

FLIGHT MEDIC COURSE WELCOME LETTER DETAILS

I would like to welcome you to Fort Rucker on behalf of the Dean of the U.S. Army School of Aviation Medicine (USASAM). Congratulations on being selected to attend the Army Flight Medic Course. This course is unique to military medicine and should prove to be an exciting educational opportunity. You will find the five weeks to be intense and demanding, encompassing a variety of topics from International Trauma Life Support (ITLS), Advanced Cardiac Life Support (ACLS), and Pediatric Education for Prehospital Professionals (PEPP), aerospace physiology to aerodynamics, and using our Medical Suite Trainers. The course also includes water survival skills and shallow water egress training (SWET), high performance hoist training, Altitude Chamber, and rotary wing flights. You will also experience hands on training with the state of the art aircraft and human patient simulators. Finally, you will participate in a culminating situational training exercise (STX) that will challenge you physically and mentally. In order to better prepare you for the course and answer frequently asked questions, copy and paste the link below to your internet browser window. [We suggest you pay close attention to the details listed there:](#)

<http://usasam.amedd.army.mil/fmc.htm#Welcome>

PRE-EXECUTION CHECKLIST: Complete the Pre Execution Check List (attached in this email) prior to your departure from your unit. Ensure you have everything you need to attend the FMC. **YOU WILL NOT BE ENROLLED IN THE COURSE WITHOUT A COMPLETED PRE-EXECUTION CHECKLIST WITH ITS ATTACHMENTS AND ALL APPROPRIATE SIGNATURES. THIS CHECKLIST WILL BE TURNED IN ON THE REPORT DATE (THE DAY BEFORE THE COURSE STARTS). FAILURE TO COMPLY WITH THIS WILL RESULT IN YOU NOT BEING ENROLLED IN THE COURSE AND SENT BACK TO YOUR UNIT.**

REFERENCE MATERIAL: To better prepare you for the course you will need to complete the following:

Access the ACLS student website, go to www.heart.org/eccstudent and enter the following code: compression

Print out the completion certificate and bring it with you.

Complete the ITLS Pretest and bring it with you, you will receive the answers when you arrive.

Use the link below and click on the study material tab located in the upper left hand corner. Pay particular attention to the drug cards, pharmacology and ECG interpretation power point lectures. This will help you prepare for the course.

<http://usasam.amedd.army.mil/fmc.htm#Welcome>

DISTANCE LEARNING (DL): After receiving this Welcome packet you should also receive an email stating you are allowed to complete self enrollment into the Phase I Distance Learning on the Blackboard website (some of you have already started DL). **You must complete this at least one week prior to your report date or you will be DROPPED from Phase 2.** If you do not receive a notification of enrollment contact the DL Manager at 334-255-7300.

ATRRS: We are currently in the process of updating the information on the ATRRS web page. **Do not go by the ATRRS print out in reference to course information.** All the information covered in this welcome letter is correct. If you have any questions about anything covered in the memo please contact the course NCOIC @ 344-255-3739.

The U.S. Army School of Aviation Medicine Flight Medic Course is not an MTSS funded course. What this means is we do **NOT** provide you with a barracks room or access to a dining facility. You will need a **government credit card or a TDY travel advance** to pay for your stay here as well as lodging, meals and incidentals. **If you arrive without a government credit card or travel advance you will be denied enrollment and sent back to your unit.** A statement of non availability for mess and lodging will be given to you at the end of the course. You will need transportation to get around Fort Rucker from the classroom and to the training area or anywhere else. A rental car is highly suggested (but not required) if you are not driving your POV. There is no bus service available to get you around. Active Duty Soldiers, before leaving your unit you must have a DA Form 31 bringing you to the flight medic course and taking you to your ultimate duty station (all on one leave form with Dates of the course in the remarks section). The School of Aviation Medicine will not provide you with one. **PRIOR TO DEPARTING YOUR UNIT, I WILL NEED YOU TO EMAIL YOUR Commander's and First Sergeant's Phone number and EMAIL AS SOON AS POSSIBLE. FAILURE TO COMPLY WITH THESE DETAILED INSTRUCTIONS IN THIS LETTER WILL RESULT IN YOUR SEPERATION FROM THE COURSE!**

