

**LIGHT ARMORED RECONNAISSANCE CHECKLIST  
MOS-SPECIFIC PHYSICAL STANDARDS  
ASSESSMENT CHECKLIST**

UNIT: \_\_\_\_\_

DATE: \_\_\_\_\_

**EVENT: VEHICLE CASUALTY EVACUATION**

**MOSs:** 0303, 0313

**T&R EVENT(s):** 0313-LAO-1004

**CONDITION:** Given a tactical vehicle, associated equipment, and crew, conduct the functional movement similar to a clean and press to simulate lifting a casualty into the bed of MTRV.

**STANDARD:** With an Olympic barbell, perform a single ground to overhead lift of 115lbs wherein the elbows are momentarily locked out.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D par 5b(1), pg D-2)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D par 6a, pg D-3)

YES NO

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3. Did the instructor ensure that all participating students wore the appropriate utility uniform with blouse removed? (NAVMC 3500.16B, Append D par 5a, pg D-2)

YES NO

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4. Did the instructor properly observe momentary lock out of the elbows and a controlled descending motion?

(NAVMC 3500.16B, Append D par 6a(3d) , pg D-4)

YES NO

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5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6a, pg D-3; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: TOWBAR LIFT**

**MOSs:** 0303, 0313

**T&R EVENT(s):** 0313-LAO-1005

**CONDITION:** Given associated equipment, conduct the functional movement similar to a deadlift to simulate lifting and holding a towbar in place for vehicle recovery operations.

**STANDARD:** With an Olympic barbell, perform a single deadlift with a total of 150lbs and hold at knuckle height for 30 seconds.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D, par 5b(1), pg D-2)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D, par 6c, pg D-5)

YES NO

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3. Did the instructor ensure that all participating students wore the appropriate utility uniform with blouse removed? (NAVMC 3500.16B, Append D, par 5a, pg D-2)

YES NO

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4. Did the instructor properly observe a proper deadlift with a full 30 second hold at the top? (NAVMC 3500.16B, Append D, par 6c(3), pg D-5)

YES NO

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5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6c, pg D-5; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: MK-19 LIFT**

**MOSs:** 0303, 0313

**T&R EVENT(s):** 0300-TVEH-1001

**CONDITION:** Given a requirement to load or unload a tactical vehicle with weapons conduct the functional movement similar to a clean and press to simulate required movements associated with weapon's mounting upon a tactical vehicle.

**STANDARD:** Perform a single lift of a mock-up MK19 from ground to overhead, wherein the elbows momentarily lock out.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D, par 5b(3), pg D-2; NAVMC 3500.44C, Append F, par 6a(4), pg F-3)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D, par 6e, pg D-6; NAVMC 3500.44C, NAVMC 3500.44C, Append F, par 6a, pg F-3,4)

YES NO

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3. Did the instructor properly observe momentary lock-out of the elbows and controlled descent motion of the mock-up MK-19? (NAVMC 3500.16B, Append D, par 6e(3), pg D-6, 7; NAVMC 3500.44C, Append F, par 6a(5), pg F-3,4)

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4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6e, pg D-6; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: GROUND CASUALTY EVACUATION**

**MOSs:** 0303, 0313

**T&R EVENT(s):** 0300-MED-1001, Performance Step 1

**CONDITION:** Given a casualty, while wearing a fighting load and carrying a service rifle, conduct the functional movements to simulate evaluating a ground casualty while receiving fire.

**STANDARD:** Beginning in a prone firing position, when given the command, sprint 25 meters to simulated casualty weighing 214 pounds (165 lb. casualty, 40 lb. weight vest, and 9 lb. modular tactical vest), and evacuate casualty 25 meters in 54 seconds or less with minimal interruption to the mission.

**EVENT COMPONENTS:**

1. Did the instructor ensure the appropriate distance of 25 meters was measured prior to conducting the event? (NAVMC 3500.16B, Append D par 6b(1), pg D-4; NAVMC 3500.44C, Append F, par 6b(1), pg F-4)

YES NO

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2. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D par 5b(4), pg D-2,3 NAVMC 3500.44C, Append F, par 6b(4), pg F-4)

YES NO

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3. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D par 6b, pg D-4; NAVMC 3500.44C, Append F, par 6b, pg F-4,5)

YES NO

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4. Did the instructor ensure that all participating students wore the appropriate fighting load, and carried the service rifle while executing the event? (NAVMC 3500.16B, Append D par 5a, pg D-2 NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6b, pg D-4; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: DISASSEMBLE/REASSEMBLE M242 25MM GUN**

**MOSs:** 0303, 0313

**T&R EVENT(s):** 0313 WPNS-1001

**CONDITION:** Given a LAV-25 disassemble and assemble the M242 25mm Automatic gun by manipulating the receiver and feeder at shoulder height while sitting. LAV crew uniform and PPE will be worn.

**STANDARD:** From a sitting position while wearing the LAV crew uniform and PPE, remove the feeder and break the receiver, then replace and lock the receiver followed by replacement of the feeder in a time limit of 2 minutes and 24 seconds.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D, par 5b(2), pg D-2)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D, par 6d, pg D-6)

YES NO

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3. Did the instructor ensure that all participating students wore the appropriate fighting load, utility uniform, and were carrying a service rifle while executing the event? (NAVMC 3500.16B, Append D, par 6c, pg D-7)

YES NO

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4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6d, pg D-6; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: CROSS A WALL**

**MOSs:** 0303, 0313

**T&R EVENT(s):** 0300-MOUT-1001

**CONDITION:** While wearing a fighting load and carrying a service rifle, scale a 56" wall unassisted.

**STANDARD:** Using whatever technique necessary, move 5 meters and cross a 56" wall unassisted while maintaining all equipment. Two unsuccessful attempts to cross the wall constitutes a failure.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.16B, Append D, par 5b(5), pg D-3; NAVMC 3500.44C, Append F, par 6c(4), pg F-6)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.16B, Append D, par 6c, pg D-7; NAVMC 3500.44C, Append F, par 6c, pg F-6)

YES NO

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3. Did the instructor ensure that all participating students wore the appropriate fighting load, LAV crewman uniform, and PPE while executing the event? (NAVMC 3500.16B, Append D, par 5a, pg D-2; NAVMC 3500.44C, Append F, par 5a, pg F-2)

YES NO

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4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.16B, Append D, par 6c, pg D-7; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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