

Special Forces Combat Diver Qualification Course

(CDQC)

ATRRS SCHOOL CODE: 331

Course Code: 2E-SI/ASI4W/011-ASIW7

Course Duration: 6 Weeks (30 training days)

1. COURSE INFORMATION

a. **PURPOSE.** Train select US Army Special Forces, other US SOF, DOD, foreign military, and US Government personnel as combat subsurface and surface infiltrators.

b. **SCOPE.** Students are trained in specialized physical conditioning, waterborne operations to include day and night ocean subsurface navigation swims, day and night team infiltration dives, deep dives, search dives, diving physics, physiology and injuries, cardiopulmonary resuscitation, marine hazards, tides and currents, US Navy dive tables, submarine lock-in/lock-out familiarization, closed-circuit and open-circuit dives, surface swims, small boat operations, and a course culmination situational training exercise (STX).

c. **GENERAL.** The Special Forces Underwater Operations (SFUWO) committee conducts the Combat Diver Qualification Course (CDQC), Combat Diving Supervisor Course (CDSC), and Combat Diving Medical Technician Course (CDMTC) and serves as the Army's Subject Matter Experts (SME) in developing special operations under and overwater doctrine and programs of instruction. The SFUWO committee is designated as Company C, 2nd battalion, 1st Special Warfare Training Group (Airborne) located on Fleming Key, Trumbo Point Annex, NAS Key West, Florida. This course has a maximum/optimum class size of 48 and minimum class size of 20. Class size is dependent on instructor availability in order to meet required 3:1 student to instructor ratio.

2. STUDENT PREREQUISITES.

Students must meet the following prerequisites prior to attending CDQC:

a. **MUST BE.** A male United States Special Operations Command Warrior assigned or on orders to an authorized combat diver position and be one of the following:

- 1) A commissioned officer who holds a SC in one of the following series: 11, 18, 60, 61, 62, or 65.
- 2) A warrant officer with MOS 180A (SF warrant officer).
- 3) An enlisted Servicemember in CMF 11, 18 or MOS 68W1.
- 4) A male military service academy or Reserve Officer Training Corps cadet.

b. **MEDICAL.** Meet medical fitness standards IAW AR 40-501, paragraph 5-9 (Standards of Medical Fitness) within 24 months prior to the start date of the scheduled CDQC.

- 1) Ensure that signed DD Forms 2807-1 and 2808 with all lab reports, EKG, and official CXR reads are sent to the SFUWO Diving Medical Officer (DMO) NLT 4 weeks prior to the course start date.
- 2) Use CDQC physical Exam checklist located at: <http://www.soc.mil/swcs/1stSWTGCourses.html>.
- 3) Must pass a hyperbaric chamber pressure equalization test (given during the first day of the course) IAW the requirements contained in AR 40-501, Chapter 5, paragraph 5-9w.
- 4) Submit all medical waiver requests through SWMG (A) at Fort Bragg, ATTN: Nancy Mosley, comm. (910) 396-7775 x253; email: nancy.mosley@ahqb.soc.mil.
- 5) Direct all medical questions to the SFUWO DMO at comm: (305) 797-2712; (305) 293-4154; e-mail: CDQCmedical@soc.mil.
- 6) Students are not allowed to self-medicate or treat other students while attending CDQC. This includes but is not limited to

over-the-counter medications and dietary supplements. All medications will be administered by the SFUWO medical staff. Students on prescription medications should include the prescription information to the SFUWO DMO when submitting the physical for review if not already annotated on the physical. During in-processing, students will be required to complete a DA Form 7349 to annotate any change in medical readiness status since the last physical. Future students should review this form prior to travel to ensure they do not have any disqualifying changes.

c. MARITIME ASSESSMENT COURSE (MAC). Complete an approved Maritime Assessment Course (MAC) within 180 days of CDQC start.

