



DEPARTMENT OF THE ARMY
HEADQUARTERS, AIRBORNE & RANGER TRAINING BRIGADE
10850 SCHNEIDER ROAD, BLDG 5024
FORT BENNING, GEORGIA 31905-4166

ATSH-RB

11 December 2019

MEMORANDUM FOR RECORD

SUBJECT: Command Team Ranger Course Preparation Letter

1. Commanders at all levels must ensure that Ranger candidates are in top physical condition and meet all entrance requirements prior to attending Ranger School. The Company Commander's Validation memorandum (Enclosure 1) is signed by the candidate's Company Commander, certifying the candidate's physical readiness, proficiency in common Ranger tasks, medical readiness, preparation of equipment, and completion of all required documentation.

2. General Prerequisites.

a. Enlisted applicants must have a standard GT (General Technical) score of 90 or higher in aptitude and 12 months or more active duty service remaining after the completion of the course IAW AR 614-200. Ranger training is available on a voluntary basis only for enlisted Soldiers who are E-3 and above.

b. Physical Readiness. Students must arrive at Ranger School prepared to successfully complete the Ranger Assessment Phase (RAP). RAP week is the first four days of the Ranger Course and assesses an individual's physical readiness to participate in Ranger training. Critical physical events during RAP week include the Ranger Physical Assessment (RPA), Combat Water Survival Assessment (CWSA), a land navigation test, and a 12-mile foot march. Students who do not successfully complete RAP week will be released from training and returned to their units. Students must train for the cumulative effects of the physical events during RAP Week to increase their chances of graduating.

c. Ranger Task Training. Students must arrive at Ranger School prepared to successfully complete Ranger Task Training (RTT). RTT is conducted within RAP week and assesses an individual's technical ability to operate key weapons systems and equipment in order to participate in Ranger training. Only students who successfully complete RTT will remain in training.

d. Commander Certification. Commanders must certify their Soldiers on the common Ranger tasks and physical requirements within 90 days of the Soldier reporting to the Ranger Course (Enclosure 1). Ranger candidates not certified by their sending unit commander, or failing to provide a memorandum of certification, will not be admitted to the Ranger Course.

e. Commander's should not send their Soldiers to attend Ranger School on a timeline. Their attitude should be that they are here until the mission is complete and the only mission is to earn the Ranger Tab. Ensure that all personal business is coordinated before attending so they can maintain focus.

3. Medical Readiness.

a. Medical fitness standards are Physical examination standards are IAW AR 40-501, Chapter 2, and 5-3; AR 40-502, Chapter 4-13; DA PAM 40-502, Chapter 6-3h, and 6-5; and DODI 6130.03, Section 4 and 5. Examination performed as per Chapter 5 and Chapter 6 of DA PAM 40-502. All medical requirements and information including the Medical Screening Form, Physical Exam checklist (Enclosure 4) with required laboratory and diagnostic testing, waiver forms, acclimatization guide, and other pertinent information are available on the ARTB website at the following link: <http://www.benning.army.mil/infantry/ARTB/StudentInformation/Medical.html> (under the "Medical Information" tab).

b. Medical conditions that are disqualifying for admittance into the Ranger Course are those requiring the use of chronic medications or regular surveillance, conditions that are on-going without resolution, or any condition that would make the Soldier non-deployable IAW Army Regulations. Female Students may choose to utilize birth control, with the following methods authorized: Intrauterine Devices (Mirena and ParaGard only), Birth Control Pills, Patch and Implant (Nexplanon). Female students using birth control will be required to bring a 6 month supply.

c. Previous Hot Weather Injuries are prohibited from attending classes between April-October. Previous Cold Weather Injuries are prohibited from attending Ranger classes between October-April.

d. All students are required to provide a copy of the forms listed below. They should NOT bring their original medical records.

(1) Any Waivers. Personnel who do not meet medical fitness standards IAW current regulations may request waiver consideration from the ARTB Physician Assistant. Contact the Brigade PA at (706) 544-6674.

(2) DD 2801-1 (Report of Medical History) and DO 28808 (Report of Medical Examination), complete, signed by a Physician (MD or DO), dated within 18 months of their reporting date for attendance at Ranger. Copies of laboratory results may be

attached if they are not written on the DD 2808. Examinations performed by a Physician Assistant MUST be co-signed by a Physician.

(3) Memorandum from the Dental Clinic stating that the student is Class 2 Dental and has a current Panorex on file. Dentist signature MUST be on the DA 2808.

(4) LASIK/PRK waivers are only required if the surgery was performed within three months of the course start date.

