

**SECTION 2**

**BASIC TRAINING SYLLABUS AND TESTS**

**SUMMARY**

0201.

PERIODS	SUBJECT
9	DRILL AND TURNOUT
3	MILITARY KNOWLEDGE
10	SKILLS AT ARMS AND SHOOTING
5	MAP AND COMPASS
2	FIELD CRAFT
1	FIRST AID
1	EXPEDITION TRAINING
6	PHYSICAL RECREATION
5	ADMINISTRATION, UNIFORM FITTING ETC
42	TOTAL TRAINING PERIODS
9	REVISION
1	ENROLMENT CEREMONY

**0202. Period of Training.** Basic Training is intended to cover a period of thirteen weeks providing the recruit with an early opportunity to progress and gain achievement before moving on to 1-Star.

**DRILL, TURNOUT AND MILITARY KNOWLEDGE**

**SYLLABUS**

**0203. Aim.** To teach the recruit:

- a. To wear the uniform smartly and to take pride in appearance at all times.
- b. Basic foot drill so that he can stand and move in a soldierly manner.
- c. The history of the ACF, the names of officers and adult instructors in the detachment, ranks and badges and the enrolment ceremony.

## BASIC

0204.	Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
	2	Turnout - Care and Cleaning of Uniform Inspection - Appearance of Dress Inspection of Arms Preparation and Packing of '58 Pattern Equipment	Chap 1 Sect 1 Chap 1 Sect 2 Chap 1 Sect 3 Chap 1 Sect 4
	1	The Aim and Purpose of Drill	Chap 2 Sect 1
	1	Positions of Attention, Stand Easy and Stand at Ease	Chap 2 Sect 2
	1	Turnings at the Halt	Chap 2 Sect 3
	1	Compliments - Reason, Origin & Information	Chap 2 Sect 4
	1	Saluting to the Front	Chap 2 Sect 5
	1	Introduction to Marching	Chap 2 Sect 6
	1	Marching and Halting in Quick Time	Chap 2 Sect 7
	1	Ranks and Badges of Rank	Chap 3 Sect 1
	1	History of ACF to Present Day	Chap 3 Sect 5
	1	Enrolment Ceremony	Chap 3 Sect 6

### Notes

1. During drill, recruits will not be formed into formal squads.
2. Further practice in wearing uniform correctly will continue throughout training.
3. Instruction is to be given in the care and cleaning of uniform.
4. Recruits should be encouraged to take a pride in appearance in civilian clothes.
5. Hair should not be allowed to protrude over the collar nor hide the ears. It should be kept tidy at all times and sideburns should not be allowed to grow below the bottom of ears. Female recruits must have their hair neat and, if possible, under the beret.
6. Boots should be well polished and have the best shine possible.
7. Names of officers and adult instructors will be taught informally.
8. An explanation of the Enrolment Ceremony is to be given.

**TEST - DRILL AND TURNOUT**

**0205. Conduct.** The Drill and Turnout Test at Basic Training level must be carried out by each recruit individually. The testing of Turnout may be carried out separately but should ideally be at the same time as the Drill Test.

**0206. Assessment**

Question No	Detail	Maximum Marks	Pass Marks
1 - 2	Two questions on the aim and purpose of drill	20	10
3 - 4	Two questions on the reason and origin of complements	20	10

The rest of the Drill Test will be by watching each individuals recruit to assess his standard at carrying out the following movements:

5	Attention, stand at ease and stand easy	10	5
6	Turnings at the halt	10	5
7	Saluting to the front	10	5
8	Marching and halting in quick time	10	5

Testing of Turnout will be by inspection and question

9	Inspection in jersey of shirt sleeve order, depending on the weather, during which marks will be awarded for general appearance, hair and cleanliness.	30	15
10	Question on care and cleaning of uniform	10	5
<b>Maximum Marks</b>		<b>120</b>	
Pass Qualification 50% of a. 1-4, b. 5-8, c. 9-10			60

**TEST - MILITARY KNOWLEDGE**

**0207. Conduct.** The Test will be by asking six questions verbally or written, and maybe either at the same time as the Drill and Turnout Test or separately.

**0208. Assessment.**

1 - 2	Two questions on founding and aim of the ACF	10	5
3 - 4	Two questions on the detachment	10	5
5 - 6	Two questions on ranks and badges	10	5
<b>Maximum Marks</b>		<b>30</b>	
Pass Qualification 50% of a. 1-2, b. 3-4, c. 5-6			15

## BASIC

### SKILL at ARMS and SHOOTING

#### SYLLABUS

**0209. Aim.** To introduce the recruit to basic weapon safety and weapon handling with the Air Rifle and/or .22 Rifle and to practice and fire the weapon(s).

