckle (Not Anodized)	2	\$ 3.75
<i>OCS Ball Cap</i>	<i>1</i>	<i>\$ 4.65</i>
Watch Cap	1	\$ 3.10
Towel (White)	4	\$ 3.80
Washcloth (White)	2	\$ 0.63
Cap, Garrison	2	\$ 5.65
Gloves, Black Leather	1	\$ 17.05
Gloves, White	1	\$ 1.27
ODUS	set of 4	\$ 58.00 ea.
ODU Tee Shirts	4	\$ 3.20
ODU Black Belt	1	\$ 2.00
ODU Buckle	1	\$ 0.45
ODU Name Tape	4	\$ 0.05
ODU USCG Name Tape	4	\$ 0.05
ODU Blousing Straps	1	\$ 0.40
Boots, Safety	1	\$116.00
Socks, Boot (Black)	6	\$ 4.20/2 pk.
Socks, Dress	9	\$ 2.55/3 pk.
Windbreaker	1	\$ 66.25
Name Tags	2	\$ 0.39
<u>Male Only</u>		
Necktie, Blue	2	\$ 2.20
Tie Bar	1	\$ 1.50

<u>ITEM</u>	<u># REQUIRE</u>	<u>COST (Each)</u>
<u>Male Only</u>		
Coat Dress (SDB)	2	\$ 90.10
Cover, Combo Cap	2	\$ 3.50
Frame, Combo Cap	1	\$ 26.40
Shirt, Dress White L/S	1	\$ 14.80
Shirt, Light Blue L/S	3	\$ 12.90
Shirt, Light Blue S/S	6	\$ 11.10
Shoes, Dress Leather	1	\$ 41.25
Swim Trunks, Blue (CG issue)	1	\$ 9.60
Trench coat	1	\$ 76.45
Trousers, Dress	2	\$ 31.50
Bow Tie	1	\$ 2.25
 <u>Female Only</u>		
Crossover Tie (Blue)	2	\$ 3.30
Tab Tie (Black)	1	\$ 6.20
Coat Dress (SDB)	2	\$118.29
Combo Cover	1	\$ 61.50
Cover Bucket	2	\$ 8.00
Shirt, Dress White S/S	1	\$ 11.55
Shirt, Light Blue L/S	3	\$ 16.70
Shirt, Light Blue S/S	6	\$ 14.65
Shoes, Dress Leather	1	\$ 40.70
Swimsuit Competition, Blue	1	\$ 24.25
Trenchcoat	1	\$ 72.90
Trousers, Dress	2	\$ 36.95

Additional Items

You **shall** bring the following items with you:

Shower shoes
Swim Goggles (optional, highly recommended)
Running shoes ***Recommend you have properly fitted and broken in running shoes.***
Cross trainers (solid black). ***This is in addition to the running shoes & not an option. Ensure they are comfortable.***
Flashlight
White Athletic Socks (6 pairs)

Male Only

Underwear – white – 6 pairs
V-Neck T-shirts – white – 6

Female Only

Underwear- white or flesh tone – 6 pairs
Bras – white or flesh tone – 4
V-Neck T-shirts – white – 6
Hair pins, barrettes, elastic bands, scrunchies, and/or combs (plain, black, dark blue, brown, silver, metallic gold only, or color similar to individuals hair)

Personal Appearance

Grooming Standards

All male OCs shall plan on having a haircut when they arrive on Thursday. Costs are \$8.00 for a standard haircut. Haircuts are mandatory for males unless the member has a very short buzz cut; haircuts are not mandatory for females unless hair is outside grooming standards. Women must meet the following standards: hair may not touch the bottom edge of the collar; Bulk of hair shall not exceed 2". Exaggerated styles including those with extreme height are not authorized. Hair shall not in any case interfere with wearing of the military headgear.



