



REPLY TO  
ATTENTION OF

## DEPARTMENT OF THE ARMY

OFFICE OF THE SURGEON GENERAL  
7700 ARLINGTON BOULEVARD  
FALLS CHURCH, VA 22042-5101

DASG-DMP

26 December 2025

MEMORANDUM FOR Applicants, Joint Hyperbaric Medical Officer (HMO) Course

SUBJECT: 6A-F28 (V) - Joint HMO Course (JHMOC) Memorandum of Instruction

### 1. General Information

a. **PURPOSE.** Train select U.S. Army, other U.S. Uniformed Service, foreign military, and U.S. Government physicians and physician assistants as HMOs (SI: M7). This course serves as the interagency federal program for HMO training.

b. **SCOPE.** This course provides instruction in diving physics, diving and hyperbaric medicine, performance of diving duty medical examinations, hazardous marine life, aerospace decompression illness, medical oversight of HMTs, and identification of diving diseases/injuries along with their appropriate treatment in an operational and prolonged field care environment. Initial training in the use of the Emergency Evacuation Hyperbaric Stretcher and other operational hyperbaric chambers is provided. This course includes limited diving familiarization training in open-circuit, closed-circuit, and surface-supplied techniques. The JHMOC is approved for 89 hours of Continuing Medical Education and is accredited by the Diving Medicine Advisory Committee (Level 2D: Medical Management of Diving Accidents and Illnesses) as well as the Undersea and Hyperbaric Medicine Society (Introductory Course in Hyperbaric Medicine).

c. **GENERAL.** The U.S. Army Medical Center of Excellence (MEDCoE), Department of Operational Medicine conducts the JHMOC under the oversight of the Army Diving Medicine Program (ADMP). The U.S. Army serves as the Course Sponsor in mutual support of its Partners including the Canadian Armed Forces, U.S. Air Force, U.S. Coast Guard, U.S. Public Health Service, National Oceanic and Atmospheric Administration, and Other U.S. Government Agencies.

### 2. Student Information

a. **PREREQUISITES.** Students must meet the following to attend the JHMOC:

1) Be one of the following:

i) A commissioned officer or civil servant Physician with an operational or training requirement for HMO qualification.

DASG-DMP

SUBJECT: 6A-F28 (V) - Joint HMO Course (JHMOC) Memorandum of Instruction

ii) A commissioned officer or civil servant Physician Associate with an operational or training requirement for HMO qualification.

iii) Nurse practitioners and other advanced practice nurses are not doctrinally assigned in the Army to support diving units. Those personnel with a Commander-validated requirement for HMO qualification may apply as an Exception to Policy.

2) Must successfully complete the following for enrollment:

i) Meet physical fitness and body composition standards appropriate to their duty status and Service/Agency.

ii) Meet medical fitness standards for Diving Duty in accordance with their Service/Agency standards within 12 months prior to the End Date of the scheduled course. All waivers must be adjudicated not later than (NLT) 30 days prior to the course Report Date in accordance with applicable Service/Agency procedures. Refer to Enclosure for general Service/Agency guidance.

iii) Maintain medical specialty qualification and deployment readiness standards appropriate to their duty status and service/agency. Students must hold a current/valid state license as a physician or physician assistant.

iv) Deliver valid application documents listed under 3(b) to the Course Manager. All materials must be delivered to the Course Manager NLT 30 days prior to Report Date. Enrollment is via DA Form 3838 and not directly through ATRRS. As an Army-sponsored Joint Course, an Order of Merit List is adjudicated NLT 20 days prior to Report Date with quotas based on Interagency Agreement and greatest operational need. Students will be entered into ATRRS on Start Date by the MEDCoE Registrar.

b. EXCEPTION TO POLICY. Will be granted only by the Course Director NLT 30 days prior to the report date. If there is concern that any requirement will not be met by this time, early contact with the Course Manager is advised.