ARRIVAL AT BILLETING: Lodging will be available to you through Picerne housing office. A block of housing has been reserved at Picerne Housing Ft Rucker, AL 36362; (334) 503-3644 and the email address is ruckerpicerne.com, and then apply for housing "apply now" tab located top right of web page. **You need to specifically request a room reservation with the Flight Medic Course. This must be done 4 weeks prior to your report date.** For on post housing you must arrive prepared to pay lodging costs on a monthly basis or with a travel advance to cover all expenses required for your time here during the course. Linen service will be supplied by Picerne Housing. If you have any questions pertaining to housing you can call the number listed above and ask for Either Tammy Sanders, Kimala Pringle or Vanessa Williams; they will be happy to answer any and all question you have. You will receive a conformation 3-4 days prior to your arrival with instructions on where you need to go, to ensure you receive this email when filling out your application give an email address that you regularly check.

ARRIVAL AT DOTHAN AIRPORT: Once you arrive at the airport, you can take a cab/rental car to Fort Rucker, AL 36362. Request a receipt from the cab driver so that you can claim this in your travel claim. Report to the location given in the confirmation email from Picerne housing.

WELCOME: Please bring three copies of your orders, proof of either government travel card or TDY advanced pay, copy of your signed DA 4186, enlisted record brief (ERB), and completed pre-execution check list with all attachments as we will be conducting the majority of your inprocessing at that time you will report in APFT uniform so that we can conduct a height and weight prior to your enrollment into the course. **Do not report to the SOLDIERS SERVICE CENTER, BLDG 5700.**

WEIGHT CONTROL AND PHYSICAL FITNESS: Students will be administered a weigh-in prior to the start of the course. The class will conduct regular PT and a Physical Fitness test (week 2). Each class member will be present for all PT sessions. Fort Rucker policy mandates all service members

participating in unit physical fitness training will wear the Army Physical Fitness uniform or service equivalent, to include running shoes and white socks. **During the fall and winter months, bring your complete Army PFU, including watch cap and black leather gloves.** Failure of either Weight Control or PT test will result in relief from the course.

FINANCE: Fort Rucker Finance and Accounting Office (FAO) **will not** service active duty personnel TDY and return or TDY enroute. Personnel desiring advanced travel pay or a government credit card must obtain it from their home station FAO prior to departure. Your lodging bill **MUST** be paid in full and show a zero balance on the receipt prior to out processing on graduation day.

PORT CALLS: If you are enroute to an overseas assignment you must have port call before leaving your losing installation. Regulation states that "Port Calls will be given by TDY site if a soldier attends a school for 30 days or longer". **The Flight Medic Course is over 30 days long however, we do not have a student detachment UIC so make sure that you have completed a port call before coming to the course.**

MEALS: During the course you should receive per diem for meals. You will receive a statement of non-availability while here.

DOCUMENTS: Bring the following items on the checklist:

- * 3 copies of TDY orders **(1610)**
- * **CURRENT** class III flight physical Original Documents. Your Initial FDME is valid for 18 months and must not expire during the course. If you have an Interim FDME, it must not expire during the course. Ensure you also have a spare copy of the physical. You must have a current physical to meet graduation requirements.
- * **CURRENT** BLS (CPR card), EMT-B/I/P (National Registry) -- must not expire before or during the course (not required for Navy).
- * Enlisted Record Brief (ERB). Have copies made for in-processing.
- * Original SGLI and DD93 if you are TDY Enroute and a copy of your SGLI/SGLV and DD93 if you are TDY and return.

ATTACHMENT: Students are attached to the United States Army Aeromedical Center (USAAMC) for the purpose of rations, quarters, administration, and UCMJ for the duration of the course. Students who are on PCS orders for overseas need to ensure they have their tickets or port call prior to departing their present duty station.

