U.S. NAVAL
SEA CADET CORPS
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Physical Readiness Test (PRT) Home Proctoring Guide

All in-person sea cadet activities have been temporarily suspended due to the COVID-19 pandemic, but the sea cadet program continues, and cadet success is important to us. Effective immediately, the official PRT can be proctored at home and results sent to the unit for PRT credit. This guide introduces the parent/guardian to the PRT and gives tips for conducting an official PRT at home. For complete instructions, be sure to read the entire PRT Administration Policy found here.

The USNSCC requires regular completion of the PRT because it encourages a culture of physical fitness, simulates an important aspect of military life, and ensures that every cadet is physically able to safely participate in most USNSCC drills and NHQ-approved trainings. Every Sea Cadet and League Cadet must take and pass the PRT during the Spring and Fall cycle in order to satisfy the USNSCC physical fitness requirement of membership.

The PRT consists of 3 events, performed in this order: Curl-ups, Push-ups, and 1-mile run. The PRT must be completed as a single uninterrupted evolution, on the same day.

Prior to the conducting the PRT, keep in mind the following safety/logistical considerations:

- Ensure that cadets are properly hydrated.
- Consider the weather conditions, such as extreme cold/heat or slippery field/course due to rain.
- Location should be generally safe and free of obstacles, uneven turf, steep inclines and declines, surface irregularities, and sharp turns. Exercise common sense and caution when selecting the PRT location.
- The location must be accessible to emergency vehicles.
- The official USNSCC Physical Training Uniform (PTU) should be worn with suitable footwear.
- Cadets should not carry or wear smartphones, portable music devices, earbuds, or jewelry, but a simple wristwatch for basic timekeeping is acceptable.
- Cadets should be free from illness or injury before taking the PRT.
- Cadets are encouraged to begin with a suitable warm-up such as **this one** used by the U.S. Navy.
- Cadets should end the PRT session with a proper cool-down that includes stretching.

Watch our **tutorial video** for additional instructions on how to conduct each exercise in the PRT.

There are three scoring categories:

- Satisfactory (minimum passing standards)
- Good
- Excellent

Anyone unable to achieve at least satisfactory scores on all three exercises during one PRT evolution has not passed the test and will need to retake the PRT the following month.

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TESTING CHECKLIST

The following checklist will help you conduct a successful Physical Readiness Test (PRT) for your cadet. If you have any questions, please contact your cadet's unit staff.

SEVEN EASY STEPS TO THE PRT: The PRT must be completed as a single uninterrupted evolution, on the same day, and in the following sequence (you can use this as a checklist:

[ ] Inspection of test location
[ ] Safety brief
[ ] Warm-up (10 minutes)
[ ] Curl-ups -- as many repetitions in ONE MINUTE
[ ] Pushups -- as many repetitions in ONE MINUTE
[ ] 1-mile run – suggested that you mark a 1/2 mile point as a turn-around spot or utilize a running app available on Google Play or the iStore.
[ ] Cool-down (10 minutes)

AFTER THE PRT IS COMPLETED: Once your cadet has completed the PRT, report the final scores to your cadet's unit as directed. They will need the following information:
OF CORRECT CURL-UPS: _____
OF CORRECT SIT-UPS: _____
ONE-MILE RUN TIME: Minutes: _____ Seconds: _____

AFTER REPORTING CADET SCORE: CONGRATULATIONS! You have now completed the PRT process. You have now participated in one of the aspects of the U.S. Naval Sea Cadet Corps program. One the current crisis has ended, we encourage you to talk with your cadet's unit about becoming a volunteer and if asked if you have experience, you can say, "I've conducted a successful PRT event."

*****THANK YOU FOR YOUR SUPPORT*****

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Physical Readiness Test (PRT) Verification Form

Instructions:

On the following page is a description of exercises to be performed. Be sure to consult the PRT Administration Manual for more detailed instructions.

An adult should witness and verify the cadet's scores and ensure that the cadet is executing each exercise properly, according to the description of the exercise. Please provide this form to your home unit or follow whatever procedures your home unit has established for collecting PRT scores.

Cadet Last Name: _____, Cadet First Name _____

Gender: M or F

Age: 10 11 12 13 14 15 16 17 18

Date test was administered: _____

Curl-up score (one-minute time limit): _____

Push-up score (one-minute time limit): _____

One-mile run time: _____

Witnessed/verified by (print name): _____

Witness Signature: _____

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DESCRIPTION OF EXERCISES

CURL-UPS:

Objective: To measure core strength/endurance by maximum number of curl-ups performed in **one minute**.

Proper form: Have the cadet lie on flat, level surface with knees bent and heels about 10 inches from buttocks. Partner holds feet. Arms shall be folded across and touching chest with palms of hands touching upper chest and shoulders, thumbs touching clavicle (collarbone). Do not grab the shirt. Keeping this arm position, the cadet curls his/her upper body up, touching elbows to thighs (anywhere between the knees and hips) while keeping hands firmly against the chest and shoulders. After touching elbows to thighs, the cadet returns to starting position, ensuring lower back and shoulder blades touch the deck. Repeat as many times as possible before the event ends.

