

THE PARARESCUE PAST TEST

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PARARESCUE (PJ) Physical Ability Stamina Test (PAST) CRITERIA

The PAST requirements are designed to test for a minimum fitness level for entry into the PJ training pipeline. PJ candidates should continue to train throughout their recruiting process to exceed these minimums in order to enhance their chances of success. The PAST results will be recorded on an "Evaluation Worksheet" and maintained at the 308th RQS. Candidates are encouraged to complete the test in its entirety to determine weak/strong points in his physical condition. This test is comprised of seven events; the candidate must pass every event. Failure of any event will result in the overall failure of the PAST.

Calisthenics: Four calisthenics exercises are evaluated, each with specific time parameters and specific exercise form mechanics. All candidates will exercise to either muscle failure or time completion, whichever occurs first. The intent is to have candidates do as many "good form" repetitions in the time allotted or when muscle failure is reached. Allow a 1-minute rest between each calisthenics exercise.

NOTE: Exercise form is strictly enforced during the PAST and in the training pipeline. Those repetitions done without proper form will not be counted and be to the candidate's disadvantage. You will be given ONE warning about improper form and after that the repetitions will not count.

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 (dead hang). Hand spread is approximately shoulder width apart. Count one; pull the body up until the Adam's apple clears the top of the bar. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. If the candidate falls off, stops, or releases the bar, the exercise is terminated.

Sit-ups: Sit-ups are a two-count exercise. Starting position is back flat on the surface, fingers interlocked behind the head, head off the surface, and knees bent at approximately a 90-degree angle. Another individual may hold the individual's feet during the exercise. Count one; sit up so that the shoulders are directly above the hip/pelvis area and head and shoulders break a 90 degrees plane to the surface. Count two; return to the starting position (entire shoulder blade must touch the ground). The exercise is continuous. If the candidate stops, the exercise is terminated. If the candidate's buttocks rise from the surface or his fingers are not interlocked behind his head during the repetition, the repetition is not counted.

Push-ups: Push-ups are a two-count exercise. Starting position is hands, shoulder width apart, with arms straight and directly below the chest on the surface; the legs are extended, back and legs remain straight. Count one; lower the chest until the elbows are bent at a 90-degree or lower angle (touching the fist located beneath their chest). 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 candidate will not raise his buttocks in the air, sag his middle to the surface, or raise any hand or foot from their starting position. If any of these occur, the exercise is terminated.

Flutter-kicks: Flutter-kicks are a four-count exercise. Starting position is laying flat on back with the feet 6 inches off the surface and head raised so that the chin is placed on the chest. Hands are under the buttocks with fists clenched to support the lower back. Count one; raise the left leg off the surface to approximately a 45-degree angle, keeping the right leg stationary. Count two; raise the right leg off the surface to approximately a 45-degree angle, moving the left leg to the starting position. Counts three and four are repeats of the same movements. Legs must be straight, with toes pointing away from the body. If the candidate rests his legs on the surface or stops the exercise movement to rest, the exercise is terminated. If the candidate's chin does not stay on the chest the repetition is not counted.

3 Mile Run: Physical training (PT) clothes and good running shoes are the only required items. The run must be continuous (non-stop). If a candidate stops anytime during this run, the test will be stopped and considered a failure. Test should be conducted on a measured running track.

2 x 25 Meter Underwater Swim: Provide the candidate 1-minute of rest between underwaters. If candidate's surface or break the water surface during any portion of the swim, the test will be stopped and considered a failure. Swimsuits and swim goggles/scuba mask are the only equipment items allowed. After completion of the underwater allow a 3 minute rest before the surface swim.

1500 Meter Surface Swim: This swim is conducted using the freestyle, breaststroke or sidestroke. The swim is continuous (non-stop). If a candidate stops any time during the swim, the test will be stopped and considered a failure for the entire PAST. Swimsuit, goggles/scuba mask and snorkeling/swim fins are the only equipment items allowed.