

RANGER FITNESS ASSESSMENT SCORESHEET

Component	Push-Ups (2 minutes to complete)	Sit-Ups (2 minutes to complete)	Pull-Ups (Palm In)	5-Mile Run	12-Mile Ruck (35lbs dry weight)	Combat Water Survival Assessment
Member Score						
Minimum Requirements	49	59	6	Completed in less than 40 minutes	Completed in less than 3 hours	GO (see below)

Instructions for administering the Ranger Fitness Assessment can be found at https://armypubs.army.mil/ProductMaps/PubForm/Details.aspx?PUB_ID=68385.

Combat Water Survival Assessment

Technical Learning Objective (TLO) – Learning Step Activity (LSA) 1. Learning Step / Activity TLO - LSA 1. 3 Meter Blind Drop

Students mount the 3 meter diving board upon command. Don the blacked-out goggles and are assisted by an RI off the end of the diving board. Students will enter the water while carrying a rifle and wearing an unbuckled load fighting carrier. Enter the water and fully submerge, remove the equipment and drop weapon. Surface and swim to the side. Student must perform all tasks without displaying signs of fear or panic and swim to the side unaided.

TLO - LSA 2. Learning Step / Activity TLO - LSA 2. Equipment Removal Test

Students center the water feet first carrying a rubber rifle and wearing the LCE unbuckled. Students submerge themselves and resurface and begin removing equipment (weapon and LCE). Students will not touch the retaining wall and will not display signs of fear or panic.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. 15 meter Swim Test

Ranger students enter the pool feet first (vertical), without touching the bottom of the pool or the retaining wall, without showing signs of excessive fear or panic; swim unaided to the ladder and exit the water. Students complete the swim using any stroke, while keeping their head above water at all times, without showing signs of excessive fear or panic.

Member's Name	
Member's Signature	
Date of Assessment	
Location of Assessment	
Assessor's Email	
Assessor's Phone Number	
Assessor's Signature	