

(7) **Maintaining eligibility:** Once enrolled, selected athletes are required to meet their Cadet age and gender specific minimums on each of the three events (i.e., points on each of the events: pushups, sit-ups, and alternate scored 2-mile run.). Selected athletes who fail to meet Cadet minimums on the subsequent retest will be removed from the RSCAP. These Cadets will be afforded adequate time for weight loss and conditioning, after which time they will be administered a 3-event APFT (pushups, sit-ups, and two-mile run) as prescribed in FM 21-20. Cadets failing to meet their Cadet age and gender specific minimums on this APFT will be subject to APFT retest procedures.

Selected athletes who voluntarily drop from a Varsity or Junior Varsity roster, or are dropped from the team due to a medical condition, and exceed screening guidelines from AR 600-9, The Army Weight Control Program, will be placed in the appropriate weight control program and will be subject to the provisions thereof. These Cadets will be given 90-days before a record 3-event APFT is administered by the PMS. The PMS will immediately inform the Brigade Commander upon releasing a selected athlete from RSCAP for whatever reason.

(8) **Removal from the program:** RSCAP athletes will be removed from the program no later than the end of the athletic season of their last academic year. Once removed from the program, former selected athletes, like all Cadets, must meet Army body composition standards, all Physical Program testing, and course requirements prior to graduation.

(9) **RSCAP and LDAC:** RSCAP Cadets must have a copy of the Brigade Commander's memorandum in the packet sent to LDAC. LDAC personnel will then use the modified 2-mile run scale for these Cadets.

(10) **RSCAP and other Army Schools:** RSCAP Cadets may not attend Army schools that perform height/weight evaluations as part of entry criteria. These include, but are not limited to; Airborne, Air Assault, and Sapper training.

(11) **Modified 2-mile run scale:** The male and female scales are available on Blackboard, under the APFT folder. The Cadet's weight is placed in the appropriate box, and the 2-mile run scoring scale is adjusted automatically based on that weight. This scale must be attached behind Cadet's APFT score card.

2-9. Water Training

a. All Cadets must pass both the Swimming Diagnostic Test and the Combat Water Survival Test (CWST) prior to attendance at LDAC and commissioning. Cadets who fail these tests may train to meet the swimming test requirements in a variety of ways such as through a university-sponsored swim course or through arrangements with off-campus facilities and organizations such as the YMCA, Red Cross-Level IV Instruction, on-base MWR facilities or through qualified cadre. These tests should be administered as early as possible in the Cadet life-cycle to allow early identification of and remediation for weak and non-swimmers.

b. **Swimming Diagnostic Test.** The swimming diagnostic test consists of swimming 10 continuous minutes using one or a combination of four strokes (backstroke, crawl stroke, sidestroke, or breaststroke) with no associated minimum distance followed by a minimum of 10

minutes of rest and concluding with the Cadet treading water for 5 continuous minutes.

c. CWST. CWST is validated at LDAC when support personnel are available and is a PME commissioning requirement. The CWST will be administered on campus before attendance at LDAC. If CWST is not validated at LDAC due to lack of support personnel, the on-campus CWST serves as validation. The CWST consists of a 15-meter swim in Army Combat Uniform (ACU), sneakers, load bearing equipment (LBE) with M-16; 3-meter drop from a diving board blindfolded with weapon and LBE, removing blindfold and swimming to side of pool without losing weapon; and equipment removal after entering the water in which the Cadet discards weapon and LBE and swims to side of pool. The CWST is then validated at LDAC. TC 21-21 outlines the safe conduct and standards for this training.

d. ROTC programs without swimming may request funding for external water training support. Subject to the availability of funds, Cadet Command will fund swimming lessons for contracted Cadets who fail the diagnostic swim test or the CWST and will fund non-contracted MS II Cadets who failed the diagnostic or CWST, if the PMS identifies the Cadet as having a high propensity to contract. This is only available if the program is without facilities for swimming lessons or incurs a cost to use those facilities. Funds must be requested through the chain of command to USACC G3 for approval.

e. Brigade commanders are the waiver authority for Cadets who do not meet either the Swimming Diagnostic Test or the CWST prior to attending LDAC. If waived by the brigade commander, then the brigade commander must then ensure that the swim requirement is met prior to commissioning. The CG USACC is the waiver approval authority for Cadets who are not able to pass the CWST prior to commissioning.

2-10. Field Training Exercise (FTX)

a. Battalions will conduct or participate in two FTXs per school year (one per semester fall and spring). Each FTX will last for a minimum of **24 hours** in duration; excluding travel time. Battalions are restricted to a maximum of **96 hours** of FTX time per school year. Waiver authority for this requirement is the brigade commander. The CG's intent is that the fall FTX is a battalion-level FTX that focuses on team and squad-level BOLC-A tasks and battle drills and to serve as a bonding/growing experience for all of the Cadets in the battalion. The CG's intent for the spring FTX is to conduct a joint FTX with at least two other battalion programs in a replicated LDAC environment with the focus towards preparing MSL IIIs for LDAC.

b. Where possible, battalions will train at active/reserve component military installations to take advantage of organic training resources at a reduced cost. Battalions will identify and obtain permission to train at local training facilities owned by the university, state/local government or private parties when military installations are not available or to supplement training conducted at military installations. The PMS will ensure that males and females are not billeted on the same floor / section of open-bay barracks.