

STEP BY GUIDELINE FOR PST REQUEST
Active Duty / Reservist

It is recommended that applicants inform their chain of command via "Special request chit"

http://buperscd.technology.navy.mil/bup_updt/upd_CD/BUPERS/FORMS/PDF/Na13363.pdf to attend Basic Underwater Demolitions SEAL training.

I. Preparation and application

a. IAW MILPERSMAN 1220-160/1220-100 (Exhibit 8), applicants must submit *completed medical packages via fax to **Naval Special Warfare Center (NSWC), BUD/S Medical Department**, Comm: 619-437-5248/DSN: 577-5248:

<http://www.seal.navy.mil/seal/pdf/medicalfax.pdf>

(1) SF-88 & SF-93 or DD Form 2807-1 (pages 1 through 3) & DD Form 2808 (pages 1 through 3)

(2) EKG report

(3) Radiology report of chest (PA & LAT)

(4) BUD/S-SWCC medical screening questionnaire

Note: **Question concerning your medical package:**

Email: budsmedical@navsocwarcen.navy.mil

*allow min 21 working for completed package to clear.
Longer if items are missing from your package.

c. Applicants must visit (<http://www.seal.navy.mil/>) to request the Physical Screening Test (PST).
Dates, location and screening time are updated regularly
Only medically cleared candidates will be cleared to take the test.

Note: 1. PST and interviews can be scheduled for deploying applicants during ship is in port visit.

http://www.seal.navy.mil/seal/pst_request.asp

2. Applicants serving overseas will need the log on to the PST online request http://www.seal.navy.mil/seal/pst_request.asp to schedule a PST in your area.

d. Once medical clearance and PST request has been verified, a confirmation e-mail will be sent to applicant and NC with the following information:

- (1) Date/Time
- (2) Location
- (3) Gear list
- (4) PST Overview

3. Interviews and Recommendation

a. Applicant will be interviewed, IAW MILPERSMAN 1220-150.

b. Interview requirement items:

- (1) Completed NC worksheet
(<http://www.seal.navy.mil/seal/pdf/ncworksheet.pdf>)
- (2) Uniform of the day
- (3) Military ID
- (4) Service record
- (5) Medical record

Notes:

- * Only applicants that successfully pass the PST will be interviewed
- * NO waivers/recommendations will be given for the failure of the PST

4. **Failure of the PST**

a. **Failure (DNF):** If an applicant fails any part of the test he may continue the test to measure his own physical readiness. Applicants will be required to **wait a minimum of 45 days before retesting.**

b. **Training time out (TTO):** All applicants that request a training time out will not be allowed to continue the PST due to the time constraints of the test. However, Applicants will be allowed to retake the test after 30 days. If a applicant requests 2 consecutive TTO's within a 90 day period he will be required to wait a minimum of 2 years from the date of his last PST TTO.

c. **Drop on request (DOR):** Applicants that DOR will not be allowed to continue the test and will be required to wait a minimum of 1 year before requesting a retest.