Civilian Clothes

Civilian clothing will not be permitted until you have attained senior status at approximately the 9-week mark. OCS storage space is limited so do not bring more than one suit case of civilian clothing. Here too, appearance counts. You will not be allowed to depart on liberty if your civilian attire does not meet the spirit of high standards. Faded blue jeans and a t-shirt are not considered appropriate civilian attire.

Personal Items

You may bring:

- One 8x10" (or smaller) frame for pictures
- A small clock/radio (not a MP3/IPOD player)
- Miscellaneous toiletries
- Personal medication (all medication must be checked in at the CGA Clinic)
- Thermal underwear

The following items will be purchased by ALL OCs at the Bookstore during check in:

- Laundry Bag
- Laundry Soap
- OCS Sweat Pants
- OCS Sweat Shirt
- (2) OCS PT Shirts
- (2) PT Shorts
- ODU Riggers Belt
- (2) 5 Subject Notebooks
- (2) 10 pack of pens (1 Black / 1 Blue)
- Wooden Ruler

- Masking Tape
- USCG Sewing Kit
- Small Memo Pad
- Reflective Road Guard Vest
- Cotton Balls
- Spray Starch
- Shoe Polish
- Canteen Bottle and Web Belt
- Bathrobe, White (**length must reach below knees**)

The following items are required and are available for optional purchase at the Book Store; however, you may purchase these items prior to arrival.

- (2) Locks
- Brasso
- Never Dull
- White Gym Socks
- White Plastic Hangers

There is a one-time OCS laundry facility usage charge of \$68.00. This charge covers the cost of water and machinery maintenance. This will be paid at the Book Store during check in.

Personnel Policies

Dependents

OCS strongly discourages bringing your dependents to New London for many reasons:

- High cost of living
- Extreme scarcity and expense of rentals
- Heavy academic schedule
- Liberty hours are extremely limited

Liberty

During the first several weeks, OCs are not permitted any visitors. Liberty may be granted based on class performance. Liberty is only granted only during certain hours on the weekends.

Leave

Leave will only be granted for **extreme emergencies**. Generally, upon graduation, 10 days leave may be granted before you report to your new duty station. This, of course, may be limited or expanded by the needs of your new unit.

Disenrollments

OCs are not allowed to disenroll on request (DOR) prior to completion of the 5th week or after the 13th week. OCs who enter OCS as civilians may either return to civilian status or transfer to enlisted status for two years. OCs who enter from active duty will be reassigned to general duty and will continue serving under their enlistment contract. OCs may be disenrolled at their own request or for failing to meet physical requirements, low military aptitude, or academic deficiency.

Mailing Address

OC (name)
US Coast Guard Academy
Officer Candidate School
43 Mohegan Ave
New London, CT 06320-4195

Courses of Study

Academic

OCS offers an invigorating academic curriculum with an emphasis on operational Coast Guard missions and leadership training. Subjects offered are related to the tasks expected of a junior officer and are responsive to the needs of the service.

Military Aptitude

Through the military aptitude program, OCs undergo an intensive screening and socialization process to determine those who are not suited for the service. During the 17 weeks, strict standards of appearance, barracks deportment, conduct, and obedience to orders must be conformed to. Time management, adherence to the chain of command, and military bearing are also stressed and measured.

Courses

OCS is divided into two sections, which make up the academic and military aptitude portions of the curriculum. These sections are:

- Academics
- Leadership and Management (LAM)

Academic Section

Overview

The Academic Section will provide you with “officer survival skills”. The curriculum provides an overview of the service and introduces OCs to necessary Junior Officer administrative skills. Additionally it teaches the fundamentals of navigation and life at sea, as well as introductions to Sector Response and Sector Prevention. Classroom and practical exercises are designed to give students a realistic picture of the duties of a Junior Officer on a Coast Guard Cutter or other operational unit.