4. Other Information.

a. Students are not required to be Airborne qualified, but are encouraged to attend the Airborne Course prior to attending the Ranger Course.

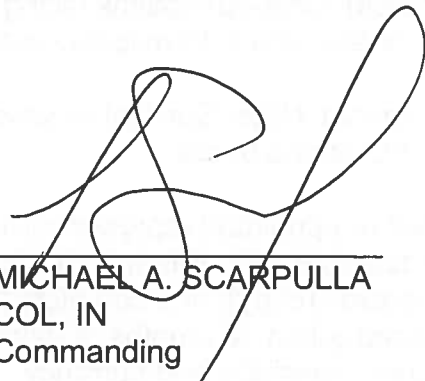
b. No security clearance is required to attend the Ranger Course.

c. No additional active duty service obligation (ADSO) is incurred by active Army commissioned officers for attending the Ranger Course.

5. The POC for this memorandum is the Brigade Senior TAC at (706) 544-6413 or the Brigade Physician Assistant at (706) 544-7520.



ERIC J. BUONOPANE
CSM, USA
ARTB Command Sergeant Major



MICHAEL A. SCARPULLA
COL, IN
Commanding

Encl 3

1. Company Commander's Validation
2. Ranger Prerequisites/Task Training
3. Ranger PE Checklist



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EXAMPLE

MEMORANDUM FOR RECORD

SUBJECT: Company Commander Validation of Ranger Course Prerequisites

6. The below listed individual(s) have been tested and found proficient in the attached Ranger tasks.

Doe, John	SGT	xxx-xx-6789
Buck, Joe	SGT	xxx-xx-9876

7. These Soldiers have also passed the following physical qualification tests within 90 days of reporting to Ranger School.

f. Pushups (minimum 49 repetitions in two minutes). Sit-ups (minimum 59 repetitions in two minutes). Chin-ups (palms facing the body, minimum six repetitions). Five mile run in 40 minutes or less and a 12 mile foot march in 3hrs or less.

g. Combat Water Survival Assessment consisting of equipment removal and 15-meter swim in ACUs and boots.

8. Myself or appointed representative has inspected and confirmed that the above listed Soldier departed with all items and equipment on the Ranger School Packing list, complete health records (copy), or a completed Medical Screening Form Ranger Qualified Physical Exam dated within 18 months of day one of Ranger School, and current Panorex or statement of Panorex availability and currency.

9. (Inspector must be SGT or above) SFC Pyle, Gomer, Platoon Sergeant, A Co, 1-24 Infantry inspected and confirmed the above Soldier had all required documents and equipment listed above.

10. The POC for this memorandum is the undersigned at (xxx) xxx-xxxx, or company.commander.mil@mail.mil.

COMPANY COMMANDER
CPT, IN
Commanding

Enclosure 2 Ranger Prerequisites

Enclosure 2 (Common Task List) to Commander's Validation of Ranger School Prerequisites	
Ranger Task Training (RTT)	
Individual Task Number	Task Title
	RTT #1: Clear Load, Reduce Stoppage, Unload, and Clear an M240
071-025-0003	Load an M240B/M240L Machine Gun
071-025-0004	Unload an M240B/M240L Machine Gun
071-025-0005	Correct Malfunctions of an M240B/M240L Machine Gun
	RTT #2: Maintain an M240
171-122-1012	Perform Operator Maintenance on an M240 Series Machine Gun
	RTT #3: Clear, Load, Reduce Stoppage, Unload, and Clear an M249
071-COM-4027	Load an M249 Machine Gun
071-COM-4028	Unload an M249 Machine Gun
071-COM-4029	Correct Malfunctions of an M249 Machine Gun
	RTT #4: Maintain an M249
071-COM-4025	Maintain an M249 Machine Gun
	RTT #5: Communicate by Tactical radio
171-300-0063	Operate the Single Channel Ground and Airborne Radio System (SINCGARS) Advanced System Improvement Program (ASIP) Radio
	RTT #6: Place MBITR into Operation
113-100-1138	Operate Multi-band Inter/Intra Team Radio (MBITR)
	RTT #7: Employ/Recover an M18A1 Claymore Mine
071-325-4427	Employ an M18A1 Claymore Mine
071-325-4426	Recover an M18A1 Claymore Mine
Land Navigation	
Individual Task Number	Task Title
071-COM-1006	Navigate from One Point on the Ground to another Point while Dismounted
071-329-1009	Convert Azimuths
071-329-1004	Determine the Elevation of a Point on the Ground Using a Map
071-329-1014	Locate an Unknown Point on a Map and on the Ground by Intersection
071-329-1015	Locate an Unknown Point on a Map and on the Ground by Resection
071-329-1018	Determine Direction without a Compass
071-COM-1008	Measure Distance on a Map
071-COM-1011	Orient a Map Using a Lensatic Compass
RANGER APFT	
Push-Ups	Minimum 49
Sit-Ups	Minimum 59
5 Mile Run	Maximum Time of 40 minutes
Chin-Ups	Minimum 6, Palms Facing Inward
Combat Water Survival Assessment	
40' Log Walk Rope Drop	(capable)
75' Suspension Traverse	(capable)
Equipment Removal/15m Swim	Remove FLC/wpn, swim 15m with uniform(ACU/OCP) and boots (verified)
Foot March	
Foot March 12 miles with rucksack weighing a minimum of 35lbs (dry weight) and Ranger's individual load in 3hrs or less	



