



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

ATSH-RB

19 September 2016

MEMORANDUM FOR RECORD

SUBJECT: Commander's Validation of Ranger Course Prerequisites

1. Commanders at all levels should ensure that Ranger candidates are in top physical condition and meet all entrance requirements prior to Zero Day. The Commander's Ranger Course Prerequisites Validation Memorandum (Enclosure 1) is signed by the candidate's Company Commander, certifying the candidate's proficiency in Common Ranger tasks, successful completion of the Combat Water Survival Assessment, overall Physical 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. Events during RAP week include the Ranger Physical Assessment (RPA), a land navigation test, 12-mile ruck march, and one obstacle course along with other strenuous physical activities. Students who successfully complete RAP week will remain in training. Individuals who do not successfully complete RAP week will be released from training and returned to their units. The bottom line is that over 55% of Students fail Ranger School before even getting to Darby Phase.

c. Common Task List. Commanders must certify their Soldier on the Ranger Common Tasks within 90 days of the Soldier reporting to the Ranger Course (Enclosure 2). 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.

d. Unauthorized items, as defined in the Ranger packing list, will not be stored by ARTB unless the student is TDY en route or OCONUS. Tobacco and caffeine products of any kind are forbidden and will be grounds for immediate dismissal from the Ranger course.

ATSH-RB

SUBJECT: Commander's Validation of Ranger Course Prerequisites

3. Medical Readiness.

a. Medical fitness standards are IAW AR 40-501, Chapters 2 and 5-3; the physical examination is performed IAW Chapter 8. All medical requirements and information including the Medical Screening Form, Physical Exam checklist (Enclosure 3) 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 AR 40-501. 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 precluded from attending classes between April-October. Previous Cold Weather Injuries are precluded from attending Ranger classes between October-April.

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

(1) Any Waivers. Personnel who do not meet medical fitness standards IAW AR 40-501, chapters 2 and 5-3 may request waiver consideration from the ARTB Physician Assistant. Contact the Brigade PA at (706) 544-6918.

(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.

ATSH-RB

SUBJECT: Commander's Validation of Ranger Course Prerequisites

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

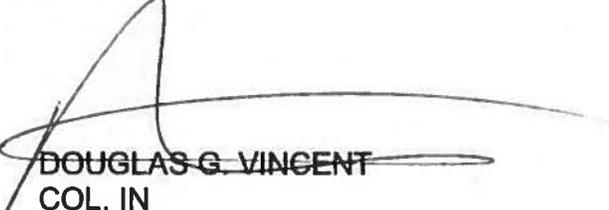
b. No security clearance is required to attend the Ranger Course.

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

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

Encl 3

1. Validation Memo
2. Common Task List
3. Ranger PE Checklist



DOUGLAS G. VINCENT
COL, IN
Commanding

Enclosure 1(Validation Memorandum) to Commander's Validation of Ranger Course Prerequisites



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

ATSH-RB

EXAMPLE

07 July 2016

MEMORANDUM FOR RECORD

SUBJECT: Company Commander Validation of Ranger Course Prerequisites

1. 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

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

a. Pushups (minimum 49 repetitions in two minutes), Sit-ups (minimum 59 repetitions in two minutes), Chin-ups (palms facing inward; minimum six repetitions), Five mile run in 40 minutes or less.

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

3. Myself or appointed representative has inspected and confirmed that the above listed Soldiers departed with all items and equipment on the Ranger School Packing list, complete health records (original or 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.

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

5. 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 (Common Task List) to Commander's Validation of Ranger School Prerequisites

Ranger Task Training (RTT)	
Individual Task Number	Task Title
	RTT 1: Load, Fire, Reduce Stoppage M240 MG
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
071-025-0007	Engage Targets with an M240B/M240L Machine Gun
	RTT 2: Disassemble and Assemble M240 MG
171-131-2009	Perform Detailed Disassembly / Assembly of the M240 Machine Gun
	RTT 3: Load, Fire, Reduce Stoppage M249 SAW
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
071-COM-4024	Engage Targets with an M249 Machine Gun
	RTT 4: Disassemble and Assemble M249 SAW
071-COM-4025	Maintain an M249 Machine Gun
	RTT 5: Put ASIP into Operation
171-300-0063	Operate the Single Channel Ground and Airborne Radio System (SINCGARS) Advanced System Improvement Program (ASIP) Radio
	RTT 6: Put MBITR Into Operation
113-100-1138	Operate Multi-band Inter/Intra Team Radio (MBITR)
061-275-8009	Operate an AN/PRC-148 Multi Band Inter/Intra Team Radio (MBITR)
	RTT 7: Employ and 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		
Sicklelex (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/rtb/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