### 3. Reporting Instructions

a. ARRIVAL. All students will report to their assigned Dive Team at Billeting on the Report Date (Sunday). Dive Teams will present themselves at Building 9, NOAA Western Regional Center (WRC), 7600 Sand Point Way NE, Seattle, WA 98115-0070 NLT 0700 on the course Start Date (Monday) via GOV. Detailed instructions will be disseminated in advance to confirmed students.

b. DOCUMENTS. Students will not be allowed to attend the JHMOC without the following documents provided electronically to the Course Manager by DoD Secure Access File Exchange (DoD-SAFE) Drop-off. All CAC/PIV holders can access DoD SAFE at <https://safe.apps.mil/> on government or personal computers. Encryption must

be selected due to the presence of PII, the user-created encryption passphrase must be provided via separate email to the Course Manager.

- (1) Signed/approved Travel Order (DTS Authorization or Service/Agency equivalent)
- (2) Diving Duty physical completed within last 12 months of course End Date with all waivers adjudicated. A complete document includes fully executed DD Form 2992 (signed by first-line Commander) and DD Form 2807-1/2808 (or Service/Agency equivalent), all labs, EKG, and CXR read.
- (3) Commander's Validation Memorandum. (Must be signed by O5/GS-14 with UCMJ Authority for Servicemembers, Chain of Supervision for Civil Servants)
- (4) DA Form 3838 (Signed by local authority for training approval)
- (5) JHMOC Supplemental Data Form
- (6) Physician or Physician Associate License (Valid through course End Date)
- (7) BLS, ACLS, and ATLS Certifications (Valid through course End Date. TCMC may substitute for ATLS. Emergency Medicine physicians may provide their Board Certification in lieu of these certifications.)

c. CLOTHING/UNIFORM. Servicemember students will ensure adequate and clean standard-issue duty uniform (ACU/NWU/ODU/etc.) and standard-issue physical training (APFU/PTU/etc.) uniform items for two weeks of training. Four sets of both duty uniform and physical training uniform are recommended. Duty uniforms will be worn during most classroom training, while PT uniforms will be used during practical activities, which occur daily. **Flight duty uniforms (A2CU/FDU/etc.), commercial uniforms (e.g. Crye, Beyond, etc.), and unit/duty-specific PT items are not authorized course attire.** Service/Dress uniforms are not required; duty uniforms will be worn for graduation. Civil servants will wear business casual attire when duty uniforms are worn by servicemembers and conservative athletic attire when PT uniforms are worn. Laundry facilities are available in lodging. Valid CAC/PIV must be brought to the course.

d. EQUIPMENT. All personnel must bring Service/Agency-approved eye/ear protection (e.g. safety glasses/earplugs) for helicopter operations. Organizational or personal diving equipment (e.g. regulators, compressed gas cylinders, buoyancy compensators, etc.) are not required nor encouraged to be brought to the course. **Government-issued diving mask, snorkel, diving boots, fins, rash guard, and wet suit are encouraged to be brought if available** – but all necessary equipment to train will be provided at the course. Additional recommended items include:

- (1) Croc/Teva-type sandal (Closed toe for pool area use)
- (2) Sunglasses (in compliance with Service/Agency policy)
- (3) Cold Weather PT Uniform items (in compliance with Service/Agency policy)
- (4) Field wet weather jacket (in compliance with Service/Agency policy)
- (5) Diving or mechanic-type gloves (in compliance with Service/Agency policy)
- (6) Waterproof watch (in compliance with Service/Agency policy)
- (7) Assorted pens and pencils
- (8) Black permanent marker (e.g. "Sharpie")
- (9) Notebook

DASG-DMP

SUBJECT: 6A-F28 (V) - Joint HMO Course (JHMOC) Memorandum of Instruction

(10) Sunscreen

(11) FEMALE STUDENTS ONLY: Sports bras (No underwire, no clasp, and no hooks. Standard bras may not be worn in hyperbaric or aquatic environments)

#### 4. Travel/Transportation

a. ARRIVAL. Airline travel to the WRC is best directed to Seattle-Tacoma International Airport (SEA). Transit to/from SEA and the group billeting will primarily be by the “Link” Light Rail from SEA to the “U District” station which is less than 2 blocks away from required billeting. Refer to <https://www.portseattle.org/page/public-transit-link-light-rail> for guidance. Students from a nearby home station may travel by POV, but use of these vehicles is not authorized during course hours. **Government funded rental cars are not authorized.** GOVs will be assigned by Dive Team, and use will be required for transit to/from the WRC to the group billeting. They will be available on a shared basis after course hours. Seattle is walkable; it has a robust mass transit system and rideshare programs for personal excursions outside of duty hours.