ARTB School Physical Exam Checklist IAW AR 40-501 chap 8-12

PASS YOUR PHYSICAL!

Check your physical exam. Do not assume it was done correctly.

It is your responsibility to make sure all these blocks, labs, and studies are completed.

ANY DEFICIENCY BELOW WILL PROHIBIT YOUR ENTRANCE INTO SCHOOL ON DAY-ZERO.

	Ranger		Airborne	
	34 or younger	35 or older	34 or younger	35 or older
REPORT OF MEDICAL HISTORY DD FORM 2807-1 (3 Pages)	X	X	X	X
Name and SSN completed on every page by service member	X	X	X	X
Blocks 1-29 completed by service member	X	X	X	X
Block 30 a, b & c completed by examiner	X	X	X	X
REPORT OF MEDICAL EXAMINATION DD FORM 2808 (3 Pages)	X	X	X	X
Name and SSN completed on every page by service member	X	X	X	X
Blocks 2-15 completed by service member	X	X	X	X
Blocks 1, 16-42, 44, 45-58, 72b, 73, 74 a & b, 77, 78, & 81 a & b completed by examiner	X	X	X	X
Exam must be dated within 18 months Ranger; 5 years for Airborne of course start date	X	X	X	X
Blocks 43, 83 a & b completed by dentist (Must be Category 1 or 2)	X	X	X	X
Blocks 59, 61, & 63 completed by optometry (<i>per AR 40-501, Chap 5-3g</i>)	X	X	X	X
Block 71 completed by audiology or attached DD Form 2216E (H2 or H3 Require Waiver)	X	X	X	X
Physical Exam is qualified for "Airborne/Ranger Training/School" (block 74a)	X	X	X	X
MD/DO Signature (block 81 a & b if exam was completed by MD/DO) (block 84 a & b if exam was conducted by a PA)	X	X	X	X
ARTB schools physical examination lab requirements (documented on DD Form 2808)				
Urinalysis (block 45 a & b)	X	X	X	X
Urine HCG (females only) (block 46)	X	X		
HIV with results and test date (within 2 years) (block 49)	X	X	X	X
Urine Microscopy (block 73)	X	X		
Sickledex (Sickle Cell screening) (block 73)	X	X		
Basic Metabolic Panel (BMP) or Fasting Blood Sugar (FBS) (block 73)		X		
Complete Blood Count (CBC) or H/H (block 73)	X	X		
Women's Readiness Guideline IAW OTSG/MEDCOM Policy Memo 09-031 (Block 73)	X	X	X	X
Electrocardiogram (ECG) (block 73)		X		X
Fasting Lipid Panel (block 73)		X		
Rectal Exam with Occult Blood (block 73)		X		
Additional Requirements				
Printed copy of ECG report		X		X
Printed copy of Hearing Examination (DD Form 2216E) (H2 or H3 Require Waiver)	X	X	X	X
Printed copy of waiver granted by ARTB Surgeon (if applicable)	X	X	X	X

COMMENTS:

1. It is highly recommended that you take this checklist to your TMC when you report for your examination.
2. Ensure your provider checks Army Regulation 40-501 **CHAPTER 5-3, 5-4** and 2 for conditions that require a waiver.
3. If you are marked "DISQUALIFIED" for any reason, you must submit for a waiver through the ARTB Brigade Surgeon.
Guidance can be found on <http://www.benning.army.mil/infantry/rbt/StudentInformation.html>.
4. **Bring a complete copy of you DD2807-1 & DD2808 (6 pages) and everything listed in you in your additional requirements.**
5. **Leave a copy of everything with someone who can e-mail it for you on a weekend.**
6. **If you have any questions contact 4th RTBn Peney Aid Station at (706) 544-6965.**

DO NOT BRING ORIGINALS

DATED 01AUG2016