

1220-410
CH-77
3 Dec 2021

**SEA-AIR-LAND (SEAL)/EXPLOSIVE ORDNANCE DISPOSAL
(EOD)/SPECIAL WARFARE COMBATANT-CRAFT CREWMAN
(SWCC)/DIVER/AVIATION RESCUE SWIMMER (AIRR) PHYSICAL
SCREENING TESTING STANDARDS AND PROCEDURES**

- Updated responsible office codes and contact information
- Deleted reference (c), it's the same source as reference (b)
- **Subpara 1a**, clarified eligibility requirements
- **Subpara 1a(7)**, removed 2-minute time limit for pull-up event
- **Subpara 1b**, reorganized in alphabetical order
- **Subpara 1b(2)**, updated the new EOD PST requirements
- **Subpara 2d(2)**, removed 2-minute time limit for pull-up event
- **Subpara 2b(Figure 3)**, removed 10 inches, replaced with feet flat on the ground
- **Subpara 2c(2a)**, removed 10 inches, replaced with feet flat on the ground
- **Subpara 2d**, deleted
- **Subpara 2d(c)**, deleted sentence to remove crossed legs during pull-up event
- **Subpara 2d(3g)**, deleted reference to time limit for pull-up event
- **Subpara 2d(4)**, deleted reference to time limit for pull-up event
- **Subpara 2d(4c)**, deleted reference to time limit for pull-up event

(COG: BUPERS-3)