Additional Rules: The cadet may rest in either the up or down position. The curl-up event ends when the cadet: lowers legs; lifts feet off deck; lifts buttocks off deck; fails to keep arms folded across the chest and/or lowers arms; or 30 seconds elapses between repetitions. Count only the number of *correctly performed* curl-ups performed in one minute. To start, when the cadet is in the starting position, the test administrator calls out a warning "Ready?" then announces the command of execution ("Exercise!" or similar). The cadet stops when the test administrator calls "stop" at the one-minute mark.

Curl-up Starting Position

Curl-up Repetition

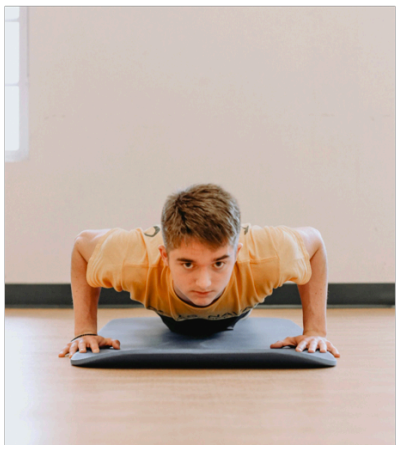
PUSH-UPS:
Objective: To measure upper body strength/endurance by maximum number of push-ups performed in **one minute**.

Proper form: Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the cadet must be entirely on the padding or off, i.e., cadet's upper body cannot be on the padding with feet off. Cadets will begin in the "up" position on the deck so that body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface. Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width. Feet will be no more than 12 inches apart.

Push-up Starting Position

The cadet shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck. The cadet pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows. The cadet may rest only in the "up" (starting) position, maintaining a straight line with shoulders, back, buttocks, and legs. Count only the number of correctly performed push-ups. Push-ups performed incorrectly shall not be counted.

Push-Up Repetition



Additional Push-Up Rules: Each cadet will perform as many correct repetitions as possible within one minute. The test administrator provides a suitable warning such as “Ready” and, when the cadet is in the starting (“leaning rest”) position, the command of execution is announced (“EXERCISE!” or similar). The push-up event ends when the cadet: touches deck with any part of body except hands and feet; raises one hand or foot off the deck; or fails to maintain proper body alignment. The cadet stops when the test administrator calls "stop" at the one-minute mark.

ONE-MILE RUN:
Instructions: To measure cardiovascular endurance by fastest time to cover a one-mile distance. The event consists of running or walking 1.0 mile as quickly as possible. Any combination of running or walking is acceptable to complete the event.

Procedures:
The test administrator will ensure that the course for the run is generally safe and free of obstacles, uneven turf, steep inclines and declines, surface irregularities, and sharp turns. Exercise common sense and caution when selecting the PRT location. The cadet will stand at the start line. The test administrator will issue the preparatory command of “READY, SET”, followed by the command of execution, “GO!” at the same time the timer will be started. If possible, call out the elapsed time at varying intervals. Time is recorded with a stopwatch to the nearest second.

Additional Run Rules: The run event ends when the cadet: completes the entire course; does not complete the entire course, in which case the run portion of the PRT will be scored a 59:59 in MAGELLAN and scored a “fail”; or takes a short-cut, which is considered cheating. In this case, the cadet has failed the entire PRT and is not eligible for a re-take under Section 1.06.

PRT SCORING STANDARDS

CADETS

(a) ***Satisfactory (Minimum Passing Standards)***

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	28	12	11:40	10	26	9	13:00
11	29	14	11:25	11	28	7	12:42
12	32	15	10:22	12	30	5	12:24
13	34	20	9:45	13	32	7	12:15
14	36	20	9:30	14	32	7	12:00
15	38	25	9:15	15	31	10	11:45
16	40	25	9:00	16	30	10	12:15
17/18	40	30	8:45	17/18	29	10	12:15

(b) ***Good***

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	35	14	9:48	10	30	13	11:22
11	37	15	9:20	11	32	11	11:17
12	40	18	8:40	12	35	10	11:05
13	42	24	8:06	13	37	11	10:23
14	45	24	7:44	14	37	10	10:06
15	45	30	7:30	15	36	15	9:58
16	45	30	7:10	16	35	12	10:31
17/18	44	37	7:04	17/18	34	16	10:22

(c) ***Excellent***

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	45	22	7:57	10	40	20	9:19
11	47	27	7:32	11	42	19	9:02
12	50	31	7:11	12	45	20	8:23
13	53	39	6:50	13	46	21	8:13
14	56	40	6:26	14	47	20	7:59
15	57	42	6:20	15	48	20	8:08
16	56	44	6:08	16	45	24	8:23
17/18	55	53	6:06	17/18	44	25	8:15