

**0321 RECONNAISSANCE MARINE
MOS-SPECIFIC PHYSICAL STANDARDS
ASSESSMENT CHECKLIST**

UNIT: _____

DATE: _____

EVENT: RECON 100 METER RUSH WITH BREACHING EQUIPMENT

MOSs: 0321

T&R EVENT(s): RECN-RAID-1001

CONDITION: Over flat terrain while wearing a fighting load and breaching equipment, rush toward an enemy objective.

STANDARD: Rush 100 meters in under 44 seconds while wearing the fighting load and carrying breaching equipment.

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 3500.55B, Ch 3, Append E, par 6d(4), pg E-8)
YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.55B, Ch 3, Append E, 6d(3), pg E-8)
YES NO

3. Did the instructor properly set the course up in accordance with the reference? (NAVMC 3500.55B, Ch 3, Append E, par 6d(5), pg E-9)

4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.7B Ch 1, Append E, par 6d, pg E-8; Training Command Implementation Letter DTG 29 SEP 15)
YES NO

EVENT: CLIMB A CAVING LADDER

MOSs: 0321

T&R EVENT(s): RECN-SPIE-1018

CONDITION: While wearing the reconnaissance load and carrying a service rifle, climb a caving ladder to a 10 meter platform.

STANDARD: Swim to the ladder while wearing the reconnaissance load and carrying a service rifle, mount the ladder, and climb to the 10 meter platform in a time limit of 2 minutes and 27 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 3500.55B, Ch 3, Append E, par 6e(4), pg E-10)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.55B, Ch 3, Append E, par 6e, pg E-10)

YES NO

3. Did the instructor properly set the course up in accordance with the reference? (NAVMC 3500.55B, Ch 3, Append E, par 6e(5), pg E-10)

4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.7B Ch 1, Append E, par 6e, pg E-10; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: MK-19 LIFT

MOSs: 0321

T&R EVENT(s): RECN-WPNS-2043

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 3500.55B Ch 3, Append E, par 6a, pg E-4,5)
YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.55B Ch 3, Append E, par 6a, pg E-4,5)
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 3500.55B Ch 3, Append E, par 6a, pg E-4,5)
YES NO

4. Did the instructor ensure that all participating students wore the recon assault load and equipment while executing the event? (NAVMC 3500.55B, Ch 3, Append E, par 5, Table 1, pg E-2)
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 3500.55B Ch 3, Append E, par 6a, pg E-4,5; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: GROUND CASUALTY EVACUATION

MOSs: 0321

T&R EVENT(s): RECN-MED-1002

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

STANDARD: Beginning in a prone firing position, when given the command, sprint 25 meters to simulated casualty weighing 205 pounds, 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 3500.55B Ch 3, Append E, par 6b, pg E-5)

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 3500.55B Ch 3, Append E, par 6b, pg E-5,6)

YES NO

3. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.55B Ch 3, Append E, par 6b, pg E-5,6)

YES NO

4. Did the instructor ensure that all participating students wore the recon assault load and equipment while executing the event? (NAVMC 3500.55B, Ch 3, Append E, par 5, Table 1, pg E-2)

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 3500.55B Ch 3, Appendix E, par 6b, pg E-5,6; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: CROSS A WALL

MOSs: 0321

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

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 within a time limit of 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 3500.55B Ch 3, Append E, par 6c, pg E-7)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.55B Ch 3, Append E, par 6c, pg E-7)

YES NO

3. Did the instructor ensure that all participating students wore the recon assault load and equipment while executing the event? (NAVMC 3500.55B, Ch 3, Append E, par 5, Table 1, pg E-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 3500.55B Ch 3, Append E, par 6c, pg E-7; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: RUCK MARCH

MOSs: 0321

T&R EVENT(s): RECN-COND-1003, performance step 3

CONDITION: On reasonably level ground, on an “out and back” or a wide loop course.

STANDARD: Complete a 20 kilometer ruck run in 3 hours or less, while carrying the recon assault load.

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 3500.55B, Ch 3, Append E, par 6f(4), pg E-11)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.55B, Ch 3, Append E, par 6f(3), pg E-11)

YES NO

3. Did the instructor properly select the course in accordance with the reference? (NAVMC 3500.55B, Ch 3, Append E, par 6f(2), pg E-10)

4. Did the instructor ensure that all participating students wore the appropriate recon assault load while executing the event? (NAVMC 3500.55B, Ch 3, Append E, par 5a, Table 1, pg E-2)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: EXECUTE A SURFACE SWIM

MOSs: 0321

T&R EVENT(s): RECN-AMPH-1010

CONDITION: Using buoys or floating marker to ensure accurate distance, in open water or a pool. Should the event be conducted in a pool, participants are not authorized to touch the walls of bottom of the pool during the execution of the event.

STANDARD: Perform a 2000 yard swim within a time limit of one hour or less.

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 3500.55B, Ch 3, Append E, par 6g(4), pg E-11)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.55B, Ch 3, Append E, par 6f(g), pg E-11)

YES NO

3. Did the instructor properly select the environment in accordance with the reference? (NAVMC 3500.55B, Ch 3, Append E, par 6g(2), pg E-10)

4. Did the instructor ensure that all participating students wore the appropriate fin load while executing the event? (NAVMC 3500.55B, Ch 3, Append E, par 5c, Table 3, pg E-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? (Training Command Implementation Letter DTG 29 SEP 15)

YES NO