STUDENT TRAINING: Training schedules, students handouts, and books are issued during in-processing. The course has a physical training program. Be prepared to run distances at a minimum of 5 Miles. The schedule allows for little free time during normal duty hours. Students should conduct personal business during off duty hours. It is important that all personal affairs be completed prior to arrival. Students will not be excused from scheduled activities in order to conduct or complete personal business. Due to the attractions in the local area, many students elect to bring their POV. You are also reminded that if you choose to bring your POV, you will not be authorized in-and-around mileage while attending the Flight Medic Course.

APPEARANCE: Fort Rucker is a training post where strict adherence to standards of military courtesy and appearance is the norm. The standards prescribed in AR 670-1 will be enforced. Failure to maintain military appearance will result in elimination from the course.

MEDICATION USE/ALCOHOL OR DRUG ABUSE: No medication will be taken unless prescribed by a flight surgeon at Fort Rucker. If you are taking prescription medication, you need to bring it up to the attention of the course NCOIC. Army policy on Alcohol/drug abuse is outlined in AR 600-85. Alcohol or drug abuse is incompatible with aviation service and military service.

CLASS LEADER: The Class Leader will be selected Day One. Students should attempt to resolve problems with the class leader prior to seeking assistance from the instructors or the NCOIC.

UNIFORM: Duty uniform is ACU/A2CU or service equivalent. If you chose to wear the A2CU's you must have Army approved flight boots (Temperate Weather-Type II, Intermediate Cold Weather with removable liner-Type I and the Belleville Model 340DES are the only Authorized flight boots). Since Unit patches that Velcro onto the A2CU are not authorized please do not bring them if they have the Velcro on them (you are coming to the home of Army Aviation not your Unit area). Bring a swimsuit (**females** will only be allowed to wear a one piece swim suit) to wear under the flight suit during water survival training.

PACKING LIST: This is a suggested list of items to bring as a minimum:

THE ATTACHED PACKING LIST IS CURRENT AND RELEVANT FOR THE COURSE (DO NOT USE THE PACKING LIST POSTED ON THE COURSE WEBSITE AS IT IS CURRENTLY UNDER RENOVATION).

Class "A" Uniform (Service Dress Uniform) is REQUIRED for graduation. .

- * 1 pairs of boots
- * 2 sets of ACU's or service equivalent
- * ACU soft cap
- * ID Tags and ID Card (mandatory)
- * Swim suit (one piece for females only under the PT's)
- * Army PT uniform, complete or service equivalent (FOR THE SEASON).
- * Civilian clothes (at your discretion)
- * **Camel Back (mandatory) you will have this for every PT session**

IDENTIFICATION TAGS: ID tags are required by Army Regulation 95-1 for flight duties.

GLASSES: If you did not score at least 20/20 uncorrected visual acuity on your FDME, then you must wear glasses that correct your vision to 20/20. Contact lenses are not acceptable for flying duty. Any individual wearing glasses will need to bring them. You will not be fitted for "flight glasses" after you arrive. If a soldier has had the lasix procedure performed they will need to bring a copy of their local waiver along with them.

GRADUATION: Graduation is on the last day of the course. DO NOT schedule a departure airline reservation prior to 1400 on graduation day.

FORWARDING MAILING ADDRESS: Mail will be distributed daily (after 1330) when received from the hospital mailroom. Mail should be forwarded to:

Rank and Name

USASAM, FMC Class XX-XX

301 Andrews Ave

Fort Rucker, AL 36362-5377

CONCLUSION: The staff and faculty will do everything possible to make your stay comfortable, challenging, and memorable. We look forward to your arrival and to providing you with an exciting educational experience. We are committed to training dedicated and conscientious flight medics for Army aviation units. Your recommendations for any course modifications are welcome, and your active participation in the training is important. Please confirm the receipt of this letter by emailing the Flight Medic Course NCOIC at USASAM.FMC@amedd.army.mil, or you may call to DSN 558-3739, commercial (334) 255-3739. If unable to reach the NCOIC contact the Course Director at DSN 558-7803 or commercial at (334) 255-7803.