Topics

Topics included in the Academic Section are:

Coast Guard History	Coast Guard Organization	Message Writing
Pubs and Directives	Ranks & Rates	Coast Guard Correspondence
Civil Rights	Military Justice	Social Etiquette
Computer Skills/E-Coast Guard	Enlisted Advancements	Writing Workshops
Marine Safety	Coast Guard Missions	Incident Command Systems
Piloting	Nautical Rules of the Road	Aids to Navigation
Shipboard Organization	Basic Seamanship	Ship Handling
Damage Control	Maritime Law Enforcement	Search and Rescue

Long Cruise: To gain further experience you will participate in a 10-14 day Long Cruise aboard a Coast Guard Cutter. During this period you will be completely immersed in the shipboard lifestyle. Activities will include watch standing, damage control, collateral duties, and junior officer mentoring.

STRAND Training (Career Day): To assist each OC with the assignment process, operational representatives from a diverse range of occupational specialties provide a personalized and unique introduction to career opportunities in the Coast Guard.

Range Training: Each OC is provided with small arms marksmanship training and qualification.

Fire Fighting & Damage Control Training: Each OC will complete the Navy general shipboard firefighting course and basic damage control trainer.

Nautical Rules of the Road: All Officer Candidates will complete the closed book Coast Guard Deck Watch Officer (DWO) Exam. Officer Candidates with prior DWO qualifications **ARE** required to complete the examination at OCS.

ASTB Flight Exam: Officer Candidates who are interested in applying for Flight School will be offered the opportunity to take the aviation test battery. This examination will be offered within the first 5 weeks of OCS. Due to limited personal study time, it is highly recommended that candidates interested in Flight School complete the examination prior to reporting to OCS. The minimum passing score is AQR = 4; PFAR = 5 (this is subject to change).

Leadership and Management Section

Overview

The Leadership and Management Section is responsible for two functions:

- 1) Provide OCs with a fundamental knowledge of leadership concepts, and
- 2) Develop civilian and enlisted personnel into Coast Guard Officers.

Leadership

This course focuses on theoretical and philosophical aspects of leadership and focuses each Officer Candidate on developing a personalized model for their current and future leadership roles.

It also provides a forum to discuss and learn leadership principles, which will be applied in the day-to-day OCS organization and more importantly to prepare you to serve effectively as officers of the United States Coast Guard.

Military Indoctrination

The OCS Program begins with an initial “boot camp” atmosphere. Physical activities may be assigned to correct training related deficiencies. Disciplinary actions will change as the course and each OC evolves. Students will stand a variety of watches to gain experience and hands on training in directing subordinates, standing duty, and evaluating subordinates. After each watch, the OC is evaluated by the duty officer or their peers and receive counseling on their performance. Students will also be placed in company/platoon leadership positions and will be assigned collateral duties, which allow them to practice leadership techniques taught in the classroom.

Physical Fitness

Physical training is a very important part of OCS. Besides calisthenics in the morning, OCs must complete several physical fitness tests and meet the minimum OCS Standards

PREPARE PHYSICALLY BEFORE YOU ARRIVE!! Do not expect to have time to “get in shape” at OCS, you will not have time. Don’t underestimate our demands or overestimate your abilities, especially in aerobic fitness and upper body strength. Failure to meet the Physical Fitness Standards will detract from your performance in all areas of OCS and may result in **disenrollment**.

Health & Physical Readiness (HPR)

Objective

CONDITIONING AND FITNESS

Enable OCs to:

- Meet / exceed the minimum standard (60 points) of each test item on the HPR test (cadence Push-ups, Curl-ups (sit-ups), and 1.5 mile run).
- Improve overall health and physical readiness through aerobic conditioning.

SWIMMING AND WATER SAFETY

Enable OCs to:

- Pass the basic swimming requirements of the American Red Cross.
- Score at least 70% on the practical Survival Swim Test.
- Swim nonstop for 12 minutes using any stroke and completing the minimum number of lengths (based on age and gender) to attain 60 points.

