

MEDICAL FAQ'S FOR BUD/S CANDIDATES

Q. Where can I get my diving physical?

A. You must see your commands medical department. They can request the tests and perform the examination IAW MANMED P-117. Then, you must fax the forms as stated above for Dive Medical Officer's review and signature. Include all items required for your physical examination including tests.

Q.What if my command doesn't have a Dive Medical Officer on board?

A. Any medical officer may sign a dive physical because it will be counter signed by a Dive Medical Officer once the package is received by BUD/s Medical.

Q.What can I do to ensure that I do not delay my package for training prior to getting to BUD/S?

A. Download: the medical screening form from this site and have it completed by your medical department, using the FAX COVER sheet as a guide submit all your forms to BUD/S medical. We will review your forms and notify you to correct any deficiencies prior to submitting your package for training.

http://www.seal.navy.mil/SEAL/TRA_BUDSPREP.ASP

Q. Where can I find a list of the disqualifying medical conditions for BUD/S?

A. BUMEDNOTE 6120, which can be linked to via <http://navymedicine.med.navy.mil/>. Then go to publications and then go to directives and scroll to 6120. New dive applicants must meet general duty standards in the **MANMED CHAPTERS 15 AND 15-66**. Which can be linked via <http://www.vnh.org/Admin/MMD/MMDChapter15.pdf>

Q.What are the most common injuries at BUD/S and how can I help to prevent them?

A.The most common injuries at BUD/S are lower extremity overuse injuries. To help prevent these we recommend a lower extremity strengthening and running program focused on building mileage to at least 30 miles per week at an 8 minute/ mile pace or better. We also recommend that candidates practice running in boots and in soft sand, as well as swimming skills and a good stretch routine.

Q.What about the pressure test?

A. The pressure test is given at Navy hyperbaric chambers. The test takes you down to 60 feet and then back up. This is to ensure that you physically have the ability to clear your ears and withstand the pressure. Most people do not have a problem with this test. If you absolutely cannot have this completed prior to coming here, we can administer the test once you get to BUD/S. However, it is required that it be completed before you start dive training.

Q.What is the requirement for color vision for SEAL training?

A. Most commonly during physical exams the PIP test (numbers inside of different colors) is given. If you pass this test you are good to go. However, if you fail this you should take the FALANT (Farnsworth Lantern Test). If you are able to pass this test

you are qualified. If you fail you are not. Waivers for BUD/S will not be given for color deficiency/inability to pass the FALANT.

Q. Why would I need a waiver?

A. If you do not meet the requirements for BUD/S or diving you may submit a waiver package. This package includes documentation of your medical problem and usually comes from your command. You have a right to have a waiver submitted but there are no guarantees that it will be approved.

Q. What are the visual requirements for BUD/S?

A. The current visual requirements for BUD/S are no worse than 20/40 in your best eye and no worse than 20/70 in your worst eye. These have to be correctable to 20/20. Currently if your vision is no worse than 20/70 in your best eye and 20/100 in your worst eye and are correctable to 20/20, you will be approved for a waiver to come to BUD/S, but that must be submitted to BUMED-21 by your medical department.

<http://www.seal.navy.mil/contactusframes.htm>

Q. My vision does not meet the standards for BUD/S; can I get corrective eye surgery?

A. PRK and LASIK are both considered physically disqualifying, and require a waiver for enlistment or commissioning. The only exception to this waiver requirement is for applicants to Special Warfare Training Programs (i.e.: Navy Basic Underwater Demolition/SEALS or BUD/S) in which PRK is not disqualifying.

Waivers will be considered for PRK, and will generally be granted for personnel seeking enlistment or a commission in any warfare specialty. This assumes that the candidate has a good surgical result and otherwise meets applicable vision standards as delineated in the Manual of the Medical Department (NAVMED P117).

Waivers for LASIK will be considered for all warfare communities except for Aviation. Special Warfare (BUD/S) candidates may enter training after LASIK. This would be facilitated by their entry into a special LASIK in BUD/S study conducted through Naval Medical Center San Diego and NAVSPECWARCOM. POC is CDR John Laurent (619) 524-5515.

"Full time" active duty, may request surgery through the Navy. Waiting times have historically been very long (up to 3 years). The priority for surgery will be determined by the individual's commanding officer and is based upon the physical demands of the job, and the relative difficulties associated with glasses or contact lens wear while performing duties.

ROTC midshipmen are not considered to be on "full time" active duty, and are not eligible for military medical care except during active duty training periods. They are therefore, not eligible to request surgery through the Navy until they receive their commission. MECP officer candidates may be an exception to this, as they are eligible for military medical care 365 days a year, and thus, may be eligible to request surgery through the Navy.

If Navy personnel or prospective recruits to the Navy choose to have surgery performed by a civilian surgeon, they should complete the following checklist items:

1. Review the Navy message that outlines refractive surgery policy for the Navy and Marine Corps (R 101331Z APR 00).
2. If planning to apply for BUD/S training, review the Navy message that outlines the requirements new accessions into training (BUMED/30MAR2000/SER 25/NOTAL; refractive surgery policy in the Navy and Marine corps for new accessions) and as specified by approved LASIK study protocols.
3. Complete the pre-op counseling form for active duty service member's prior to getting PRK from a civilian provider (This document is posted as a link on the BUMED home page: <http://navymedicine.med.navy.mil> under the subheading "Projects & Programs" and further subheading "Corrective EYE/PRK")
4. Complete the Post-op medical clearance for return to duty form after having PRK. (This document is posted as a link on the BUMED home page: <http://navymedicine.med.navy.mil> under the subheading "Projects & Programs" and further subheading "Corrective EYE/PRK", appendix 4: "Post-op medical clearance for return to full and unrestricted duty.").

Questions regarding corrective eye surgery can be directed to the following person.

Deputy Research Director,
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Ophthalmology, NMCS D
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San Diego, CA 92106
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