



Section D. Physical Fitness Standards

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D.1. Physical Fitness Test

The trainee must have passed a physical fitness test at the current unit within the past six months. See requirements in [Table 4-5](#).

D.2. Physical Fitness

All Coast Guard boat crewmembers are required to meet the standards of physical fitness shown in [Table 4-5](#). Physical fitness standards are required to ensure crewmembers have sufficient strength and endurance to safely perform duties during normal and adverse conditions. Knowing these standards will ensure that personnel are able to accurately gauge their level of fitness and make improvements where necessary.

The Physical Fitness Standard is required during qualification, recertification, and semi-annually (proficiency requirement), however, Commanding Officers, Officers-in-Charge, or Boat Forces School Chiefs may require members to meet the Physical Fitness Standard whenever they deem necessary to ensure members can safely perform their Boat Crew duties.

Personnel who cannot meet the standard due to sickness, injury, recent pregnancy, etc. should not perform boat crew duties for the safety of the member, crew and public. For these reasons – sickness, injury, recent pregnancy, etc. – a CO/OIC will not necessarily rescind a member’s certification for not meeting the standard, but will weigh all factors in their decision-making process.

NOTE

All sections of the physical fitness test must be completed one after the other with a reasonable amount of time (no more than 30 minutes) between each section. If a section of the test is not completed successfully the entire test must be completed again as a retest.



| Males | Push-ups | Sit-ups | 1.5-Mile Run | 12-Minute Swim* |
|--------------|-----------------|----------------|---------------------|------------------------|
| Under 30 | 29 | 38 | 12:51 | 500 YDS |
| 30 to 39 | 24 | 35 | 13:36 | 450 YDS |
| 40 to 49 | 18 | 29 | 14:29 | 400 YDS |
| 50 to 59 | 13 | 25 | 15:26 | 350 YDS |
| 60+ | 10 | 22 | 16:43 | 300 YDS |

| Females | Push-ups | Sit-ups | 1.5-Mile Run | 12-Minute Swim* |
|----------------|-----------------|----------------|---------------------|------------------------|
| Under 30 | 15 | 32 | 15:26 | 400 YDS |
| 30 to 39 | 11 | 25 | 15:57 | 350 YDS |
| 40 to 49 | 9 | 20 | 16:58 | 300 YDS |
| 50 to 59 | 9 | 16 | 17:55 | 250 YDS |
| 60+ | 9 | 15 | 18:44 | 200 YDS |

Notes:

- (01) 12-minute swim test chart is based on Dr. Kenneth Cooper’s research.
- (02) Push-ups and sit-ups must be performed within a one-minute time period.
- (03) Either the 1.5-mile run or the 12-minute swim may be performed to meet the standard.

Table 4-5
Physical Fitness Standards



**D.3. Physical
Fitness
Procedures**

The following physical fitness standards are provided with specific procedures:

- (01) Arm and shoulder strength.
 - (02) Abdominal and trunk strength.
-



D.4. Arm and Shoulder Strength

| One Minute Push-Ups | Step | Procedure |
|---|------|---|
| Perform as many correct push-ups as possible in one minute. | 1 | On all fours, place hands approximately shoulder width apart and positioned directly beneath the shoulders. |
| | 2 | Extend the legs straight back, supported by the balls of the feet. Keep the torso in a straight line. |
| | 3 | Smoothly bend the elbows and lower the body as a unit, then push back up. Arms should be fully extended without locking the elbows. |
| | 4 | For a proper push-up to be completed, lower the body until the chest is within one fist distance of the deck, and then return to the up position. |

NOTE 

The back must be kept straight the entire time.

**Table 4-6
 Push-Ups**



D.5. Abdominal and Trunk Strength



| One Minute Sit-Ups | Step | Procedure |
|---|---|--|
| Perform as many correct sit-ups as possible in one minute. | 1 | Lie on back, bend knees, place heels flat on floor about 18 inches away from buttocks, and keep fingers loosely on side of head. Hands may not come off of side of head for sit-up to count. |
| | 2 | In the up position, elbows will touch the knees, then return so that both shoulder blades are touching the deck. |
| | 3 | The buttocks should never leave the deck. |
| NOTE  | Feet may be anchored. | |
| NOTE  | Any resting should be in the up position. | |

Table 4-7
Sit-Ups



D.6. Endurance

| 1.5 Mile Run/Walk | Step | Procedure |
|--|------|---|
| <p>For the endurance qualification, an individual will be required to run/walk 1.5 miles. The run / walk may be completed on a pre-mapped course or on a treadmill.</p> <p>Note 1: Tests conducted on a treadmill shall follow the procedures found in the Coast Guard Health Promotion Manual, COMDTINST M6200.1 (series). The test must also be monitored by an authorized PQS signer.</p> | 1 | Refrain from smoking or eating for 2 hours prior to this test. |
| | 2 | Warm up and stretch sufficiently. |
| | 3 | Run or walk 1.5 miles in the required amount of time for the appropriate age bracket. |
| | 4 | If possible, receive pacing assistance, either by having a trained pacer run alongside or by calling out lap times during the test. |
| | 5 | Be forewarned not to start out too fast and not to run to complete exhaustion during the test. |
| | 6 | At the end of the test, walk for an additional 5 minutes to aid in recovery. |

Table 4-8
1.5 Mile Run/Walk



| 12 Minute Swim | Step | Procedure |
|--|---|---|
| <p>The 12-minute swim is an alternative method to fulfill the endurance qualification.</p> | 1 | Warm up and stretch sufficiently. |
| | 2 | Swim the required distance for the appropriate age bracket in 12 minutes. |
| | 3 | Use whichever stroke desired and rest as necessary. |
| <p>NOTE <i>GS</i></p> | <p>Members shall not use snorkel, mask, or fins to complete the swim.</p> | |

Table 4-9
12 Minute Swim