

# Personal Physical Fitness and Vision

**TASK BCM-02-02-AUX: Personal Physical Fitness and Vision**

**References**

a. *Merchant Mariner Medical Manual, COMDTINST M16721.48 (series)*

**Conditions**

Tasks may be performed at any time; ashore, at the dock, or underway. The candidate must accomplish the tasks without prompting or use of any other reference not part of this task. **Mentor shall have trainee complete this TASK during the PQS process ONLY to ensure trainee can complete the qualification process.**

**QE shall have trainee complete “physical fitness requirements” #1 of this TASK before and during any underway checkride or evaluations.**

**QE shall complete or verify doctor’s eye exam certificate timeline requirements in “vision requirements” #2 of this TASK prior to any underway checkride or evaluations.**

**Standards**  
The candidate must demonstrate the ability to perform the requirements set forth below.

Member Name:		Member Number:	
Performance Criteria			Completed (Initials)
1. Accomplish all physical fitness requirements as stated in table below:			
TASK,FUNCTION, EVENT, OR CONDITION:	RELATED PHYSICAL ABILITY:	THE MENTOR/QE SHOULD BE SATISFIED THAT THE AUXILIARIST:	
Routine movement on slippery, uneven, and unstable surfaces.	Maintain balance (equilibrium) and move with agility.	Has no disturbance in sense of balance. Has no impairment or disease that prevents or limits any of the movements and physical activities listed in this table.	_____
Routine access between levels. (If Applicable)	Climb up and down vertical ladders and stairways. (If applicable to the facility)	Is able to climb up and down vertical ladders and stairways, without assistance.	_____
Routine movement between spaces and compartments.	Step over high door sills and coamings. Work in constricted spaces and move through restricted openings.	Is able to perform the following, without assistance: Move around the facility safely.	_____
Stand a routine watch.	Stand a routine watch. Stand, walk and remain alert for extended periods of time.	Is able to perform the following, without assistance: remain awake and mentally alert while underway.	_____
React and respond to visual alarms, warnings, and instructions; emergency response procedures.	Maintain balance (equilibrium) and move with agility. Has strength and range to put on a personal flotation device.	The candidate is able to safely respond to any emergency and can safely accomplish any TASK in the qualification process with no physical limitations.	_____

