

**LIGHT ARMORED RECONNAISSANCE CHECKLIST
MOS-SPECIFIC PHYSICAL STANDARDS
ASSESSMENT CHECKLIST**

UNIT: _____

DATE: _____

EVENT: VEHICLE CASUALTY EVACUATION

MOSs: 0303, 0313

T&R EVENT(s): 0313-LAO-1004

CONDITION: Given a tactical vehicle, associated equipment, and crew, conduct the functional movement similar to a clean and press to simulate lifting a casualty into the bed of MTRV.

STANDARD: With an Olympic barbell, perform a single ground to overhead lift of 115lbs wherein the elbows are momentarily locked out.

EVENT COMPONENTS:

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D par 5b(1), pg D-2)
YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D par 6a, pg D-3)
YES NO

3. Did the instructor ensure that all participating students wore the appropriate utility uniform with blouse removed? (NAVMC 3500.16B, Append D par 5a, pg D-2)
YES NO

4. Did the instructor properly observe momentary lock out of the elbows and a controlled descending motion?

(NAVMC 3500.16B, Append D par 6a(3d) , pg D-4)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6a, pg D-3; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: TOWBAR LIFT

MOSs: 0303, 0313

T&R EVENT(s): 0313-LAO-1005

CONDITION: Given associated equipment, conduct the functional movement similar to a deadlift to simulate lifting and holding a towbar in place for vehicle recovery operations.

STANDARD: With an Olympic barbell, perform a single deadlift with a total of 150lbs and hold at knuckle height for 30 seconds.

EVENT COMPONENTS:

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D, par 5b(1), pg D-2)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D, par 6c, pg D-5)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate utility uniform with blouse removed? (NAVMC 3500.16B, Append D, par 5a, pg D-2)

YES NO

4. Did the instructor properly observe a proper deadlift with a full 30 second hold at the top? (NAVMC 3500.16B, Append D, par 6c(3), pg D-5)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6c, pg D-5; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: MK-19 LIFT

MOSs: 0303, 0313

T&R EVENT(s): 0300-TVEH-1001

CONDITION: Given a requirement to load or unload a tactical vehicle with weapons conduct the functional movement similar to a clean and press to simulate required movements associated with weapon's mounting upon a tactical vehicle.

STANDARD: Perform a single lift of a mock-up MK19 from ground to overhead, wherein the elbows momentarily lock out.

EVENT COMPONENTS:

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D, par 5b(3), pg D-2; NAVMC 3500.44C, Append F, par 6a(4), pg F-3)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D, par 6e, pg D-6; NAVMC 3500.44C, NAVMC 3500.44C, Append F, par 6a, pg F-3,4)

YES NO

3. Did the instructor properly observe momentary lock-out of the elbows and controlled descent motion of the mock-up MK-19? (NAVMC 3500.16B, Append D, par 6e(3), pg D-6, 7; NAVMC 3500.44C, Append F, par 6a(5), pg F-3,4)

4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6e, pg D-6; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: GROUND CASUALTY EVACUATION

MOSs: 0303, 0313

T&R EVENT(s): 0300-MED-1001, Performance Step 1

CONDITION: Given a casualty, while wearing a fighting load and carrying a service rifle, conduct the functional movements to simulate evaluating a ground casualty while receiving fire.

STANDARD: Beginning in a prone firing position, when given the command, sprint 25 meters to simulated casualty weighing 214 pounds (165 lb. casualty, 40 lb. weight vest, and 9 lb. modular tactical vest), and evacuate casualty 25 meters in 54 seconds or less with minimal interruption to the mission.

EVENT COMPONENTS:

1. Did the instructor ensure the appropriate distance of 25 meters was measured prior to conducting the event? (NAVMC 3500.16B, Append D par 6b(1), pg D-4; NAVMC 3500.44C, Append F, par 6b(1), pg F-4)

YES NO

2. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D par 5b(4), pg D-2,3 NAVMC 3500.44C, Append F, par 6b(4), pg F-4)

YES NO

3. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D par 6b, pg D-4; NAVMC 3500.44C, Append F, par 6b, pg F-4,5)

YES NO

4. Did the instructor ensure that all participating students wore the appropriate fighting load, and carried the service rifle while executing the event? (NAVMC 3500.16B, Append D par 5a, pg D-2 NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6b, pg D-4; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: DISASSEMBLE/REASSEMBLE M242 25MM GUN

MOSs: 0303, 0313

T&R EVENT(s): 0313 WPNS-1001

CONDITION: Given a LAV-25 disassemble and assemble the M242 25mm Automatic gun by manipulating the receiver and feeder at shoulder height while sitting. LAV crew uniform and PPE will be worn.

STANDARD: From a sitting position while wearing the LAV crew uniform and PPE, remove the feeder and break the receiver, then replace and lock the receiver followed by replacement of the feeder in a time limit of 2 minutes and 24 seconds.

EVENT COMPONENTS:

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D, par 5b(2), pg D-2)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D, par 6d, pg D-6)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate fighting load, utility uniform, and were carrying a service rifle while executing the event? (NAVMC 3500.16B, Append D, par 6c, pg D-7)

YES NO

4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6d, pg D-6; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: CROSS A WALL

MOSs: 0303, 0313

T&R EVENT(s): 0300-MOUT-1001

CONDITION: While wearing a fighting load and carrying a service rifle, scale a 56" wall unassisted.

STANDARD: Using whatever technique necessary, move 5 meters and cross a 56" wall unassisted while maintaining all equipment. Two unsuccessful attempts to cross the wall constitutes a failure.

EVENT COMPONENTS:

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D, par 5b(5), pg D-3; NAVMC 3500.44C, Append F, par 6c(4), pg F-6)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D, par 6c, pg D-7; NAVMC 3500.44C, Append F, par 6c, pg F-6)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate fighting load, LAV crewman uniform, and PPE while executing the event? (NAVMC 3500.16B, Append D, par 5a, pg D-2; NAVMC 3500.44C, Append F, par 5a, pg F-2)

YES NO

4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6c, pg D-7; Training Command Implementation Letter DTG 29 SEP 15)

YES NO