- 1) Required by USASOC Policy Letter 350-2-14 dated 140718 and the Letter of Intent MAC dated 140714.
- 2) Current MAC Handbook and Calendar are maintained by USASFC (A) G3 Training (Commercial: 910-432-2142; DSN: 239-2142) and located at <https://usasoc.soc.mil/usasfc/g3/trng/marops/default.aspx>.
- 3) Dive physical must be completed before MAC attendance.
- 4) MAC must be administered by validated instructors from a SFG (A) Divers Life Support Maintenance Facility, MODs (dive locker) and must follow the Special Forces Underwater Operations (SFUWO) MAC POI.

d. PRE-REQUISITE MEMORANDUM. Signed by the MOD NCOIC/OIC or first 0-5 in chain-of-command within 30 days of CDQC start date. A validated MAC Instructor must certify each candidate has accomplished the following:

- 1) CDQC APFT: 52 Pushups; 62 Sit-ups; 7 forward grip; dead hang; pull-ups; 2 mile run with a time of 14:54 or less; 5-mile run in 40:00 or less, 500 meter swim in ACUs and boots or booties (no time standard).
- 2) CDQC Pool Tasks: Two Minute Water Tread; 20 Lb. Clump Retrieval; 50 Meter Subsurface Swim; Weight Belt Swim (3x7min; 16 lb. wt. belt); Knot Tying; USN Drown-proofing; Equipment Recovery; 3000 Meter Surface Swim with a time of 90 min or less.
- 3) Perform a Valsalva maneuver and have no history or sign of an ear condition which may prevent clearing under pressure at CDQC.
- 4) Once re-certified, submit CDQC pre-requisite validation memorandum to USASFC(A) G3 Training, Maritime Operations PM signed and dated within 30 days of desired CDQC date.
- 5) If unable to meet this suspense, contact USASFC (A) G3 Training to request extension. Names from this memorandum will be verified by USASFC (A) G3 Training (Commercial: 910-432-2142; DSN: 239-2142) and confirmed in the Army Training Requirements and Resources System (ATTRS). Names listed in ATTRS and not verified by memorandum will be removed and the unit notified.

e. WAIVERS

- 1) Any variation from the above standards requires a waiver from the Commanding General, USAJFKSWCS NLT 60 days prior to the course start date.

3. STUDENT INFORMATION

a. TRANSPORTATION.

- 1) Travel to and from Key West will be by commercial air or privately owned vehicle (POV). Students will not use POV's while attending the course.
- 2) Airline tickets. Parent units will provide students with airline tickets to and from the course location as per TDY travel

orders. Flights into Key West limit travelers to one check-in bag with a weight limit of 70 pounds and one carry-on bag. Travel from the airport should be by taxi to "the Army dive school on Trumbo Point." Make sure the taxi is able to get onto base. Students will not be allowed to leave the compound before 1200 on the graduation date. SFUWO will shuttle students to the airport. It takes approximately 20 minutes to get to the airport. Students should plan accordingly when scheduling departure flights.

- 3) Bicycles. Bicycles may be rented after the second week of training and will be the only available means of transportation during the course. Bicycle rentals should be authorized in your orders. The estimated cost for the bicycle rental is \$212.85 and coordination for rentals will be made by SFUWO during the course.
- 4) Directions to the Special Forces Underwater Operations compound, Fleming Key, Trumbo Point Annex, US Naval Air Station Key West, Florida: Take US 1 Overseas Highway to Key West. Make a right off of US 1/N. Roosevelt Blvd onto Palm Avenue Causeway. Travel over the bridge, make right at first stop light onto Ely St and enter the gate at Trumbo Point Annex, NAS Key West, FL. Make first left onto Chevalier Ave, continue with the road right then left onto Whiting Ave. Make first right onto Fleming Key Rd, pass the trailer park and go over the bridge. Make a right at T-intersection onto Mustin Rd and continue until you reach the SFUWO compound (approximately 1.75 miles). If gate is closed, call staff duty from the box.

b. REPORTING INSTRUCTIONS. Reporting. All students will report through the main entrance of Bldg KW-100 NET 0900 and NLT 2400 on the scheduled reporting date (usually Sunday). Lunch is the first meal provided on this day (1130-1300). Students will not be allowed on the SFUWO compound prior to the reporting date. Students will report to the S-1 NCO in Room 214 with the following:

- 1) Travel orders (DD Form 1610)
- 2) Hard copy of physical (DD Form 2807-1, DD Form 2808, all labs, EKG, and official CXR reads attached)
- 3) Hazardous duty orders for airborne operations
- 4) CDQC prerequisite validation memorandum
- 5) Copy of flight itinerary

c. BILLETING AND MESS. Students will be billeted in the Company C barracks NET the scheduled report date and NLT 1500 the day of graduation. Students arriving and departing from overseas assignments including foreign students as well as any other student arriving early and not leaving the day of graduation need to make lodging arrangements at the Navy Gateway Inns & Suites (BEQ/BOQ), Trumbo Point Annex, comm: (305) 293-4305/4118 or DSN: 483-4305/4118. Statements of non-availability will not be issued. Mess facilities will be provided at no cost to the students from the lunch meal of the reporting date to the lunch meal of the graduation date.

d. ADDITIONAL INFORMATION.

- 1) The combat diver physical fitness test (PFT) will be administered at 0500 on the course start date (usually Tuesday) and the 5-mile run administered on day two. These are must pass prerequisites for entrance into the course. Units are encouraged to have students travel on the day prior (Sunday) to the course report date (usually Monday) to ensure that the student is well rested for the PFT. Students arriving early need to make lodging arrangements detailed in paragraph b. BILLETING AND MESS.
- 2) Grooming. Students are expected to report for class within the standards outlined in AR 670-1 and maintain those

standards throughout the course.

- 3) If you travel with your personal computer, wireless internet is available in the student lounge (Bldg KW-500) for use during your leisure time.
- 4) It is imperative that all administrative actions or problems be settled with the student's parent unit prior to the student's departure from his home station.
- 5) The Combat Diver Qualification Course is physically and mentally demanding. It is the responsibility of the student and the student's unit to ensure that proper preparation has been made prior to arrival in Key West.

e. CLOTHING AND EQUIPMENT. Students will need the following items:

- Issued desert tan T-shirts (Cotton/No UnderArmour) **8 ea***
- ACU's **4 sets**
- Patrol cap **1 ea**
- Beret and patches **1 set**
- Boonie hat **1 ea**
- Military authorized boots **1 pr**
- Athletic shoes, lace type **2 pr**
- Neoprene booties or similar type footwear **1 pr**
- Camelbak type water system, 70 or 100 oz. **1 ea**
- Sunglasses, all black **1 ea***
- Thin dive gloves or mechanic type gloves, black **1 pr**
- Personal hygiene items for two weeks
- 1 Gallon clear water container (Arizona Iced Tea type, can be purchased in Key West)
- UDT swim trunks with standard OD nametape sewn or last name 1"stenciled on the right front leg (100% cotton or 65/35 Poly/Cotton blend acceptable) **2 pr**
- PT shorts (all black, nylon) **3 ea***
- Sweatshirt, (all black or military) **1 ea***
- Sweatpants, (all black or military) **1 ea***
- Issued wet weather top **1 ea***
- White socks **8 pr***
- PT Belt **1 ea**
- Approved rigger belt with V-ring for helo operations, black or tan **1ea**
- Waterproof watch **1ea, 2 RECOMMENDED**
- Pens/pencils as required
- Notebooks as required
- Basic calculator (no phones) **1 ea**
- Teva type sandal **1 pr RECOMMENDED**
- Body glide personal Lubricant **RECOMMENDED**
- GTC, personal debit card, cash/checks as required

*Note: All clothing worn during duty hours must be military in style. Clothing will be neat and clean in appearance.

f. CONTACT INFORMATION.

- 1) Staff Duty: 305-797-2699
- 2) Physicals and medical issues: comm (305) 797-2712, (305) 293-4154, e-mail: CDQCmedical@soc.mil
- 3) S-1 NCO: comm (305) 293-4150/4155, DSN: 483-4150/4155, e-mail: cannonce@ahqb.soc.mil
- 4) Operations Sergeant: comm (305) 293-4166/4189/4347, e-mail: carlsonc@soc.mil
- 5) Chief Instructor: comm (305) 293-4161, e-mail: dennis.emmons@soc.mil
- 6) LNO: comm (910) 643-6867/6866, e-mail: francis@ahqb.soc.mil