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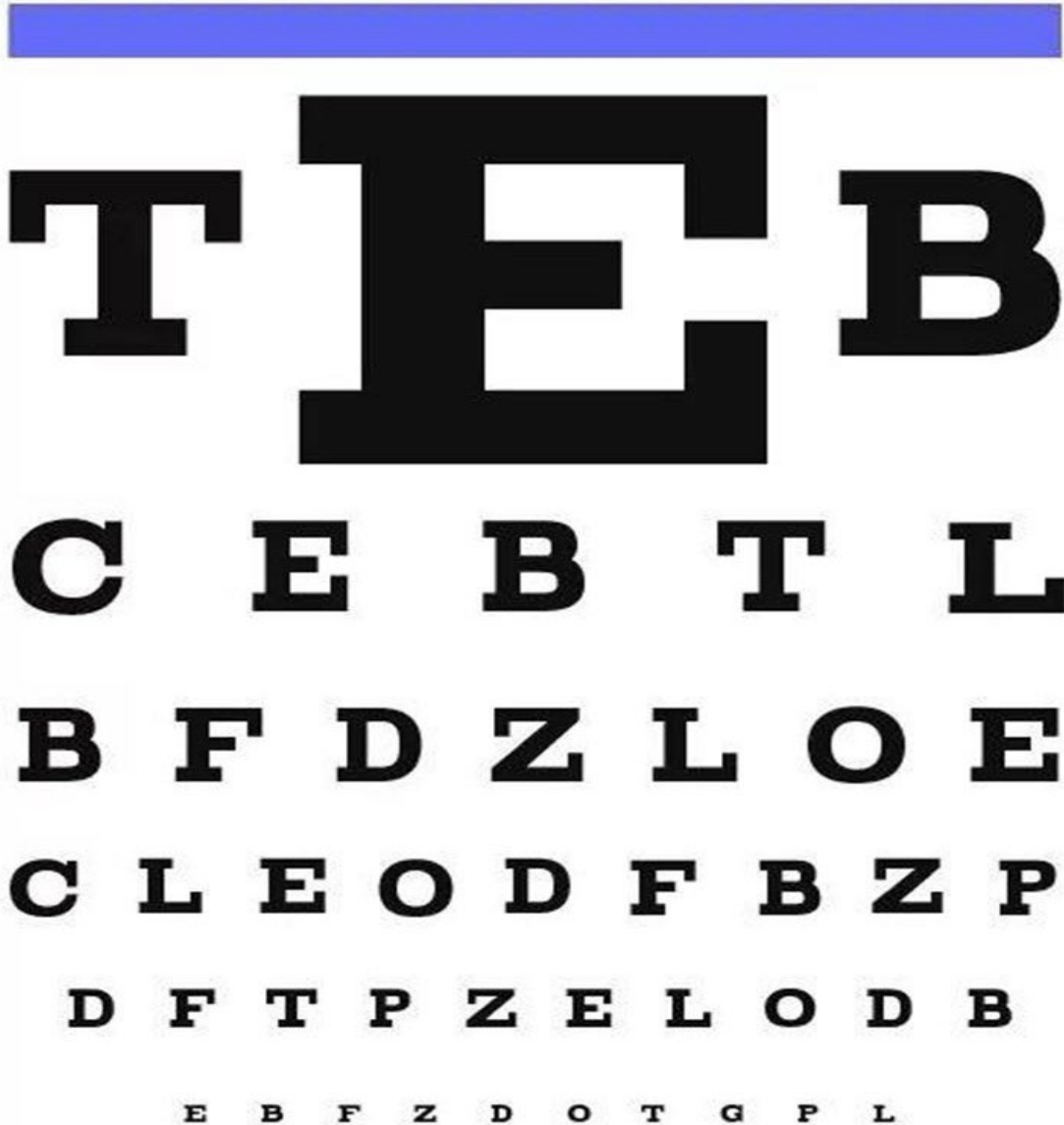
<b>Member Name:</b>		<b>Member Number:</b>	
<b>Performance Criteria</b>			<b>Completed (Initials)</b>
2. Accomplish all vision requirements as stated in table below:			
Distinguish objects or shapes at a distance.  See Note 1 below.	<b>A doctor's eye exam certificate (issued within the last 2 years of today's checkride date) may be used in lieu of this test. The certificate must state the candidate has been tested and their vision in each eye is 20/40 or greater. If needed, with corrective lenses. (Certificate may not be retained by the QE).</b>	For each eye, independently, using the associated PDF vision chart, at approximately 10.5 feet from the chart, the candidate must read line 3. If needed, corrective lenses may be worn.	_____
Distinguish colored navigational aids.  See Note 2 below.	<b>A doctor's eye exam certificate (issued within the last 2 years of today's checkride date) may be used in lieu of this test. The certificate must state the candidate has been tested and has normal color vision. (Certificate may not be retained by the QE).</b>	Candidate can distinguish red, yellow, white, and green colors using the associated color recognition chart.	_____
<p><b>Note 1:</b> Candidates who cannot distinguish objects or shapes are prohibited from participating in operations until member is further evaluated by a licensed ophthalmologist (MD or DO) or optometrist (OD). If member is determined to be legally blind in both eyes by a certified [eye] Doctor, then member is prohibited from participating as Crewmember, Coxswain, or PWC operator. A written attestation of approval by the certifying Doctor showing 20/40 or greater must be provided to the QE in order for the task to be signed off (written attestation may not be retained by the QE).</p> <p><b>Note 2:</b> Candidates who cannot distinguish the colors are prohibited from participating in operations until member is further evaluated for color blindness by a licensed ophthalmologist (MD or DO) or optometrist (OD). If member is determined to be color blind and color blindness cannot be correct by special eyewear, then member is prohibited from participating as Crewmember, Coxswain, or PWC operator. A written attestation of approval by the certifying Doctor must be provided to the QE in order for the task to be signed off (written attestation may not be retained by the QE).</p> <p>I certify the above information to be true and accurate.</p>			
<b>QE:</b>		<b>Date</b>	
<b>Comments</b>			

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## VISION CHART

Holding the chart approximately 10.5 feet away from the candidate, for each eye, independently, the QE will have the candidate read the **third** line from top. If needed, corrective lenses may be worn. If the candidate is unable to complete, see Note 1 in Performance Criteria #2.

**\*A doctor's eye exam certificate (issued within the last 2 years of today's checkride date) may be used in lieu of this test. The certificate must state the candidate has been tested and their vision in each eye is 20/40 or greater.**



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## **COLOR RECOGNITION CHART**

Ignoring the background, the QE will ask the candidate to:

Identify all the objects, from the chart below, which are: Yellow, Green, Red, or White. Color correction glasses may be used.

If the candidate is unable to identify the colors, see Note 2 in the Performance Criteria #2.

**\*A doctor's eye exam certificate (issued within the last 2 years of today's checkride date) may be used in lieu of this test. The certificate must state the candidate has been tested and has normal vision.**

