



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
**HEADQUARTERS, UNITED STATES ARMY CADET COMMAND**  
**FORT MONROE, VIRGINIA 23651-5000**

ATCC-TR (145)

5 March 2004

MEMORANDUM FOR Region Commanders, U.S. Army Cadet Command

SUBJECT: Memorandum of Instruction (MOI) - Cadet Command Pre-Combat Diver Qualification Course Training, 17-27 May 2004

1. PURPOSE. This Memorandum of Instruction outlines the requirements, responsibilities, and guidelines for preparation and attendance to the Cadet Command 10 day Pre-Combat Diver Qualification Course (Pre-CDQC) training at Fort Lewis, Washington from 17-27 May 2004.

2. REFERENCES:

- a. CC Regulation 145-3, Pre-commissioning Training and Leadership Development.
- b. CC Policy Memorandum 23, Cadet Practical Field Training (CPFT) Prerequisites.
- c. AR 611-75, Management of Army Divers, 01 Oct 02.
- d. AR 40-501, Standards of Medical Fitness, 29 Aug 03.
- e. AR 350-10, Management of Army Individual Training Requirements and Resources, 14 Sep 90.
- f. TC 31-25, Special Forces Waterborne Operations.
- g. FM 21-20, Physical Fitness Training, 30 Sep 92.
- h. USASOC Regulation 350-20, USASOC Diving Program
- i. USASOC Program of Instruction
- j. Cadet Command Program of Instruction

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3. GUIDELINES:

a. Pre-CDQC training is intended to prepare cadets for the U.S. Army Special Forces Combat Diver Qualification Course at the Special Forces Underwater Operations School (SFUWO), Trumbo Point Naval Air Station, Key West, Florida. **Successful completion of Pre-CDQC pre-training will be certified in writing by the Professor of Military Science at the respective university. This memorandum must be forwarded to the Directorate of Leader Development (DOLD), ATTN: LTC William Bolden, United States Army Cadet Command, Fort Monroe, VA 23651-5000 within one month of the start date of the scheduled Pre-CDQC.**

b. The enclosed training plan is the best method to prepare prospective students/cadets for success at CDQC. Ideally, Pre-CDQC pre-training begins four months prior to the start of Pre-CDQC. This schedule provides the student approximately two weeks of rest prior to reporting to Pre-CDQC. The training plan consists of Pre-CDQC prerequisites, 4 month training schedule, 10 day Pre-CDQC training schedule, individual training plan, lesson outlines with POI file numbers, advance and summary sheets, student score sheets, test administrator guides, scuba physical checklist, packing list, video tape, and example cadet orders.

c. Safety and risk management are primary concerns during Pre-CDQC pre-training. Training must be conducted within the guidelines of the risk management worksheets provided in this training plan. Refer to AR 385-4 or USASOC REG 385-1 for more information regarding risk analysis. Local regulations may also apply. Emergency evacuation must be planned from the pool and open water. Cadre will rehearse all primary, alternate, and emergency means of communication and transportation to include emergency evacuation with their local university authorities. A qualified lifeguard with CPR certification and safety swimmer(s) must be present for all training involving water. There must be oxygen and an Ambu-Bag ready for immediate use in case of drowning or shallow water blackout. Students **will not breathe** compressed gas during training.

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d. Required training for Pre-CDQC includes physical training, pool training, selected classroom instruction, and surface swimming. Training days will be long and events intense and fast-paced with minimal recovery time between training evolutions. The training starts with the basics and gradually works up to the successful completion of the standards using the crawl, walk, run method. Cadre must not increase Pre-CDQC pre-training standards to the point that they attrite potential quality Pre-CDQC candidates.

4. QUALIFICATION CRITERIA. Commanders will certify training of prospective cadets to ensure they are able to meet the Cadet Command established criteria (Enclosure 4).

5. RESPONSIBILITIES:

a. Cadet Command.

(1) Proponent for CPFT and primary facilitator for the initial coordination between MACOM's, Army Training Requirements and Resources System (ATRRS), and host installations for Army training.

(2) Draft a Memorandum of Agreement (MOA) between Cadet Command, Western Region, and 1<sup>st</sup> SFG(A).

(3) Directorate of Leader Development (DOLD) coordinates orders and tickets for cadet travel to attend CDQC class 004-04 and 005-04.

(4) Provide 30 allocations for cadets to attend training.

(5) Request through USASOC a Dive Medical Technician for support from 17-27 May 2004.

