

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. GENERAL 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 50 and minimum class size of 5.

2. STUDENT INFORMATION

a. **STUDENT PREREQUISITES.** Students must meet the following prerequisites prior to attending CDQC:

(1) Be one of the following:

a) A commissioned officer in one of the following series: 11, 18, 60, 61, 62, or 65.

b) A warrant officer with MOS 180A (SF warrant officer).

c) An enlisted Service member in CMF 11, 18 or MOS 68W.

d) A military service academy or Reserve Officer Training Corps cadet.

e) An officer or enlisted service member with an operational or training requirement.

(2) Must successfully complete the following:

a) Pass the combat diver PT test with a minimum of 52 pushups, 62 sit ups, 40:00 minute or less five (5) mile run, 7 forward grip pull-ups.

b) Meet medical fitness standards IAW AR 40-501 (Standards of Medical Fitness) within 24 months prior to the start date of the scheduled CDQC and 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) at divemed@socom.mil NLT 4 weeks prior to the course start date. Go to the company page on the USASOC portal for the CDQC physical exam checklist:

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<https://arsocportal.soc.mil/swcs/1swtg2bn/cco/C%20Co%20Documents/CDQC%20Physical%20Exam%20Checklist%20-%2001NOV12.docx>

c) Student must present a Memorandum For Record signed and dated NET 60 days prior to the course start date validating that the individual has met the minimum CDQC prerequisites. Memorandum can be signed by a Combat Dive Supervisor or the first LTC in their chain of command.

d) 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.

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

b. MEDICAL. 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. Direct all medical questions to the SFUWO DMO at comm: 305-293-4154, e-mail: divemed@socom.mil, or brett.ambroson@socom.mil

c. BILLETING AND MESS. Students will be billeted in the Company C barracks NET the scheduled report date and NLT 1800 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. Students must report to SFUWO with a meal card provided by their unit S1. If needed SFUWO S1 can provide an example of the Basic Allowance and Substance (BAS) recoupment memorandum/DA Form 4187.

d. 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. 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.

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(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.

e. REPORTING INSTRUCTIONS.

(1) Reporting. All students will report through the main entrance of Bldg KW-100 NET 0900 and NLT 1800 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:

- (a) Travel orders (DD Form 1610)
- (b) Hard copy of physical (DD Form 2807-1, DD Form 2808, all labs, EKG, and official CXR reads attached)
- (c) Hazardous duty orders for airborne operations
- (d) Commander's prerequisite validation memorandum
- (e) Copy of flight itinerary

f. CLOTHING AND EQUIPMENT common to all. Students will need the following items:

- Issued desert tan T-shirts (Cotton/No Under Armour) 8 ea*
- Military authorized boots 1 pr
- ACU/Multi Cam's 4 sets
- Patrol cap 1 ea
- Beret and patches 1 set
- Boonie hat 1 ea
- ALICE PACK (ruck sack) or MOLLE Pack preferred
- Athletic shoes, lace type 2 pr
- Neoprene booties or similar type footgear 1 pr
- Military Style 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

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- 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
- Toiletry Kit (for up to one week, to include soap)

MALE STUDENTS ONLY

Military issue briefs, underwear Brown or White 8 pr (80% cotton blend sold by Clothing Sales)

FEMALE STUDENTS ONLY

Sports Bras (No underwire, no clasp, and no hooks) minimum 8 pr sold by clothing sales in black or tan.

Sports underwear minimum 8 pr sold by clothing sales in black or tan.

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

g. CONTACT INFORMATION

(1) Staff Duty: 786-575-7145

(2) Physicals and medical issues: CPT Ambroson, Brett office, 305-293-4154, e-mail: brett.ambroson@socom.mil or divemed@socom.mil

(3) S-1 NCO: comm: SFC Davis, Ryan, office 305-293-4150
Ryan.m.davis22@socom.mil

(4) Operations Sergeant: OPS SGT, MSG Charles Akuna office 305-293-4166, email: akunac@socom.mil

h. ADDITIONAL INFORMATION

(1) The combat diver physical fitness test (PFT/5 mile run) will be administered at 0500 on the course start date (usually Monday). 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 to ensure that the student is well rested for the PFT.

(2) Grooming

(a) Male Students are expected to report for class within the standards outlined in AR 670-1 and maintain those standards throughout the course.

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(b) Female Students will have a haircut IAW Female Short Length standards in AR 670-1 prior to arrival. AR 670-1 defines a Female Short Haircut as, "hair length that extends no more than 1 inch from the scalp (excluding bangs). Hair may be no shorter than 1/4 inch from the scalp (unless due to medical condition or injury), but may be evenly tapered to the scalp within 2 inches of the hair line edges.

(3) 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.

(4) 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