b. COURSE DEPARTURE. While many courses are known to end early on graduation day, students should expect GOVs to leave the WRC for billeting at approximately 1700 on the course end date. It takes approximately 30-60 minutes to arrive at SEA from billeting. Students should plan accordingly when scheduling departure flights. SEA’s USO Lounge is conveniently located outside security above the Southwest Airlines ticketing counter on the Mezzanine Level.

c. BILLETING. ADMP has reserved a block of rooms at the Residence Inn, 4501 12th Avenue NE, Seattle, WA 98105-4542. **Use of group block is required (except for local students) due to safety planning for decompression illness. Local students will begin and end each day at the Residence Inn.** Students will not utilize the Defense Travel System (or Service/Agency equivalent) prepopulated selections for lodging. **Upon decision to apply for the course, students must notify the Course Manager for tracking purposes and to be provided billeting registration details.** Students will reserve their room at the earliest opportunity due to extremely limited availability and will not await final approval of travel orders. Reservations may be cancelled up to 48 hours in advance of Report Date without penalty. Each room is equipped with a kitchenette and full-size refrigerator. Double occupancy rooms are available, contact the Course Manager for assistance.

d. MESSING. Billeting is in the “U District” associated with the University of Washington. It is approximately 4 miles from the WRC and 1 mile from the University Village complex where there are many restaurants to choose from. There are also multiple civilian grocery stores in walking distance – including QFC, Safeway, Whole Foods, and Metropolitan Market. The WRC has a small “Micro Market” on campus that accepts credit card only, but full messing is not currently available. The Commercial Meal Rate must be authorized. The Course Manager will arrange opportunities for group orders during lunch, but it is highly recommended that students pack a lunch at the hotel or plan to get food to bring back to the classroom to eat.

e. EXCHANGE/COMMISSARY. There is no Exchange or Commissary located on the WRC. U.S. Coast Guard (USCG) Base Seattle is located in downtown Seattle (6 miles from the Residence Inn) and has a small Exchange, but it only stocks limited uniform items for the USCG. Joint Base Lewis-McChord (JBLM) is located about 50 miles south of the WRC and Naval Station Everett is about 35 miles north of the WRC. Both have all expected facilities for a major installation, but distance and course timeline limits access. Students should expect to bring all necessary military items to the course from home station. The NDC "Ship's Store" sells NOAA Diving Program and Joint HMO/HMT Course memorabilia, both cash and credit card are accepted.

f. OTHER FACILITIES. There is a fitness center located in the Residence Inn and at the WRC. There are several museums, historical sites, and various entertainment venues located near billeting and in downtown Seattle.

## 5. Medical

a. Students are not allowed to self-medicate or treat other students while attending the JHMOC. This includes (but is not limited to) over-the-counter medications and dietary supplements. During Reporting, students will be required to complete a DA Form 7349 to annotate any change in health status since the last Diving Duty physical. Future students should review this form and discuss any health changes prior to travel to ensure they do not have a new disqualifying condition.

b. Distance from the WRC and course timeline limits the use of Medical/Dental Treatment Facilities at JBLM and Naval Station Everett. There is a small Medical Clinic located on USCG Base Seattle available for "Sick Call" and limited urgent care during the week. Multiple TRICARE-approved Urgent Care facilities and Emergency Rooms exist near billeting and the WRC. Students should not plan for routine medical appointments during the course. The emergency plan for Decompression Illness concerns will be briefed during Reporting.

