



## SO - Special Warfare Operator - SEAL

SEALs are named after the environments in which they operate, the Sea, Air and Land, and are the foundation of Naval Special Warfare combat forces. They are organized, trained and equipped to conduct a variety of special operations missions in all operational environments. Today's SEALs trace their history from the elite frogmen of World War II. Training is extremely demanding, both mentally and physically, producing the world's best warriors in the sea, air, and on land.

Qualifying for SEAL (SO Rating) in Delayed Entry Program is preferred and accounts for the majority of SEAL applicants in the Basic Underwater Demolition/SEAL (BUD/S) training pipeline. Candidates may also volunteer for SO (SEAL) during basic training at Recruit Training Center, or at any time during their enlistment prior to their 29th birthday.

NSW/NSO "Dive" Motivators, at RTC, give presentations on the Navy's NSW/NSO programs, conduct the physical screening tests, and assist interested Recruits with their applications at RTC.

A more stringent physical examination and medical screening is conducted at RTC. Recruit's entrance medical examinations will be reviewed for diving qualifications, and further physical screening tests will be given at the Recruit Training Command and at BUD/S. BUD/S training is physically and mentally demanding. SEALs receive extra pay for diving, parachuting, demolition, and special duty assignment.

**"Warrior Challenge Program information is available in COMNAVCRUITCOMINST 1130.8 SERIES"**

### WHAT THEY DO

- Conduct surgical military actions, while assigned to small tactical units with very unique capabilities.
- Conduct Direct Action and reconnaissance missions in support of Counter Terror Operations.
- All SEALs are trained to provide combat trauma medical support during all operations. However, SEAL trained Special Operations Medical Technicians receive additional specialized medical training.



### CAREER PATH AFTER RECRUIT TRAINING

Enlistees are taught the fundamentals of Naval Special Warfare through formal Navy schooling and on-the-job training. SEAL candidates attend four phases of training at Coronado, CA and various other locations.

School	Present Location	Approximate Training Time	Subjects	Training Methods
Naval Special Warfare Orientation (NSWO)	Coronado, CA	7 weeks	Prepare SEAL and SWCC candidates physically for First Phase and BCS.	All training throughout the BUD/S SEAL training pipeline is group/individual instruction, classroom, and practical instruction
Basic Underwater Demolition/School (BUD/S)	Coronado, CA	7 weeks	Prepare candidates for the crucible event "Hell Week" and the ability to perform as part of a team	All training throughout the BUD/S SEAL training pipeline is group/individual instruction, classroom, and practical instruction
BUDS/S 2 <sup>nd</sup> and 3 <sup>rd</sup> Phase	Coronado, CA	14 weeks	Physical conditioning, small boat handling, diving physics, basic open/closed circuit scuba, land warfare, weapons, demolitions, communications, and hydrographic reconnaissance	All training throughout the BUD/S SEAL training pipeline is group/individual instruction, classroom, and practical instruction
SEAL Qualification Training (SQT)	Coronado, CA	26 weeks	Core Naval Special Warfare tactical knowledge and skills needed to safely and effectively integrate into a SEAL Platoon	All training throughout the BUD/S SEAL training pipeline is group/individual instruction, classroom, and practical instruction

During a 20-year period, SEALs spend about 75% of their time assigned to operational Teams and 25% to NSW training/staff commands. Advanced training opportunities include: demolition, weapons, diving, communications, intelligence, Jump Master (Static Line/Military Free-Fall), foreign language, Scout/Sniper, and a variety of other advanced skills.

### WORKING ENVIRONMENT



SEALs perform Special Operations missions from fixed wing aircraft, helicopters, ships and submarines. They may be exposed to arctic, desert or jungle environments including survival in enemy controlled areas and all water conditions. They may also perform administrative and foreign training missions in a wide variety of climates throughout the world.



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### QUALIFICATIONS & INTERESTS



SEAL Challenge candidates must be mature, motivated, self-assured and self-confident, willing to follow orders and able to work under stressful and hazardous conditions. They must be in excellent physical condition and motivated to withstand the rigorous physiological demands imposed by the maritime environment. The ability to swim and withstand fatigue is a major factor in successful completion of the training. Other necessary characteristics needed are good study habits and learning skills, knowledge of arithmetic and basic algebra, mechanical skills and manual dexterity. Applicants must be U.S. citizens eligible for a security clearance.



### MANAGE A NAVY CAREER WITH NAVY LADR

See the Navy LaDR (**Learning and Development Roadmap**) for this rating:

SO [https://www.cool.osd.mil/usn/LaDR/so\\_e4\\_e9.pdf](https://www.cool.osd.mil/usn/LaDR/so_e4_e9.pdf)



### EARN COLLEGE CREDIT

The American Council on Education recommends that semester hour credits be awarded in the vocational certificate and lower-division bachelor's / associate's degree categories for courses taken in this rating on word processing or data entry applications and office management procedures. See the college credits available via a **Joint Services Transcript** for this rating:

SO [https://www.cool.osd.mil/usn/jst/so\\_jst.pdf](https://www.cool.osd.mil/usn/jst/so_jst.pdf)



### EARN DEPARTMENT OF LABOR (DOL) NATIONALLY RECOGNIZED APPRENTICESHIPS

The United Services Military Apprenticeship Program (**USMAP**) is a formal military training program that provides active duty and Navy Training and Administration of the Reserves (TAR) Service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while they are on active duty. The U.S. Department of Labor (DOL) provides the nationally recognized "Certificate of Completion" upon program completion.

Visit United Services Military Apprenticeship Program (**USMAP**) for apprenticeships:

<https://usmap.osd.mil/navyRatings.htm>



### EARN INDUSTRY RECOGNIZED CREDENTIALS

Navy COOL catalogs and defines comprehensive information on occupational credentials - including certifications, licenses, and apprenticeships - correlating with every Navy rating and some collateral duties. It provides "how to" instructions for pursuing these credentials, links to credentialing organizations, and cross-references to programs that help Sailors pay for credentialing fees. Shortly following the initial rating technical training (Class "A" technical school), Sailors may be able to take advantage of earning civilian/industry certifications & licenses (credentials), funded through Navy COOL.

### EARN SKILL SETS TOWARDS CIVILIAN RELATED OCCUPATIONS

The skill sets for this rating crosswalk to civilian related occupations listed by the U.S. Department of Labor. See Related Civilian, Federal and Military Sealift Command Occupations for this rating on Navy COOL.

**Visit the Navy COOL website:**

SO <https://www.cool.osd.mil/usn/moc/index.html?moc=so>



### EMPOWER YOUR CAREER PLANNING, DECISION MAKING, AND PROFESSIONAL GROWTH

MilGears is an online, self-assessment tool that guides users through a series of questions and selections regarding their military training, duty assignments, off-duty education, credentialing, and in-Service and post-Service goals. The resultant output of the tool provides users a personalized assessment of what civilian credentials and career pathways that may be immediately attainable and nearly attainable, how to fill any gaps, and next steps to accomplish their civilian credentialing and career pathways programs goals. The tool also shows users "best-fit" post-Service occupations and resources to explore those post-Service occupations.

For more information about MilGears – Powered by COOL, visit <https://milgears.osd.mil>

### DOWNLOAD THE NAVY COOL APP

Navy COOL App (iOS):

<https://apps.apple.com/us/app/navy-cool/id1053982994?ls=1>

Navy COOL App (Android):

<https://play.google.com/store/apps/details?id=com.tracen.navycool>



**Note:** Since Navy programs and courses are revised at times, the information contained on this card is subject to change.

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