(6) Reserve CDQC allocations in ATRRS within 45 days of CDQC class 003 and 004.

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(7) Provide Western Region list of cadets who will attend Pre-CDQC **NLT 1 May 04**.

b. Western Region.

(1) Host Pre-CDQC training at Fort Lewis, WA.

(2) Coordinate and provide all support requirements IAW the training resources requirement spreadsheet developed by DOLD, Cadet Command.

(3) Provide administrative and personal actions support to the cadre during Pre-CDQC training from 15-29 May 2004.

(4) Prepare and coordinate orders and tickets for travel of cadets attending CDQC class 003-04 only.

c. Regions.

(1) Provide Combat Diver qualified cadre (Enclosure 3) to assist with Pre-CDQC training at Fort Lewis, WA on 17-27 May 04. Operations NCO's must forward names to LTC Bolden NLT 15 Apr 04 at [boldenwl@monroe.army.mil](mailto:boldenwl@monroe.army.mil).

(2) Establish an Order of Merit List (OML) using the aforementioned qualification criteria for cadets interested in attending the Pre-CDQC training.

(3) Provide Cadet Command with a validated list of cadet names for Pre-CDQC training **NLT 21 Apr 2004**.

d. Brigades.

(1) Establish an OML using the aforementioned qualification criteria for cadets attending the Pre-CDQC training.

(2) Provide Region HQ a validated list of cadet names for Pre-CDQC training **NLT 15 Apr 2004**.

e. Battalions.

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(1) Establish an OML using the aforementioned qualification criteria for cadets attending the Pre-CDQC training.

(2) Prepare orders and tickets for travel of cadets and cadre to the Pre-CDQC training location and return.

(3) Prepare and coordinate orders and tickets for travel of cadets attending CDQC class 004.

(4) Provide Brigade the validated memorandum of cadet(s) name(s) **NLT 9 Apr 2004**.

6. COORDINATING INSTRUCTIONS.

a. Students will report to Pre-CDQC training with medical records and HALO/SCUBA or Air Force Class III Flight physical (Enclosure 2). **Cadet Command will not pay for physicals done outside of a military treatment facility.**

b. The Pre-CDQC NCOIC will maintain training records on each cadet throughout training. At the conclusion of training, a recommendation signed by the Pre-CDQC OIC /NCOIC outlining each student's readiness to attend CDQC will be forwarded to DOLD, Cadet Command and the cadet's Region Headquarters.

c. Cadets must report with all required items IAW the enclosed packing list (Enclosure 1) to include medical records, current SF 88, and SF 93 or DD 2807-1.

d. Cadets must report ready to train. All required administrative and personal actions should be complete prior to reporting. Missed training events will result in relief from the course.

e. Pre-CDQC training is a very physically and mentally demanding course as is the CDQC. It is in the best interest of the school and ultimately the responsibility of the individual to come prepared and in excellent physical condition.

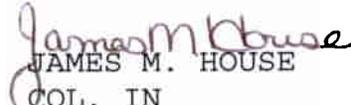
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7. Point of Contact for this memorandum is LTC Bolden at (757)  
788-4589 or DSN 680-4589; email: [boldenwl@monroe.army.mil](mailto:boldenwl@monroe.army.mil).

FOR THE COMMANDER:

4 Encls

  
JAMES M. HOUSE  
COL, IN  
Director, Leader Development

## Pre-CDQC Training Certification

1. Cadet \_\_\_\_\_ meets the below pre-requisites to attend the Cadet Command Pre-CDQC.

a. Maintain a cumulative GPA of 3.0 or higher during the training semester/quarter.

b. Score a 270 or above with 90 points in each event in the 17-21 year age group on the Army Physical Fitness Test (APFT) to include 7 pull-ups and a twenty foot rope climb IAW FM 21-20 and AR 611-75.

c. Pass the pre-requisite swim test IAW the Test Administrator Guide (TAG) and Student Score Sheets to include:

(1) 500m swim using the side stroke or breast stroke.

(2) 50m underwater swim on a single breath of air.

(3) 20lb clump retrieval in 9 feet of water.

(4) 2 minute tread water with hands and ears out of the water.

d. Successfully complete all pool stress events IAW the Test Administrator Guide (TAG) and Student Score Sheets:

(1). Drown proofing.

(2). Weight belt swim.

(3). Knot tying.