RECREATION/LIFETIME SPORTS

Enable OCs to:

- Actively participate individually or as a team member in a variety of sports.

WELLNESS

Enable OCs to:

- Live and promote a healthy lifestyle.
- Achieve overall wellness of body, mind and spirit.

Tobacco Use

In keeping with Commandant policy to encourage breaking of addictive smoking and chewing tobacco habits, both are prohibited during the duration of the program.

Physical Fitness Testing

Categories

Testing will be divided into two categories. These will include the following:

- HPR Test
- Swimming Proficiency Test

Basic HPR Test

The basic HPR test is given three times during the 17 week program (Weeks 1, 8, 15).

The basic HPR test consists of three parts.

Part A of the evaluation measures three areas: muscular strength, muscular endurance, and cardiovascular endurance.

- a) Cadence Push-ups (2 minute time limit)
- b) Curl-ups (2 minute time limit)
- c) 1.5 Mile Run

Part B of consists of a 12 minute lap swim. OCs must swim as many lengths as they can in 12 minutes. One length equals 25 yards.

NOTE: Parts A and B will be given on separate days, during the same week.

Swimming Proficiency Test

The swimming proficiency test is divided into two sections.

- a) Basic Swim Test
- b) Survival Swimming Test (**administered during Week 8**)

The Basic Swim Test will be administered during Week 1. This test does not count towards your final grade. It is used for screening purposes only. This test includes:

TEST ITEM	REQUIREMENT
a) Unassisted swim – 25 meters (front crawl with rhythmic breathing) and 75 meters (any stroke)	100 meters
b) Treading water (no use of hands)	60 seconds
c) Front jump (feet first)	Side of Pool
d) Front dive/15 yard under water swim	Side of pool
e) Prone float (holding breath)	10 seconds
f) Back float	60 seconds
g) Combined stroke on back	15 yards

Physical Fitness Standards

HPR Grading

Each item on the HPR Test and the Survival Swimming Test is worth 100 points. The points scale provides the number of points awarded for performance on each item. Each officer candidate shall strive to obtain 60 points or more on the individual items of parts A and B of the HPR Test. The 60-point level places an individual in the "Good" fitness category. **The goal of the HPR program is to promote wellness, a healthy lifestyle, and to graduate Ensigns in "good" physical condition.** The following lists the item and maximum points available for that item:

<u>ITEM</u>	<u>MAX PTS</u>
• Cadence Push-ups (one push-up every two seconds; max 60)	100
• Curl-ups	100
• 1.5 mile run	100
• 12 minute swim	<u>100</u>

Total = 400 points per test

To determine an officer candidate's final average, all three HPR tests, the survival swim test, and the final score for road runner miles are factored.

Failure to Meet Minimum Standards

Officer Candidates who fail to attain a minimum of 60 points on any one category will be placed in a remedial physical training program. Officer candidates who fall below the standard of 60 points on any item of Part A will be designated Remedial Physical Training 1 (RPT1); those who fall below the standard of 60 points on Part B will be designated Remedial Physical Training 2 (RPT2). RPT2 takes precedence over RPT1 if an OC is designated both after HPR Test 1.

RPT1 and RPT2 are mandatory and take precedence over liberty.

Those OCs, who after Test 2, that still have not reached a minimum of 60 points in each area, but have attained 240 composite points will remain in the RPT1 and RPT2 program at the discretion of the HPR Coordinator.

RPT1 and RPT2 members are required to participate in additional fitness-related weekly workouts as follows:

<u>DAY</u>	<u>DESIGNATION</u>	<u>TIME</u>	<u>WORKOUT</u>
Saturday	RPT1 &/or RPT2	1430-1630	as prescribed

Failure to meet the standards may result in administrative action and possible DISENROLLMENT.

