

U.S. NAVY EXPLOSIVE ORDNANCE DISPOSAL (EOD)

Information, Qualifications, and Requirements Checklist

30 AUG 2007

Congratulations on your decision to join the Navy and Explosive Ordnance Disposal. Be assured that your career as an EOD Technician 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 Explosive Ordnance Disposal Community wants to welcome you and ensure that you understand your future and the challenge ahead of you.

Navy EOD Techs are assigned to the Naval Expeditionary Combat Command, located in Little Creek, VA. Explosive Ordnance Disposal is divided into EOD Group ONE and EOD Group TWO respectively located in San Diego, CA and Little Creek, VA. EOD Techs routinely deploy worldwide, where they are assigned under specific operational commands. EOD Technicians perform numerous missions to include:

EOD Technicians begin their initial training at the Naval Diving and Salvage Training Center in Panama City, FL. EOD training is physically demanding. Applicants must be in excellent physical condition to be successful in the training pipeline. EOD training is not designed to "get you in shape"; you should have led a lifestyle of physical fitness. The specific physical screening tests mentioned in this checklist are the minimum threshold for individual fitness. If you pass these specific physical screening tests at the minimum level, you must be able to increase your rate of performance throughout EOD training in order to be successful in the training pipeline. Although this training is challenging and difficult, you need to understand that many people before you volunteered and accomplished what you are endeavoring to do. You can expect to be rewarded with an exciting and challenging career. As an EOD Tech, you will be stressed to your limits and beyond. You will serve with the very best that the United States has to defend our freedoms and combat terrorism globally. **Stay focused, be prepared, make mature choices, and lastly, understand that you are volunteering to be part of the elite Navy Explosive Ordnance Disposal team.**

Your EOD Challenge Contract

First, you need to understand that as an EOD 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 90 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 PST. These are the minimum standards.

PST	EOD
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.eod.navy.mil>

Your next step in the process to becoming an EOD Tech is to pass the Physical Screening Test (PST) at RTC. You will take the test during your first week at RTC. EOD 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 EOD Challenge and you will not go to EOD 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. The Special Operations Motivators at RTC will administer the PST after arrival at Boot Camp! EOD Technicians must also perform a 50 yd “Mask, Fin, and Snorkel” proficiency test at RTC prior to receiving orders to EOD training. The Special Operations Motivators at RTC will administer the “Mask, Fin, and Snorkel” test.

EOD Candidates:

EOD Training consists of the following: EOD Prep Course at Naval Training Center Great Lakes for two weeks, Basic EOD Diver Training at the Naval Diving and Salvage Training Center in Panama City, FL for 8 weeks, Basic EOD Training at Naval School Explosive Ordnance Disposal at Eglin AFB, FL for 38 weeks, U.S. Army Jump School at FT Benning, GA for 3 weeks and EOD Tactical Training in San Diego, CA for 3 weeks. Following successful completion of Basic EOD Training the EOD candidate will graduate from the Naval School Explosive Ordnance Disposal and receive the Basic EOD Badge also known as a “Crab”. Upon completion of Tactical Training, EOD Techs will then be assigned to one of six EOD Mobile Units located in Coronado, CA, Virginia Beach, VA, Whidbey Island, WA, Charleston, SC, Guam or Italy. Upon arrival at an EOD Mobile Unit the newly pinned EOD Tech will hone their EOD war fighting skills while assigned to an EOD Detachment. EOD detachments undergo “work-up” training and evaluation prior to real-world deployments to the Units area of response (AOR),

Special Pays

- **Current Enlistment Bonus: EOD Technician \$40,000**
- **Basic EOD Tech (5333)**
 - Selective Reenlistment Bonus (SRB) Maximum \$60,000.00
 - Special Duty Assignment Pay (SDAP) (Monthly) \$150
 - Dive Pay (Monthly) \$215
 - Demolition Pay (Monthly) \$150
 - Parachute Pay (Monthly) \$150 - \$225
 - Foreign Language Pay (when qualified), amount depends on type language and proficiency
- **Senior EOD Tech (5335)**
 - SRB Maximum \$75,000
 - SDAP (Monthly) \$450
 - Dive Pay (Monthly) \$215
 - Demolition Pay (Monthly) \$150
 - Parachute Pay (Monthly) \$150 - \$225
 - Foreign Language Pay (when qualified)
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- **Master EOD Tech (5337)**
 - SRB Maximum \$75,000
 - SDAP (Monthly) \$450
 - Dive Pay (Monthly) \$215
 - Demolition Pay (Monthly) \$150
 - Parachute Pay (Monthly) \$150 - \$225
 - Foreign Language Pay (when qualified)

Information Resources and Points of Contact

- For additional information pertaining to the EOD program contact:
 - <https://www.eod.navy.mil/>