



**NATIONAL GUARD BUREAU**  
**ARMY NATIONAL GUARD WARRIOR TRAINING BATTALION (AIRBORNE)**  
6901 ROSELL ROAD, BLDG 4165  
FORT BENNING, GEORGIA 31905-4500

ARNG-ODZ-WBN

17 MAR 25

MEMORANDUM FOR RECORD

SUBJECT: Army National Guard (ARNG) Air Assault Course Individual Assessment Plan (ISAP)

1. **Air Assault Course (AAC) overview:** The AAC is twelve days in duration consisting of In-processing Day, Zero Day, and ten days of AAC instruction. The AAC is conducted in three phases: Combat Assault Operations, Sling Load Operations, and Rappelling Operations. The AAC culminates with students conducting an Aircraft Rappel from an altitude of ninety feet above ground level and a twelve-mile foot march to be completed within three hours or less with a complete pre-designated packing list.

2. **In-processing Day:** During In-processing Day, students will arrive at NET 1200 hours the day prior and NLT 0900 hours on the report date of the course. In-processing uniform is OCPs. All students must meet Army height and weight standards on the day of in-processing. Failure to meet Army Height/Weight standards IAW AR 600-9 will result in the Soldier being denied enrollment in the course.

a. Administrative Documentation: The Following items are required to enroll and attend the ARNG AAC:

(1) WTC Form 100 (found on the WTBn (A) website)

(2) Individual Medical Readiness (IMR) Report. Soldiers can locate the IMR on [medpros.mods.army.mil/portal](https://medpros.mods.army.mil/portal) and click on the IMR report under the Forms.

(3) Three (3) copies of student orders, 1610, or Service School Worksheet (Service School Worksheet will be accepted from Fort Benning students only).

(4) **CADETS ONLY:** DD Form 2807-1 and DD Form 2808 signed by a provider within one year of the course start date. (NO EXECEPTIONS)

(5) Students that have a prior history of heat injuries will not be permitted to attend courses between the months of April to October at Fort Benning, GA.



**NATIONAL GUARD BUREAU**  
**ARMY NATIONAL GUARD WARRIOR TRAINING BATTALION (AIRBORNE)**  
6901 ROSELL ROAD, BLDG 4165  
FORT BENNING, GEORGIA 31905-4500

- (6) Students that have a prior history of cold injuries will not be permitted to attend courses between the months of October to April at Fort Benning, GA.
3. **Zero Day:** Students will be evaluated on their physical and mental stamina and participate in a uniform and packing list inspection.
- a. **Two Mile Run:** All students will complete a two-mile run in OCPs and running shoes in eighteen minutes or less.
  - b. **Obstacle Course:** All students will be required to successfully negotiate eight (8) of nine (9) obstacles to include two mandatory obstacles (Tough One and the Confidence Climb).
  - c. **Bag Layout:** All students will participate in Bag Layout which is identified as a uniform and equipment inspection of all packing list items.
  - d. All students must successfully complete all administrative in-processing and Zero Day events to be admitted into the AAC. Those students who fail to meet any portion of administrative or Zero Day events will not be admitted into the AAC and will return to their respective unit/command.
4. **Phase 1 - Combat Assault Operations:** Students receive instruction on the various aspects of Air Assault Operations. This includes Aircraft Orientation, Aircraft Safety, Aeromedical Evacuation, LZ/PZ Operations, Combat Assault, and Aircraft Hand and Arm Signals.
- a. Students will be administered three assessments during this phase. Failure to successfully pass any one of the assessments will result in being dropped from the AAC.
    - (1) **Six Mile Foot March:** On Day 2 of the AAC, students must complete a six-mile foot march with the prescribed packing list weighing approximately thirty-five to forty pounds (see packing list attachment). Students must complete the Foot march in ninety (90) minutes or less and meet a minimum fifteen minute per mile time standard. At the conclusion of the foot march, students will be inspected on uniform, equipment, and packing list. Students who fail to meet the standard on any portion of the foot march and inspection will receive a "No-Go" for the event and be dropped from the course.



**NATIONAL GUARD BUREAU**  
**ARMY NATIONAL GUARD WARRIOR TRAINING BATTALION (AIRBORNE)**  
6901 ROSELL ROAD, BLDG 4165  
FORT BENNING, GEORGIA 31905-4500

(2) Written Test: Students will be administered a fifty-question multiple choice written exam in which they must score a seventy percent (70%) or higher to pass.

(3) Hand and Arm Signals Test: Students must successfully perform seven out of ten hand and arm signals.

**5. Phase 2 - Sling Load Operations:** Students receive instruction on preparing, rigging, and inspecting common Army sling loads. Sling loads include but are not limited to the M1097 HMMWV, M1101 Light Cargo Trailer, Cargo Net, and the A22 Cargo bag.

a. Students will be administered three assessments during this phase. Failure to successfully pass any one of the assessments will result in being dropped from the AAC.

(1) Four-mile Run: On Day 4 of the AAC, students will complete a four-mile run. Students are required to maintain a nine-minute per mile time standard. If they cannot meet the time requirements, they will receive a "No-Go" for the event and be dropped from the course.

(2) Written Test: Students will be administered a fifty-question multiple choice written exam in which they must score a seventy percent (70%) or higher to pass.

(3) Hands-on Evaluation: Students will be tested on their ability to successfully identify three out of four preparation and/or rigging deficiencies on four common Army sling loads. They will have two minutes for each sling load.

