

30-DAY TRANSFER PST

REF (a) MILPERSMAN 1220-220
(b) MILPERSMAN 1220-140
(c) MILPERSMAN 1220-170

I. 30-day Transfer PST screening

The activity transferring the candidate to initial training must verify the candidate's physical condition by having the candidate take the PST approximately 30-45 days prior to transfer to initial training. The PST will be administered by a designated screening activity IAW ref (b). Please visit the website for the updated list dates and location.

a. Candidates must request a Physical Screening Test via the online http://www.seal.navy.mil/seal/pst_request.asp form located on the SEAL/SWCC website (www.seal.navy.mil). Please include you class # and report no later than date.

Note:

a. **PST** and interviews can be scheduled for deploying candidates anytime ship is in port

b. Personnel serving overseas will need the contact the http://www.seal.navy.mil/seal/pst_request.asp to schedule a PST in your area.

c. "A" school candidates must should request the 30-day screening PST prior to going on leave and before transferring to BUD/s or SWCC

d. Confirmation e-mail will be sent to candidate with the following information:

- (1) Date/Time
- (2) Location
- (3) Gear list

(4) PST Overview

II. Failure of PST IAW ref (a) (c)

a. The candidate will retest approximately 15 days prior to transferring. If candidate fails the re-test, the candidate's orders will be held in abeyance (suspension.) The PST results will be sent by message to PERS-401D for cancellation of the candidate's orders. You will be made available to your rating assignment detailer.

III. Candidate Awaiting Initial Training IAW ref (a)

a. Candidates who have met all application physical standards, but develop a disqualifying condition must notify NAVPERSCOM (PERS0-401D) by message.