## 6. Additional Information

a. The JHMOC is a Joint Service and Interagency program. Students are expected to report within their Service/Agency-approved uniform/grooming standards and to maintain the highest standards of dress, conduct, and courtesy throughout the course.

b. It is imperative that all administrative actions or other problems be settled with the student's parent unit prior to the student's departure from their home station. Students must be focused on an extremely demanding Program of Instruction. The JHMOC schedule does not allow time for outside activities during duty hours.

c. It is highly recommended that students bring a government issued wireless enabled laptop or their personal laptop with CAC capability. Computer access will be critical to accessing student materials via web-based portal, as well as completing

DASG-DMP

SUBJECT: 6A-F28 (V) - Joint HMO Course (JHMOC) Memorandum of Instruction

course work and exams. Students that do not have a laptop will be at a disadvantage and must identify themselves to the Course Manager on the Start Date.

d. There is no formal “swim test” assessment at this program, but students will be required to safely execute diving familiarization training in a pool and enclosed open water environment. An ability to safely enter the water, swim, and confidently receive diving instruction is necessary. Sending units are strongly encouraged to assist potential students in completing the watermanship assessment of their Service/Agency at home station prior to attending the JHMOC.

e. The Program of Instruction requires robust proficiency in Tactical Combat Casualty Care and general prehospital emergency care to be successful. Proficiency in some procedural techniques (such as open and tube thoracostomy) will not be obtained at the JHMOC as the course focuses on diving and hyperbaric medicine. Intensive training (including the use of cadaver models and similar) with close attention from the unit Medical Director is necessary to ensure the safe practice of HMOs in the field.

f. The JHMOC is not a diver qualification course. The title of Diving Medical Officer (DMO) entails completion of such training either before or after the JHMOC. Diver training options for medical personnel vary by Service/Agency, students should inform the Course Manager if they anticipate a requirement for diver qualification.

g. The Diving Medicine Advisory Committee and European Diving Technology Committee Medical Subcommittee accredits the JHMOC as a Level 2D training program. More information can be found at <https://www.dmac-diving.org/courses/>

h. The Undersea and Hyperbaric Medicine Society accredits the JHMOC as an “Introductory Course in Hyperbaric Medicine.” More information can be found at <https://www.uhms.org/education/featured-education/introductory-courses.html>

i. This course includes diving and hyperbaric chamber training, which can be physically and mentally demanding. Like other courses with these activities included in the Program of Instruction, the Composite Risk Assessment has been adjudicated as “High.” The JHMOC is specifically known for academic rigor. It is the responsibility of the student and the student's unit to ensure that proper preparation has been made prior to reporting for the best chance of successful course completion.

7. The POC for this memorandum is the JHMOC Course Manager (Ms. Ashley Bartlett) at [usarmy.ncr.hqda-otsq.mbx.diving-medicine@army.mil](mailto:usarmy.ncr.hqda-otsq.mbx.diving-medicine@army.mil) or COM: +1-571-278-4329.

Encl

//signed//  
NICHOLAS M. STUDER  
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DASG-DMP

SUBJECT: 6A-F28 (V) - Joint HMO Course (JHMOC) Memorandum of Instruction

Service/Agency-Specific Guidance on Medical Requirements for the Joint HMO Course

**U.S. Army:** Servicemembers will complete a Diving Duty medical examination in accordance with AR 40-501, Para 5-11. **Invasive cardiac screening (e.g. Stress Test and Echocardiogram) are not required.** Requirements are similar to Flight Duty Medical Examinations, and are effectively summarized in the NDSTC Medical Department's Special Duty Exam Checklist at <https://www.netc.navy.mil/Portals/46/CEODD/NDSTC/doc/NDSTC%20Medical%20Dept%20Checklist.pdf>

**U.S. Navy:** Follow typical requirements for Diver candidates. The sending Command's Undersea Medical Officer is the approving authority.

**U.S. Air Force:** The standard to use for a Diving Duty physical can be found in the NDSTC Medical Department's Special Duty Exam Checklist. The physical should be documented on a DD Form 2807 and 2808 in the Air Force Physical Examination Processing Program (PEPP) and routed to the Air Force Major Command (MAJCOM) for approval, prior to submission with the JHMOC application for review by the Primary or Alternate Diving Medical Officer.

**U.S. Coast Guard:** Follow typical requirements for Diver candidates. The Undersea Medicine Standardization Officer is the approving authority.

**NOAA:** Follow typical requirements for Diver candidates. The Chief, NOAA Diving Medicine is the approving authority.

**U.S. Public Health Service (not affiliated with USCG or NOAA):** Contact Course Manager for guidance.

**Other U.S. Government Agencies:** Contact Course Manager for guidance.

**Foreign Military:** Contact Course Manager for guidance.

**Foreign Government Civilian:** Contact Course Manager for guidance.