

**TANKS
MOS-SPECIFIC PHYSICAL STANDARDS
ASSESSMENT CHECKLIST**

UNIT: _____

DATE: _____

EVENT: VEHICLE CASUALTY EVACUATION

MOSs: 1802, 1812

T&R EVENT(s): 1802-GNRY-1011, 1812-GNRY-1008, Performance Step 5

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 3500.121 Ch 1, Append G, par 6f(4), pg G-7)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.121 Ch 1, Append G, par 6f, pg G-6, 7)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate Combat Vehicle Crewman uniform? (NAVMC 3500.121 Ch 1, Append G, par 5b, pg G-2)

YES NO

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

(NAVMC 3500.121 Ch 1, Append G, par 6f(5), pg G-7)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.121 Ch 1, Append G, par 6f, pg G-7, Training Command implementation Letter DTG 29 SEP 15)

YES NO

EVENT: TOWBAR LIFT

MOSSs: 1802, 1812

T&R EVENT(s): 1802-VOPS-1008, 1812-VOPS-1008, Performance Step 1

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

STANDARD: With an Olympic bar, 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 3500.121 Ch 1, Append G, par 6d(4), pg G-5)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.121 Ch 1, Append G, par 6d, pg G-5)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate CVC uniform? (NAVMC 3500.121 Ch 1, Append G, par 5b, pg G-2)

YES NO

4. Did the instructor properly observe a proper deadlift with a full 30 second hold at the top? (NAVMC 3500.121 Ch 1, Append G, par 6d(5), pg G-5,6)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.121 Ch 1, Append G, par 6a, pg G-3, 4; Training Command implementation Letter DTG 29 SEP 15)

YES NO

EVENT: MK-19 LIFT

MOSSs: 1802, 1812

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

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 3500.121 Ch 1, Append G, par 6c(2), pg G-5; NAVMC 3500.44C, Append F, par 6a(4), pg F-3)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.121 Ch 1, Append G, par 6c(2), pg -G-5; NAVMC 3500.44C, Append F, par 6a, pg F-3,4)

YES NO

3. Did the instructor properly observe momentary lock-out of the elbows and controlled descent motion of the mock-up MK-19? (NAVMC 3500.121 Ch 1, Append G, par 6c(2), pg G-5; NAVMC 3500.44C, Append F, par 6a(5), pg F-3,4)

YES NO

4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.121 Ch 1, Append G, par 6b, pg G-4,5, Training Command implementation Letter DTG 29 SEP 15)

YES NO

EVENT: GROUND CASUALTY EVACUATION

MOSSs: 1802, 1812

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 3500.121 Ch 1, Append G, par 6d(1,2), pg G-5; NAVMC 3500.44C, Append F, par 6b(1), pg F-4)

YES NO

2. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.121 Ch 1, Append G, par 6d(1,2), pg G-5; NAVMC 3500.44C, Append F, par 6b(4), pg F-4)

YES NO

3. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.121 Ch 1, Append G, par 6d, pg G-5; NAVMC 3500.44C, Append F, par 6b, pg F-4,5)

YES NO

4. Did the instructor ensure that all participating students wore the appropriate fighting load, and carried the service rifle while executing the event? (NAVMC 3500.121 Ch 1, Append G, par 6d(1,2), pg G-5; NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.121 Ch 1, Append G, par 6b, pg G-4,5, Training Command implementation Letter DTG 29 SEP 15)

YES NO

EVENT: OPEN TC OR VC HATCH

MOSs: 1802, 1812

T&R EVENT(s): 1802-VOPS-1002, 1812-VOPS-1005, Performance Step 2

CONDITION: Given a tactical vehicle, open the Tank Commander's hatch of a M1A1 tank.

STANDARD: Beginning in a seated position in the TC station, grasp the TC hatch and using one hand, press upward to open the hatch and secure it in a time limit of 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 3500.121 Ch 1, Append G, par 6a/b(4), pg G-3)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.121 Ch 1, Append G, par 6a/b, pg G-3,4)

YES NO

3. Did the instructor ensure students were wearing the proper CVC uniform with appropriate PPE? (NAVMC 3500.121 Ch 1, Append G, par 5c, pg G-2)

YES NO

4. Did the instructor ensure the students completed the event in the time limit of 30 seconds?

YES NO (NAVMC 3500.121 Ch 1, Append G, par 6a/b(3), pg G-3,4)

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.121 Ch 1, Append G, par 6a/b, pg G-3; Training Command implementation Letter DTG 29 SEP 15)

YES NO

EVENT: BATTERY LIFT

MOSSs: 1802, 1812

T&R EVENT(s): 1802-VOPS-1007, 1812-VOPS-1007, Performance Step 3

CONDITION: Conduct the functional movement similar to a clean and press to simulate the crew task of loading a battery onto the back of a tank.

STANDARD: Beginning in an erect or crouched down position, with feet flat on the ground and shoulder width apart, lift the mock up battery from the ground to break the plane of the chin and lower back to the ground in one fluid motion to simulate installation. This will be performed 3 times in a time limit of 1 minute and 50 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 3500.121 Ch 1, Append G, par 6c(4), pg G-4)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.121 Ch 1, Append G, par 6c, pg G-4)

YES NO

3. Did the instructor ensure students were wearing the proper CVC uniform with appropriate PPE? (NAVMC 3500.121 Ch 1, Append G, par 5c, pg G-2)

YES NO

4. Did the instructor ensure the students completed the event in the time limit of 1 minute and 50 seconds? (NAVMC 3500.121 Ch 1, Append G, par 6c(3), pg G-4)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.121 Ch 1, Append G, par 6c, pg G-4; Training Command implementation Letter DTG 29 SEP 15)

YES NO

EVENT: LOAD TANK ROUNDS

APPLICABLE MOSs: 1802, 1812

APPLICABLE T&R EVENT(s): 1802-GNRY-1010, 1812-GNRY-1009, Performance Step 3

CONDITION: Perform the actions of a loader in a M1A1 tank crew by transitioning a 120mm round from the stowed position to the main gun breech in order to engage targets.

STANDARD: Load (1) 120mm round in (7) seconds or less.

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 3500.121 Ch 1, Append G, par 6e(4), pg G-6)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.121 Ch 1, Append G, par 6e, pg G-6)

YES NO

3. Did the instructor ensure that all students wore the appropriate crew uniform with personal protective equipment? (NAVMC 3500.121 Ch 1, Append G, par 5c, pg G-2)

YES NO

4. Did the instructor ensure the student utilized the proper preparatory commands and follow actions for loading the round? (NAVMC 3500.121 Ch 1, Append G, par 6e(5), pg G-6)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.121 Ch 1, Append G, par 6e, pg G-6; Training Command implementation Letter DTG 29 SEP 15)

YES NO
