



WHO WE ARE

What is the United States Coast Guard?

The U.S. Coast Guard is one of the five armed forces of the United States and the only military organization within the Department of Homeland Security. Since 1790, the Coast Guard has safeguarded our nation's maritime interests and environment around the world.

What would I be doing?

There are many enlisted active-duty job fields you can choose from. Our 11 official missions include:

- Port & Waterway Security
- Drug Interdiction
- Aids to Navigation
- Search & Rescue
- Living Marine Resources
- Marine Safety
- Defense Readiness
- Migrant Interdiction
- Marine Environmental Protection
- Ice Operations
- Law Enforcement

Does the Coast Guard have officer opportunities?

YES. Find out more about the Coast Guard Academy, Officer Candidate School (OCS), Direct Commissioning Programs, and the College Student Pre-Commissioning Initiative (CSPI), by searching "active-duty" or "reserve officer" opportunities at GoCoastGuard.com.

COAST GUARD RESERVE



What opportunities are in the Coast Guard Reserve?

The Coast Guard Reserve is a force of nearly 8,100 specially trained people who serve the Coast Guard one weekend a month and two weeks a year. In the Coast Guard Reserve, you can continue both your civilian career and education while serving part-time. Reservists work alongside active-duty personnel, performing the same missions and jobs.

What are the qualifications to join the Reserve?

Generally, qualifications are the same as active duty except you can be between 17 and 40 years old.

What is a drill?

A drill is a period of inactive duty for training scheduled for the performance of personal training, military training or unit training. Most units schedule drills over one weekend each month, but you also have flexibility to spread drills throughout a month.

How many different jobs are in the Coast Guard Reserve?

There are many different enlisted reserve ratings you can choose from. Find them by searching "reserve opportunities" at GoCoastGuard.com. Aviation ratings are not open to reservists.

Does every Coast Guard unit offer part-time reserve opportunities?

NO. Some units only have billets for active-duty personnel. Reserve opportunities are available in many locations but are job and geography specific. Generally, the candidate should live within 100 miles of their unit.



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FREQUENTLY ASKED QUESTIONS



CRITERIA



TRAINING



BENEFITS

Is it difficult to join the Coast Guard?

Our qualification criteria is similar to other military branches. You must meet this criteria, as well as undergo a "whole person" evaluation. Your recruiter will work with you to complete a variety of forms to validate your eligibility.

Qualification Criteria:

- Be a U.S. citizen or a resident alien
- Be between the ages of 17-31 (*if no prior military service*)
- Have a high school diploma
- Pass the ASVAB with a minimum score of 36
- Meet height/weight and medical standards
- Have no more than three dependents (*spouse and children*)
- Pass a military entrance medical exam
- Pass a background check
- Pass a credit check
- Think of your meeting with your recruiter as a job interview.
- The evaluation may include but is not limited to your attitude, professionalism, honesty, respect, communication ability, work ethic and volunteer spirit.

Where do I get more information?

Visit GoCoastGuard.com for more general information about us. To contact a recruiter:

- Call your nearest recruiting office.
- Email your nearest recruiting office. *To protect your privacy, do not send Personally Identifiable Information (PII) or health related issues or concerns through email!*
- "Chat Now" with a Coast Guard chat recruiter.
- "Apply Now" to begin the screening and application process.

How long is basic training?

Basic training is eight weeks and is located at Coast Guard Training Center in Cape May, NJ.

What are the minimum physical fitness requirements to graduate?

You must be able to perform the following to graduate from recruit training:

- **PUSH-UPS:** (*in 1 minute*) Male: 29 | Female: 15
- **SIT-UPS:** (*in 1 minute*) Male: 38 | Female: 32
- **1.5 MILE RUN:** (*minutes*) Male: 12:51 | Female: 15:26
- **COMPLETE SWIM CIRCUIT:** Jump off a five-foot platform, swim 100 meters and tread water for 5 minutes.

Do I have to know how to swim?

YES. It is important to note that if you are afraid of being in, on, or near the water, you are not eligible to join.

Should I do anything before I go to basic training?

YES. After you enlist and prior to going to Cape May, your recruiter will provide you with a copy of the Helmsman guidebook. Study it in its entirety; paying particular attention to the list of items you cannot bring with you. Memorize the General Orders and practice the Position of Attention. In addition, prepare yourself for physical fitness training. If you smoke cigarettes or chew tobacco, you should consider a tobacco cessation program, as you will not be able to do either during training.

What are the benefits of joining?

Education Benefits

The Montgomery GI Bill will help you pay for college or technical training. You may also qualify for the Post-9/11 GI Bill (benefits have increased substantially). You can use it at colleges, universities, trade schools, on-the-job training, apprenticeships, and flight schools. To see what programs are currently approved, go to gibill.va.gov.

Health Care

Free comprehensive medical, dental, and eye care for you and your family.

Life Insurance

You have the option of selecting up to \$400,000 in life insurance at a minimal cost. You can also purchase economical life insurance for your family.

Paid Vacation

You will receive 30 days of paid vacation per year.

Included Tax-Free Income

- Basic Allowance for Housing (BAH)
- Basic Allowance for Subsistence (BAS)
- Uniform allowance (enlisted)

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