(4). Equipment recovery.

e. Meet the height and weight standards as outlined in AR 600-9.

f. Meet medical fitness standards IAW AR 40-501 (Paragraph 5-9) within 12 months prior to the start date of the scheduled CDQC.

PMS SIGNATURE: \_\_\_\_\_

PRINTED NAME: \_\_\_\_\_

UNIVERSITY: \_\_\_\_\_

**Cadet Command Diver Qualified Instructors**

MSG (P) Richard Klein, Dive Supervisor, University of Arizona  
MAJ (R) Paul Buechner, Combat Diver, CalPoly Technical Institute  
MAJ Pat Leslie, Combat Diver, Davidson  
MAJ Bailey, Dive Supervisor, University of Florida

**Cadet Command Combat Diver Qualified Cadets**

CDT Richard W. Martinson, Saint Johns University  
CDT Justin C. Grant, Purdue University  
CDT Tyler J. Jensen, Brigham Young University  
CDT Matthew Lommel, North Dakota State  
CDT Alex Newsom, Santa Barbara  
CDT Scott Zolendziewski, University of Massachusetts  
CDT Jordan Burfield, Combat Diver, University of Wisconsin (Madison)

### CDQC Physical Checklist (SF88 or DD2807)

1. The following is a checklist of SF88 or DD2807 physical requirements for individuals participating in Pre-CDQC training.

- Date, within 2 years
- Clinical evaluation review for any boxes checked abnormal
- Valsalva
- DRE Guaic
- Neurological Exam: cranial nerves, serial 7's, heel toe walk, Romberg, gait, heel to shin, Muscle Strength-Left and right, deltoid, biceps, triceps, grip, toe raise, heel raise, knee ext., knee flex.
- Dental class 1 or 2
- UA Specific Gravity GLU, PROT
- CXR
- RPR
- EKG within 1 year of date on physical
- HIV
- HCT, HGB, WBC, Sickledex, CHOL
- Vision corrects to 20/20
- Color Vision
- Hearing 500-2000HZ  $\leq 35$ , 3000HZ  $\leq 45$ , 4000HZ  $\leq 55$
- Statement "I have no fear of heights, depths, darkness, or enclosed spaces."
- Qualified/Not Qualified checked
- DMO/HMO stamp
- Review all blocks, check for any disqualifying conditions.**

2. Point of Contact is MSG (P) Richard K. Klein at 520-626-6179 or [kleinrk@u.arizona.edu](mailto:kleinrk@u.arizona.edu).

**ARMY ROTC Pre-CDQC  
Minimum Required Packing List**

- Army PFU 3 complete sets
- Black nylon running shorts 2 pair recommended
- Running shoes, lace type 2 pair (daily rotation recommended)
- White athletic socks (must cover ankle w/no stripes or logos) 6 pair
- BDU, no metal insignia 3 pair
- Jungle “flop” hat 1
- Watch, waterproof (G-Shock type) 1 (for diving use in CDQC)
- UDT Shorts 2 pair (minimum)  
(with standard OD name tape sewn on the right front leg, centered 1" above the bottom edge)
- Brown T-shirt 8  
(with last name stenciled in black letters across the front chest area and also across shoulders on the back in the standard 1" military font)
- Calculator, hand held 1
- Loose-leaf notebook w/pens and pencils 1
- Alarm clock (wind-up or battery operated) 1
- Padlock (key or combination) 1
- Neoprene wet-suit booties (side-zip best) 1 pair minimum/2 pair recommended
- Aqua Lung “Atlantis II” mask 1 (if available)
- Black Parkway, Scuba Pro “Jet” or Aqua Lung “Rocket” fins 1 pair (if available)
- Toilet Articles As necessary
- Shower shoes 1 pair
- Towels (Brown issue type preferred) 3
- Linen is not provided for Pre-CDQC; recommend a poncho liner or light blanket and sheet w/camping pillow
- Large refillable bottle and “Gatorade” type mix for ready availability during all training events
- Non oil-based sun screen
- Civilian clothes (need to be kept to a minimum; intended for travel purposes)
- Military ID (if issued)
- Military duffle / Aviator’s kit bag 1
- **Current Marine Diving physical** (SFUWO DMT from Key West will review for completeness, identify shortcomings, and validate for DMO approval.)

Cadets should bring enough money for personal items. Coin operated laundry facilities are available at TAMU during the training period for cadet use vicinity the student barracks. Laundry facilities are also provided at the SFUWO School. The Naval Exchange (NEX) is available at the NAS, Key West for student use on weekends.