

STEP-BY-STEP GUIDELINE FOR PST REQUEST

Active Duty / Reservist

It is recommended that applicants inform their chain of command via "Special request chit"

http://buperscd.technology.navy.mil/bup_updt/upd_CD/BUPERS/FORMS/PDF/Na13363.pdf to attend Basic Underwater Demolitions SEAL training.

I. Preparation:

A. Record Review: The NC worksheet must be completed and signed by the CCC and must be faxed to the PST Coordinator (619)437-2873 for processing.

<http://www.seal.navy.mil/seal/pdf/ncworksheet.pdf>

B. PST Request: After your NC worksheet has been submitted and your NC has received the confirmation, applicant must request the PST online:

http://www.swcc.navy.mil/seal/pst_request.asp, your request will not be processed if your NC worksheet has not been cleared. Your NC will receive a confirmation e-mail stating the receipt and approval for you to proceed with your PST request. Please allow a maximum of 5 business days for processing.

Note: 1. PST and interviews can be scheduled for deploying applicants during ships port visit.

http://www.seal.navy.mil/seal/pst_request.asp

2. Applicants serving overseas will follow the same process. http://www.seal.navy.mil/seal/pst_request.asp to schedule a PST in your area.

d. Upon receipt of the PST request PST coordinator will verify applicant eligibility. Your request will not be processed without the completed NC worksheet.

4. Failure of the PST

a. Failure (DNF): If an applicant fails any part of the test he may continue the test to measure his own physical readiness. Applicants will be required to **wait a minimum of 45 days before retesting.**

b. Training time out (TTO): All applicants that request a training time out will not be allowed to continue the PST due to the time constraints of the test. However, Applicants will be allowed to retake the test after 30 days. If a applicant requests 2 consecutive TTO's within a 90 day period he will be required to wait a minimum of 2 years from the date of his last PST TTO.

c. Drop on request (DOR): Applicants that DOR will not be allowed to continue the test and will be required to wait a minimum of 1 year before requesting a retest

Notes:

* No waivers/recommendations will be given for the failure of the PST

3. Interviews and Recommendation

a. Applicant will be interviewed, IAW MILPERSMAN 1220-150.

b. Interview requirement items:

(1) Uniform of the day

(2) Military ID

(3) Service record

**ASSEMBLING INITIAL TRAINING APPLICATION PACKAGE, IAW
MILPERSMAN 1220-210**

a. Report of Applicant Screening (PST) Results IAW
MILPERSMAN 1220-190

b. Medical Package

(1) SF-88 or DD Form 2807-1 (pages 1 through 3)

(2) SF-93 or DD Form 2808 (pages 1 through 3)

(3) BUD/S-SWCC medical screening questionnaire

c. NAVPERS 1616/26, Evaluation Report and Counseling
Record (E-1 Thru E-6) for previous 3 years including any
special or transfer evaluations.

d. Armed Services Vocational Aptitude Battery scores
as documented on NAVPERS 1070/604, Enlisted
Qualifications History.

e. Commanding Officer Comments. See MILPERSMAN 1220-
210, for comments and recommendations Commanding Officer
should include NAVPERS 1306/7.

Note: (1) All pre-approved waivers and wavier request and
must be included in package submission.

(2) Returning Candidates must include original PG.13
entry and 1070 explaining corrective ACTIONS taken before
returning to BUD/s (IE. Why were you disenrolled and what
have you done to correct your deficiency.

Email: james.whitmire@navy.mil

*You will experience a delay in your package being process
if items are missing. Please submit completed packages to
the SPECWAR Detailer

Fax or mail your completed package to:

SEAL

SPECWAR Assignments (PERS 401D)

5720 Integrity Drive. Millington, TN 38053-4070

Comm: 901-874-2716 or DSN: 882-2716

