

Utah Constitutional Militia Tier 1 Competency Checklist

NAME: _____ Selected By: _____

Standard	Description	Date	Print Name of Certifier	Signature of Certifier
UCM 1-201-1	SERE			
UCM 1-201-2	COMINTEL			
UCM 1-201-3	RAPMAST			
UCM 1-201-4	PISTOL EXP			
UCM 1-201-5	ADVHAND			
UCM 1-201-6	RECON			
UCM 1-201-7	SMUTAC			
UCM 1-201-8	AERSURV			
UCM 1-201-9	AMB/COAMB			
UCM 1-201-10	UNCONWAR			

Gear Checklist:

- Harness
- Rappel Device
- Ascender
- Disguise Clothing
- Large Assault Pack
- Drone
- Smart Phone
- Gas Mask
- Portable HAM Radio
- In Ear Radio Receiver

Initial

Physical Requirement

- Run 5 miles in kit in 1 hour.
- March 15 miles in full kit in 8 hours
- 25 Push-ups in 5 minutes.
- 35 Sit-ups in 10 minutes.
- 15 Pull-ups in 5 minutes
- Carry 200 lbs 100 yards in 5 minutes
- Rappel with 100 lbs and lock off
- Ascend 100-foot rope with 100 lbs.
- Hold breath underwater for 2 minutes
- Swim 100m in 3 minutes
- Raise 25 pounds from 10 feet of water.
- Run 300m in 2 minutes.

Initial

To Be Completed By Command Only

Candidate Name: _____
 Has met all of the requirements to be instated as a Tier 1 member of the Utah Constitutional Militia and I have verified their training, gear readiness, and physical requirements and they have successfully completed selection. I hereby certify them as a Tier 1 as of this date _____.

_____ County Commander.