

U.S. NAVY DIVER

Information and Requirements

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Congratulations on your decision to join the Navy and Navy Diving Program. Be assured that your career as a Navy Diver will be one that you will enjoy and be proud of for the rest of your life. Even though you've recently qualified for the Special Operations Challenge, the Navy Diver Community wants to welcome you and ensure that you understand your future and the challenge ahead of you.

The term "Navy Divers" is any thing but typical. The rare breed of men and women in today's Navy Dive Team play a vital role in a broad spectrum of missions. Navy Divers are assigned to four major commands: Mobile Diving and Salvage Units, Ship Maintenance Centers, Explosive Ordnance Disposal and Seal/USMC Commands located all around the world. Navy Divers routinely deploy worldwide, where they are assigned under these specific operational commands. In the commands Navy Divers perform a number of essential tasks to include:

- Perform a variety of diving salvage operations and special diving duties worldwide.
- Underwater demolition.
- Underwater ship maintenance and repair.
- In water search and rescue missions.
- Underwater construction.
- Serves as the technical experts for diving evolutions at SEAL, EOD and USMC commands.
- Conducts SEAL Submarine Dry Deck Shelter Swimmer Delivery Vehicle and Mass Swimmer Lock in/out operations.
- Combat Salvage
- Oversee diving programs for USN and USMC Commands.
- Support military and civilian law enforcement agencies
- Recompression Chamber operations
- Perform Hyperbaric Oxygen Therapy in conjunction with Navy Medicine.

Skills and Training

Your training as a Navy Diver is a combination of intense physical and mental training, designed to push your mind and body to their limits. You'll train in any number of conditions and environments, including maritime, coastal, jungle, desert, and urban terrains.

Diver training is physically demanding. Applicants must be in excellent physical condition to be successful in the training pipeline. Diver training is not designed to "get you in shape"; you should have led a lifestyle of physical fitness. The Physical Screening Test (PST) mentioned in this checklist is the minimum threshold for individual fitness. If you pass the PST at the minimum level, you must be able to increase your rate of performance throughout Diver training in order to be successful in the training pipeline. Although this training is challenging and difficult, you need to understand that many Sailors before you volunteered and accomplished what you are endeavoring to do. You can expect to be rewarded with an exciting and challenging career. As a Navy Diver, you will be stressed to your limits and beyond. You will serve with the very best men and women in an exciting undersea career. **Stay focused, be prepared, make mature choices, and lastly, understand that you are volunteering to be part of the elite Navy Diver team.**

Your Navy Diver Challenge Contract

First, you need to understand that as a Navy Diver Challenge candidate you must maintain a high degree of physical fitness. You will be required to pass the Physical Screening Test (PST) within the first 60 days of your Delayed Entry date. You will also retake the PST within 14 days before you, "ship", depart to RTC Great Lakes. Ensure you perform your PST with the Navy Recruiting District NSW/NSO/Air Rescue Coordinator, who will be contacting you soon. Your PST scores will be documented and remain in your official record.

Below are the standards for the Fleet Diver PST candidate:

PST	DIVER
SWIM 500 YDS. side stroke/breast stroke	14:00 min
REST 10 MIN.	
PUSH-UPS within 2 minutes	42
Rest 2 minutes	
SIT-UPS within 2 minutes	50
Rest 2 minutes	

PULL-UPS no time limit	6
Rest 10 minutes	
1.5 MILE RUN	12:45 min/sec

Here are some guidelines to follow as you prepare for the PST:

- Swim: You must perform the test using either a Side Stroke or a Breast Stroke.
- Push-ups: Must be performed in strict form, with back straight. You must do full pushups to the floor and then extend all the way up until you're arms are straight.
- Sit-ups: Sit on floor, with knees bent approximately 90 degrees. Arms crossed in front of you with fingertips touching your shoulders. You'll need to sit-up until your elbows touch your thighs (near the knees), and then go back all the way until your shoulder blades touch the floor.
- Pull-ups: Grip a pull-up bar with PALMS FACING AWAY FROM YOU. Hands are to be shoulder width apart. Do not swing, kick, or bicycle to assist. Make sure you go all the way up (chin above bar) then ALL THE WAY DOWN.
- It is highly encouraged that you refer to <http://www.cnrc.navy.mil/DEP/dst.htm> for the above techniques or for Physical Training programs and nutritional information refer to <http://www.necc.navy.mil/diver/index.htm>

Your next step in the process to becoming a Navy Diver is to pass the Physical Screening Test (PST) at RTC. You will take the PST during your first week at RTC. Diver candidates will have three chances to pass this test. If you do not pass the PST by your sixth week you will be DROPPED, released, and then reclassified into another Navy program. You will not keep your Navy Diver Challenge and you will not go to Navy Dive School. Your goal is to exceed these standards prior to arriving at RTC. Do not count on "Boot Camp" to get you into shape or teach you to swim, "BE READY" before you get there.

Navy Diver Candidates:

Upon graduation from RTC and successfully completing the PST you will go to the Navy Diver preparation COI located at NTC (32 training days to include 20 days of Basic Electrical and Engineering COI and 12 days of Diver preparation. Upon completion of Navy Diver preparation COI you will proceed to Second Class Diver Training, at Naval Diving and Salvage Training Center in Panama City FL (70 training days). Instruction includes diving physics and medicine, SCUBA, surface supported diving systems, various underwater breathing apparatus, underwater tools and work techniques, and underwater cutting and welding procedures. Course qualifies trainees to a maximum depth of 190 feet.

Following successful completion of Navy Diver Training, the Navy Diver candidate will graduate from the Naval Diving and Salvage Training Center and receive their Second Class Diver insignia. The qualified Second Class Diver will then be assigned to one of the following: a Salvage or Repair ship, a Mobile Diving and Salvage Unit an EOD Unit, or SEAL/USMC Unit as a Navy Diver. Upon arrival at either of these units, the Second Class Diver will hone the undersea diving and salvage skills required by the United States Navy. Following a prescribed training “work-up”, the Second Class Diver will deploy to conduct numerous operations as listed in the beginning.

Special Pays

- **Current Enlistment Bonus: Fleet Diver \$35,000**
- Second Class Diver (5343)
 - SRB Selective Reenlistment Bonus (SRB) Maximum \$45,000.00
 - Special Duty Assignment Pay (SDAP) \$75
 - Dive Pay \$150
 - Demolition Pay \$150 depending on location of assignment.
- First Class Diver (5342)
 - SRB Maximum \$45,000.00
 - SDAP \$75
 - Dive Pay \$215
 - Demolition Pay \$150
- Master Diver / Master Saturation Diver (5341)
 - SRB Maximum \$45,000.00
 - SDAP \$450
 - Dive Pay \$340
 - Demolition Pay \$150

Information Resources and Points of Contact

- For additional information pertaining to the Diver program contact:
 - <http://www.necc.navy.mil/diver/index.htm>
 - Log onto Navy Knowledge online for the ND/EOD delayed entry community of Practice (COP)
<https://wwwa.nko.navy.mil/portal/page?pagelId=pg49950015>
 - <http://www.navy.com/about/navylife/onduty/navydiver/>