OFFICER CANDIDATE PHYSICAL FITNESS EXAMINATION PERFORMANCE STANDARDS

POINTS STD SCORE	PUSH-UPS		SIT-UPS		1.5 MILE RUN		POINTS STD SCORE
	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	
MAX CLUB	> 48	> 60	>100	>100	<9:55	< 8:00	MAX CLUB
100	48	60	100	100	9:55-9:50	8:00-8:04	100 Pts.
99			99	99			99
98	47	59	98	98	10:00-10:04	8:05-8:09	98
97			97	97			97
96	46	58	96	96	10:05-10:09	8:10-8:14	96
95			95	95			95
94	45	57	94	94	10:10-10:14	8:15-8:19	94
93			93	93			93
92	44	56	92	92	10:15-10:19	8:20-8:24	92
91			91	91			91
90	43	55	90	90	10:20-10:24	8:25-8:29	90
89			89	89			89
88	42	54	88	88	10:25-10:29	8:30-8:34	88
87		53	87	87			87
86	41	52	86	86	10:30-10:34	8:35-8:39	86
85	40	51	85	85			85
84	39	50	84	84	10:35-10:39	8:40-8:44	84
83	38	49	83	83			83
82	37	48	82	82	10:40-10:44	8:45-8:49	82
81	36	47	81	81			81
80	35	46	80	80	10:45-10:49	8:50-8:54	80
79	34	45	79	79			79
78	33	44	78	78	10:50-10:54	8:55-8:59	78
77	32	43	77	77			77
76	31	42	76	76	10:55-10:59	9:00-9:04	76
75	30	41	75	75			75
74	29	40	74	74	11:00-11:04	9:05-9:10	74
73	28	39	73	73		9:10-9:14	73
72	27	38	72	72	11:05-11:09	9:15-9:19	72
71	26	37	71	71	11:10-11:14	9:20-9:24	71
70	25	36	70	70	11:15-11:19	9:25-9:29	70
69	24	35	69	69	11:20-11:24	9:30-9:34	69
68	23	34	68	68	11:25-11:29	9:35-9:39	68
67	22	33	67	67	11:30-11:34	9:40-9:44	67
66	21	32	66	66	11:35-11:39	9:45-9:49	66
65	20	31	65	65	11:40-11:44	9:50-9:54	65
64	19	30	64	64	11:45-11:49	9:55-9:59	64
63	18	29	63	63	11:50-11:54	10:00-10:04	63
62		28	62	62	11:55-11:59	10:05-10:09	62
61	17	27	61	61	12:00-12:04	10:10-10:14	61
60		26	60	60	12:05-12:09	10:15-10:19	60
59	16		59	59	12:10-12:14	10:20-10:24	59
58		25	58	58	12:15-12:19	10:25-10:29	58
57	15		57	57	12:20-12:24	10:30-10:34	57
56		24	56	56	12:25-12:29	10:35-10:39	56
55	14		55	55	12:30-12:34	10:40-10:44	55
54		23	54	54	12:35-12:39	10:45-10:49	54
53	13		53	53	12:40-12:44	10:50-10:54	53
52		22	52	52	12:45-12:49	10:55-10:59	52
51	12		51	51	12:50-12:54	11:00-11:04	51

