

EOD SUMMER TRAINING & ASSESSMENT (ESTA) WARNING ORDER

Disclaimer: No underwater evolutions should be attempted without properly communicating your intentions with a lifeguard who is comfortable observing you. Always swim with a buddy, and only train one-at-a-time so there is always a safety swimmer directly observing. Hyperventilation is not authorized – voluntary hyperventilation is dangerous and can lead to unconsciousness (shallow water blackout) or death during breath holding evolutions. Many of these events may be practiced on dry land prior to progressing to a pool.

The EOD Summer Training & Assessment (ESTA) is a 3-week Summer Cruise conducted in San Diego, CA specifically for Navy Reserve Officer Training Corps (NROTC) Midshipmen designed to evaluate, expose, and educate Officer Candidates desiring to join the EOD community.

Evaluation: Candidates will be assessed on their performance throughout the ESTA with an emphasis on Leadership Potential, Work Ethic, Teamwork, Character, Mental Acuity, and Physical Fitness.

Exposure: Candidates attending the ESTA will be exposed to the EOD Community through briefs, drill observations, site visits, Q&A's, panels, hands-on application of skills, and several high-risk trainings (small arms, Helicopter Rope Suspension Techniques, demolition, etc.)

Education: ESTA will educate candidates on the role of an EOD Officer in the Navy, as well as provide an opportunity for them to develop and become better future Naval Officers.

Candidates should arrive at the ESTA prepared to:

1. Easily exceed minimum standards on the PST (IAW MILPERSMAN 1220-410).

Event	Minimum	FY25 Select Average
500 yd swim (breast or side stroke)	Swim + Run ≤21:00	8:23
Push-Ups	50	88
Sit-Ups	50	80
Pull-Ups	6	19
1.5 mile run	Swim + Run ≤21:00	9:18

2. Complete a 1000 yd Bay Swim in 22:30 or less
3. Conduct a Human Performance Test involving: Broad Jump, Pro Agility Shuttle, 25lb pull-up, Max-rep BW bench, 3-rep max deadlift, 300 yd shuttle, 3-mile run, 800m swim
4. Complete a 5-mile ruck run with ~45 lbs in 75 minutes or less
5. Conduct long-duration team and individual-based PT events

Candidates should be comfortable in the water and capable of:

1. Treading without fins for medium to long durations
2. Treading with fins and 15 lbs for 2:00 minutes.
3. Breathing through a snorkel on the water's surface (with and without a mask).
4. Mask Clearing - filling a mask while underwater and forcefully exhaling to clear.
5. Porpoising - Swimming with fins while breathing through a snorkel, intermittently flood snorkel with water (i.e., submerge 2 to 3 feet), then surface without face breaking the water's surface, forcefully exhale water out of the snorkel and continue to breathe normally from snorkel. This exercise should be continued for several minutes without signs of panic or inability to continue clearing snorkel.
6. Ditch & Don - Retrieve a mask, fins, and snorkel on bottom of pool. Don mask and snorkel on bottom, clear mask, ascend to surface, then clear snorkel via forceful exhale without breaking water's surface with face while continuing to breathe comfortably.
7. Clearing your ears under water - [Dive Health: How to Equalize Ear Pressure](#)