**6. Phase 3 - Rappelling Phase:** Students will receive instruction on basic rappelling skills. These skills include tying a hip rappel seat, hook-up techniques, lock-in procedures, belay procedures, and basic combat rappelling. Students will conduct multiple rappels from a rappel tower culminating with a rappel from a US Army rotary wing aircraft.

a. Students will be administered six assessments during this phase. Failure to successfully pass any one of the assessments will result in being dropped from the AAC.



**NATIONAL GUARD BUREAU**  
**ARMY NATIONAL GUARD WARRIOR TRAINING BATTALION (AIRBORNE)**  
6901 ROSELL ROAD, BLDG 4165  
FORT BENNING, GEORGIA 31905-4500

- (1) Students must tie a hip rappel seat within 90 seconds or less with zero deficiencies.
- (2) Students must successfully hook up a dual rappel rope within 15 seconds or less.
- (3) Students must successfully conduct a hollywood (no equipment) rappel while executing three brakes.
- (4) Students must successfully conduct a hollywood lock-in rappel.
- (5) Students must successfully conduct a semi-combat rappel with kit and rifle while executing three brakes.
- (6) Students must successfully conduct a hollywood rappel and perform belay procedures utilizing a US Army rotary-wing aircraft.

**7. 12 Mile Foot March:** On Day 10 of the AAC, students must complete a twelve-mile foot march with the prescribed packing list weighing approximately thirty-five to forty pounds (see packing list attachment). Students will be required to make an overall time of three hours or less and meet a minimum fifteen minute per mile time standard. At the conclusion of the foot march, students will be inspected on uniform, equipment, and packing list. Students who fail to meet the standard on any portion of the foot march and inspection will receive a "No-Go" for the event and be dropped from the course.

**8. Standards of Conduct:**

- a. Students will be required to perform various roles as part of the student chain of command. Military customs and courtesies, physical fitness, and military appearance and bearing are stressed and enforced throughout the course.
- b. All students will meet US Army appearance and inspection standards. All grooming standards will be IAW AR 670-1. Due to safety protocols, females will not use metal, plastic pins, or barrettes to secure their hair. Only soft securing devices are authorized. Females will not use cosmetics during duty hours. All students will keep fingernails trimmed and not exceeding the tips of their fingers. The AAC NCOIC will determine whether items, haircuts, or other devices are faddish.



**NATIONAL GUARD BUREAU**  
**ARMY NATIONAL GUARD WARRIOR TRAINING BATTALION (AIRBORNE)**  
6901 ROSELL ROAD, BLDG 4165  
FORT BENNING, GEORGIA 31905-4500

c. The AAC convening authority may release students for the following reasons:

- (1) Failing a retest on any assessment in any phase of the AAC.
- (2) Lack of Motivation (LOM): Students who request not to complete the AAC.
- (3) Medical Drop: Students injured and are deemed unable to continue by a medical professional and/or miss more than one hour of training due to their injury.
- (4) Missing more than one hour of training.
- (5) Failure to meet overall time standard, pace, or packing list inspection on any foot march or run.
- (6) Serious Observation Report: Students who commit an honor or integrity violation, disrespect to cadre or other students, failure to follow orders, or commit a major safety violation are subject to release at the discretion of the Battalion Commander.

d. The AAC cadre will counsel each student following the failure of any assessment. The schoolhouse will maintain a student evaluation packet outlining the student's performance. The student evaluation packet will include the test and retest results, and the six and twelve-mile results if applicable. If the student is released from the AAC, a copy of the student evaluation packet will be available upon the unit's request.

**9. Written and Performance Oriented Testing:** Prior to any testing, it is the student's responsibility to inform the test administrator if they are physically and/or mentally unable to perform the test at that time. If the minimum score is not achieved on any test, students will receive one hour of additional training and be given one opportunity to conduct a retest. Physical assessments are not authorized an additional assessment.

**10. Recycle:**

a. Reinsertion Period: Students who fail the AAC at any phase are given up to six months to reinsert into that phase of the AAC. This means they can try again within this time frame without starting the entire course over.



**NATIONAL GUARD BUREAU**  
**ARMY NATIONAL GUARD WARRIOR TRAINING BATTALION (AIRBORNE)**  
6901 ROSELL ROAD, BLDG 4165  
FORT BENNING, GEORGIA 31905-4500

b. Completion Within Six Months: If a student fails to successfully complete the AAC within the six-month window of reinsertion, they will have to start from the beginning, referred to as "Zero Day."

c. Completion at Another Accredited School: Alternatively, a student may choose to complete the AAC within six months at another accredited US Army Air Assault Course. This option allows the student to transfer to another institution offering the same course, provided they meet all necessary requirements and present supporting documentation.

d. Supporting Documentation: To re-enter the course within the six-month window, the student must provide all necessary supporting documentation. This documentation is the original drop slip with wet signature from the original course. Copies will not be accepted.

**11. Appeals Process:**

a. All appeals will be initiated by the student at the time of the test in question.

b. The test administrator will hear the appeal and either approve or deny the appeal. If denied, the student can resubmit the appeal to the NCOIC.

c. The NCOIC will hear the appeal from the student and either approve or deny the appeal. If denied, the student can resubmit to the 1SG/CDR.

d. The NCOIC will brief the 1SG/CDR on the appeal and the previous reasons for denial. The 1SG/CDR is the final decision on appeals.

12. I certify that I was counseled on the above standards, conduct, and expectations while attending the ARNG AAC. I understand the reason that will constitute immediate release from the course as outlined in the standards listed above.

---

Signature

Print

Date