



DEPARTMENT OF THE ARMY
YOUR
LETTERHEAD



OFFICE SYMBOL

DATE

MEMORANDUM FOR RECORD

SUBJECT: Combat Diver Qualification Course (CDQC) prerequisite validation.

1. This memorandum certifies the below listed service member has successfully completed a "Pre-CDQC" training program within the last 180 days and has met all the prerequisites for attendance to CDQC as outlined in this memorandum, the USASFC(A) Policy Letter 350-2-14 and the current CDQC POI, as established by the USAJFKSWCS, Special Forces Underwater Operations School, Key West, Florida.

<u>Name</u>	<u>Rank</u>	<u>SSN</u>	<u>MOS</u>	<u>Unit</u>
Smith, Joe M.	SSG	3275	18B	ODA 1234, 2/3 SFG

2. This Soldier has accomplished the below listed tasks in preparation for attendance to the next available CDQC course:

- a. Received a Certificate of Completion for the Maritime Assessment Course (MAC) dated: _____.
- b. Has been briefed and is aware of the following CDQC requirements:_____.
 - 1) Must possess a current Secret Clearance (or above).
 - 2) Must possess a Government Travel Card with zero balance.
 - 3) Must meet MOS requirements as set forth in AR 611-75 (Sec. II, paragraph 2-16 Combat Diver, Selection Criteria).
- c. Meets Medical Fitness Standards IAW AR 40-501, chap 8-14a(7), dated 29 May 07 (Standards of Medical Fitness) and possesses a medical examination current to within 24 months prior to the completion date of the scheduled SFCDQC.
- d. Copies of DD Form 2808 (Report of Medical Examination) and 2807-1 (Report of Medical History) have been sent to CG, USAJFKSWCS, ATTN: AOJK-OP (G3), Ft. Bragg, NC 28310-9610. Physical is dated within two years of the targeted CDQC completion date and has been approved by stamp and/or signature by a Dive Medical Officer (DMO)/Hyperbaric Medical Officer (HMO) and reviewed by the USAJFKSWCS Surgeon, or his authorized designee, prior to the course report date.
- e. Completed the USAJFKSWCS 12 week, CDQC conditioning program (not a disqualifier; for tracking purposes only). YES/NO; Number of Weeks:_____.
- f. Successfully completed the following within 30 days of his CDQC report date: meeting the standards noted below:

AOSO-SFT-XX

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CDQC APFT:

- 1) 52 Pushups; Raw score_____.
- 2) 62 Sit-ups; Raw score_____.
- 3) 7 forward grip, dead hang, pull-ups; Raw score_____.
- 4) 2 mile run with a time of 14:54 or less; Time:_____.
- 5) 5-mile run, wearing physical fitness attire, in 40:00 or less; Time:_____.
- 6) Completed a 500 meter swim in ACUs and boots or booties. (pool/open water)

CDQC Pool Tasks

- 1) Two Minute Water Tread
- 2) 20 Lb. Clump Retrieval
- 3) 50 Meter Subsurface Swim
- 4) Weight Belt Swim (3x7min; 16 lb. wt. belt)
- 5) Knot Tying
- 6) USN Drown-proofing
- 7) Equipment Recovery
- 8) 3000 Meter Surface Swim with a time of 90 min or less; Time_____.
(pool/open water)
- 9) Has the ability to perform a valsalva maneuver, and has no history or sign of an ear condition which may prevent him to clear under pressure at CDQC.

g. Submit this memorandum to USASFC(A) G3 Training, Maritime Operations PM signed and dated within 30 days of desired CDQC date. If you are unable to meet this suspense, contact USASFC(A) G3 Training to request extension. Names from this memorandum will be verified by **USASFC(A) G3 Training** (910-432-2142) and confirmed in the Army Training Requirements and Resources System (ATTRS). Names listed in ATTRS and not verified by memorandum will be removed and the unit notified.

3. POC for this memorandum is the undersigned at (xxx)xxx-xxxx.

COLE D. WATER
CW2, SF
MOD OIC

GONNA B. DIVER
MSG, USA
MOD NCOIC