50		21	50	50	12:55-12:59	11:05-11:09	50
49			49	49	13:00-13:04	11:10-11:14	49
48	11	20	48	48	13:05-13:09	11:15-11:19	48
47			47	47	13:10-13:14	11:20-11:24	47
46		19	46	46	13:15-13:19	11:25-11:29	46
45	10		45	45	13:20-13:24	11:30-11:34	45
44		18	44	44	13:25-13:29	11:35-11:39	44
43			43	43	13:30-13:34	11:40-11:44	43
42	9	17	42	42	13:35-13:39	11:45-11:49	42
41			41	41	13:40-13:44	11:50-11:54	41
40		16	40	40	13:45-13:49	11:55-11:59	40
39	8		39	39	13:50-13:54	12:00-12:04	39
38		15	38	38	13:55-13:59	12:05-12:09	38
37			37	37	14:00-14:04	12:10-12:14	37
36	7	14	36	36	14:05-14:09	12:15-12:19	36
35			35	35	14:10-14:14	12:20-12:24	35
34		13	34	34	14:15-14:19	12:25-12:29	34
33	6		33	33	14:20-14:24	12:30-12:34	33
32		12	32	32	14:25-14:29	12:35-12:39	32
31		11	31	31	14:30-14:34	12:40-12:44	31
30	5	10	30	30	14:35-14:39	12:45-12:49	30
29			29	29	14:40-14:44	12:50-12:54	29
28			28	28	14:45-14:49	12:55-12:59	28
27			27	27	14:50-14:54	13:00-13:04	27
26			26	26	14:55-14:59	13:05-13:09	26
25			25	25	15:00-15:04	13:10-13:14	25
24			24	24	15:05-15:09	13:15-13:19	24
23			23	23	15:10-15:14	13:20-13:24	23
22			22	22	15:15-15:19	13:25-13:29	22
21			21	21	15:20-15:24	13:30-13:34	21
20			20	20	15:25-15:29	13:35-13:39	20
19			19	19	15:30-15:34	13:40-13:44	19
18			18	18	15:35-15:39	13:45-13:49	18
17			17	17	15:40-15:44	13:50-13:54	17
16			16	16	15:45-15:49	13:55-13:59	16
15			15	15	15:50-15:54	14:00-14:04	15
14			14	14	15:55-15:59	14:05-14:09	14
13			13	13	16:00-16:04	14:10-14:14	13
12			12	12	16:05-16:09	14:15-14:19	12
11			11	11	16:10-16:14	14:20-14:24	11
10			10	10	16:15-16:19	14:25-14:29	10
9			9	9	16:20-16:24	14:30-14:34	9
8			8	8	16:25-16:29	14:35-14:39	8
7			7	7	16:30-16:34	14:40-14:44	7
6			6	6	16:35-16:39	14:45-14:49	6
5			5	5	16:40 +	14:50-14:54	5
4			4	4		14:55-14:59	4
3			3	3		15:00-15:04	3
2			2	2		15:05-15:09	2
1			1	1		15:10-15:14	1
0			0	0		15:15 +	0

12-MINUTE SWIM POINT SYSTEM FOR MEN

	AGE 20-29		AGE 30-39	
	LENGTHS	POINTS%	LENGTHS	POINTS%
POOR	10	28	8	24
	11	32	9	28
	12	36	10	32
	13	40	11	36
	14	44	12	40
	15	48	13	44
FAIR	16	52	14	48
	17	56	15	52
	18	60	16	56
GOOD	19	64	17	60
	20	68	18	64
	21	72	19	68
	22	76	20	72
	23	80	21	76
EXCELLENT	24	84	22	80
	25	88	23	84
	26	92	24	88
SUPERIOR	27	96	25	92
	28	99	26	96
	29+	100	27+	100

Source: Cooper's Institute for Aerobics Research, 1998.

12-MINUTE SWIM POINT SYSTEM FOR WOMEN

	AGE 20-29		AGE 30-39	
	LENGTHS	POINTS%	LENGTHS	POINTS%
POOR	6	16	4	16
	7	20	5	20
	8	24	6	24
	9	28	7	28
	10	32	8	32
	11	36	9	36
FAIR	12	40	10	40
	13	44	11	44
	14	48	12	48
	15	52	13	52
	16	56	14	56
	17	60	15	60
GOOD	18	64	16	64
	19	68	17	68
	20	72	18	72
	21	76	19	76
EXCELLENT	22	80	20	80
	23	84	21	84
	24	88	22	88
	25	92	23	92
SUPERIOR	26	96	24	96
	27	99	25	99
	28+	100	26+	100

Source: Cooper's Institute for Aerobics Research, 1998.