

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
---	---------------	--------

III. TEST RESULTS

TEST COMPONENT	Final Results	Applicant AFS (Circle AFS column title)					
		SWOE	PJ/CCT/TACP/SR	TACPO	STO/CRO	EOD	SERE
Pull-ups in 2 Minutes (1 Minute STO/TACPO/CRO) Total Repetitions:		8 P F	8 P F	12 P F	12 P F	3 P F	8 P F
2-Minute Rest Period							
Sit-ups in 2 Minutes Total Repetitions:		50 P F	50 P F	75 P F	75 P F	Not Tested	48 P F
2-Minute Rest Period							
Push-ups in 2 Minutes Total Repetitions:		40 P F	40 P F	64 P F	64 P F	Not Tested	40 P F
10-Minute Rest Period							
1.5 Mile Run or 3 Mile Run (STO/TACPO/CRO)							
Lap Times (<i>Use spaces as needed for test facility</i>)							
1.	2.	3.	4.	5.			
6.	7.	8.	9.	10.			
11.	12.	13.	14.	15.			
16.	17.	18.	19.	20.			
21.	22.	23.	24.	25.			
Lap Distance _____	Finish Time:	10:20 P F	10:20 P F	22:00 P F	22:00 P F	11:00 P F	11:00 P F
30-Minute Rest Period							
25m Underwater Swim 1		Finish P F	Finish P F	Finish P F	Finish P F	Not Tested	Not Tested
3-Minute Rest Period							
25m Underwater Swim 2		Finish P F	Finish P F	Finish P F	Finish P F	Not Tested	Not Tested
10-Minute Rest Period							
500m Surface Swim or 1500m Surface Swim (STO/CRO)							
Lap Times (<i>Use spaces as needed for test facility</i>)							
1.	2.	3.	4.	5.			
6.	7.	8.	9.	10.			
11.	12.	13.	14.	15.			
16.	17.	18.	19.	20.			
21.	22.	23.	24.	25.			
26.	27.	28.	29.	30.			
31.	32.	33.	34.	35.			
Lap Distance _____	Finish Time:	15:00 P F	12:30 P F	12:30 P F	32:00 P F	Not Tested	Not Tested
IFT QUALIFIED FOR CAREER FIELD		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No

IV. CERTIFICATION

APPLICANT: I certify that I was administered the IFT and have validated all information on this worksheet.	APPLICANT'S SIGNATURE	DATE:
TEST ADMINISTRATOR CERTIFICATION:	ADMINISTRATOR (<i>Printed Name</i>)	DATE:
I certify that I am trained and certified to conduct the IFT and that the applicant named above was tested at the recorded time and location, and performed as recorded above.	ADMINISTRATOR SIGNATURE:	UNIT:
	EMAIL:	PHONE:
COMMANDER or SUPERINTENDENT ENDORSEMENT: I certify that the Test Administrator above is fully qualified to administer the Initial Fitness Test (IFT).	Name, Rank (<i>Printed</i>):	UNIT:
	SIGNATURE:	DATE:

AIR FORCE SPECIAL WARFARE/SERE/EOD Initial Fitness Test (IFT) Instructions

Purpose of the IFT is to assess a candidate's physical abilities for entry into an AF career field. This test is comprised of several events which candidates must pass every event. Candidate will complete all portions of the test even if they do not meet standards on all components in order to determine physical condition status. Failure of any event will result in overall IFT failure. Test administrators will explain IFT procedures to include an explanation and/or demonstration of proper calisthenics form prior to starting the IFT. Test administrators must conduct the IFT in the order and time limits listed on this form. Test administrators (PTL in absence of functional personnel) will sign, have commander/superintendent endorse test results, and provide a copy to member.

1. **Calisthenics:** Three components are evaluated for SW and SERE candidates while EOD only completes the pull-up component. EOD candidates conducting a IFT with SW and SERE candidates will be allotted the 16 minutes between the pull-up component and the run to prepare for the run. Candidates will perform each component to either muscle failure or time completion, whichever occurs first. The test administrator will start the stop watch upon directing the candidates to start the component and announce the time remaining, in 30 second intervals. The counter will count the number of repetitions out loud. If the candidate breaks correct form, the counter repeats the last correct number (e.g., one, two, two, three, etc.), as well as gives instruction on what was done incorrectly (e.g., you are not extending your arms fully, chin not above the bar, keep your back straight, etc.).
 - 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 ("dead-hang") and the head in the neutral position (eyes facing forward). Hand spread is approximately 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 only authorized rest position is the starting position. Adjustment of the hands is permitted, but if the candidate falls off, releases from the bar or the candidate uses the ground to rest or assist in the exercise, 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 surface, 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; sit up so that the back is perpendicular to the surface. Count two; return to the starting position. The exercise is continuous. If the member's buttocks rises from the surface or his fingers are not interlocked behind his head during the repetition, the repetition is not counted. There is no authorized rest position, so if the member 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 hands, approximately shoulder width apart, arms, back, and legs must remain locked straight and feet together. Count one; lower the body 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:** Physical training (PT) clothes and running shoes are the only required items. The run must be conducted on an accurately measured course with no more than a 2% incline on any portion of the course, preferably a running track. The test administrator start the timing device upon instructing the candidates to start and will announce and annotate the time elapsed to each candidate as they complete each lap.
3. **Subsurface/Surface water:** Only SW candidates complete the swim components of the IFT. Swimsuit, sports bra, and goggles/scuba mask are the only authorized equipment items.
 - 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. Candidate will take a breath, submerge, push off the pool wall and swim 25 meters underwater. Candidate will then surface swim, any stroke, 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 completed but considered a failure of this event.
 - 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 stopped and considered a failure of this event.

SWOE - Candidate must successfully complete all SWOE IFT components to be eligible to enter the Air Force as a 9T500, Basic Special Warfare Enlisted Airman. This IFT will be conducted by an Air Force Recruiting Service designated test administrator. The IFT will also be administered by the SWTW as a prerequisite for SW Prep and may be used to washback (vector to development) or possible removal from training.

PJ/CCT/TACP/SR, TACPO, and STO/CRO - Candidate must successfully complete all IFT components to be eligible to enter the Air Force (Prior Service and ARC), crossflow or retrain into a SW AFS, or be reclassified from a 9T500 into a 1ZXX1 AFSC. The PJ/CCT/TACP/SR applies to enlisted (1Z) AFSCs. TACPO applies to 19ZXB AFSC. STO/CRO applies to 19ZXA and 19ZXC AFSCs respectively. This IFT is conducted by a designated test administrator (Prior Service, Officer crossflow, and retraining candidates).

SERE - Candidate must successfully complete all SERE IFT components to be eligible to enter the Air Force or retrain into SERE AFS.

EOD - Candidate must successfully complete all EOD IFT components to be eligible to enter the Air Force or retrain into EOD AFS.

Any modifications of the IFT will be coordination with the OPR (AETC/A3S) and coordinated with the DAF functional manager and career field managers for approval.