0210. Periods	Contents	Reference Cadet Training Manual 1990 Edition Vol 1
1	Lecture on shooting in the ACF - to cover block syllabus, competitions and classifications	
1	Talk on safety including the rules for handling and firing the Air Rifle, .22 Rifle and Cadet GP Rifle	Chap 4 Sect 2
1	Demonstration of the effect of the Air Rifle and the .22 Rifle to show their penetrating ability	Chap 4 Sect 2
1	The Air Rifle - safety, loading and unloading	Chap 4 Sect 3
2	.22 Rifle - safety precautions, care and cleaning, ammunition safeguards, sight setting, loading and unloading.	Chap 4 Sect 4
1	.22 Rifle training tests	Chap 4 Annex B
1	Introduction to markmanship principles	Chap 4 Sect 8
2	The Air Rifle or .22 Rifle Grouping Practices	

#### Notes

1. All demonstrations must be carried out by an authorised officer or adult instructor (See Cadet Training Precautions AC 70768, Section 2).
2. All shooting must be under the command of an authorised officer or adult instructor as defined in Cadet Training Safety Precautions.
3. Coaching the cadet in firing either weapon should be encouraged to maximise the cadet's ability. (See Cadet Training Manual Vol 11 Sect 20 - Coaching Techniques).
4. .22 Rifles may be fitted with a ring foresight and PH 8/53 rearsight attachment. The use of a sling should be encouraged.

**TEST - GENERAL**

**0211. Aim.** The Test is intended to assess the recruit's ability to handle and fire safely either the Air Rifle or the .22 Rifle.

**TEST WITH AIR RIFLE**

**0212. Conduct.** The Air Rifle Grouping Test is designed to be fire in a detachment hut at a distance of 5.5 metres (6 yards) with the aim of ensuring that the recruit has mastered the principles of marksmanship. It may also be fired outdoors. In either case, the safety regulations in the Cadet Training Manual 1990 Vol 1 Chap 4 Sect 2 must be obeyed. Air Rifles are NOT to be used against Linotex or similar anti-splash material.

**0213. Assessment.** Will be based on the group size achieved AND the recruit's ability to handle the weapon safely.

Practice	Rounds	Target	Instructions	Scoring
Grouping Prone Supported (see Note 1) 2 x 5 Round Groups	10	Any light coloured Card 102 mm x 102 mm (4" x 4") with black aiming mark 10 mm (3/8") high by 6 mm (1/4") wide placed centrally.	1. Fire one 5 Round Group. Discuss with the coach. 2. Fire second 5 Round Group. Discuss with the coach.	Groups 13 mm (1/2") 25 19 mm (3/4") 20 25 mm (1") 15 32 mm (1 1/4") 10

Highest possible score 50  
Pass Qualification 25

**THE TEST WILL BE STOPPED AT ANY POINT IF THE RECRUIT IS NOT HANDLING THE WEAPON IN A SAFE AND CORRECT MANNER.**

**Notes**

1. Prone supported - the forearm (not the hand or rifle) may rest against a sandbag or equivalent.
2. Groups will be measured with locally made templates on talc as in Cadet Training Manual 1989 Vol II Chap 3 Sect 21.

**TEST WITH .22 RIFLE**

**0214. Conduct.** The .22 Rifle Grouping Test may be fire indoors on a miniature range or outdoors on a standard 25 metres/yards range with the aim of testing the cadet's skill in firing the weapon and that he has mastered the principles of marksmanship.

**0215. Assessment.** Will be based on the group size achieved AND the recruit's ability to handle the weapon safely.

Practice	Rounds	Target	Instructions	Scoring
Grouping Prone Supported (see Note 1 to para 0213) 2 x 5 Round Groups	10	Any light coloured Card 162 mm x 162 mm (6" x 6") with black aiming mark 25 mm (1") high by 19 mm (3/4") wide placed centrally.	1. Fire one 5 Round Group. Discuss with the coach. 2. Fire second 5 Round Group. Discuss with the coach.	Groups 25 mm (1") 25 51 mm (2") 20 76 mm (3") 15 102 mm (4") 10

## BASIC

Highest possible score 50

Pass Qualification 25

**THE TEST WILL BE STOPPED AT ANY POINT IF THE RECRUIT IS NOT HANDLING THE WEAPON IN A SAFE AND CORRECT MANNER.**

### Notes

1. The corresponding group sizes for distances of 20 and 15 metres/yards are as follows:

20 m/yds	20 mm	41 mm	61 mm	81 mm
15 m/yds	15 mm	31 mm	45 mm	61 mm

2. Cadet Training Manual Vol 1 (1990) Chap 4 Sect 2 (Safety) should be revised before firing.
3. Groups will be measured with locally made templates on talc as in the Cadet Training Manual Vol II (1989) Chap 3 Sect 21.
4. **Targets.** Suitable alternative targets are as follows:

	25 yards	20 yards	15 yards
Blade Foresight	NSRA Tin Hat 2505 TH	NSRA Tin Hat 2005 TH	NSRA Tin Hat 1510 TH
Ring Foresight	NSRA Cadets & Schools 1971 - 2505 CS	NSRA Cadets & Schools 1971 - 2005 CS	NSRA Cadets & Schools 1971 - 1505 CS

## MAP AND COMPASS

## SYLLABUS

**0216. Aim.** To introduce a recruit to maps, how to create one and how to give clear directions.

<b>0217. Periods</b>	<b>Content</b>	<b>Reference</b>
		<b>Cadet Training Manual 1990 Edition Vol 1</b>
1	Care of maps and types of maps	Chap 5 Sect 1
2	How to create a map and follow directions	Chap 5 Sect 2
2	To practise following and giving directions with use of a simple map	

} New lessons

**Note:** This section is intended to introduce a recruit to what a simple map is and how it can be used to follow simple routes in the immediate locality of the detachment hut - it should also introduce the recruit to the OS map of the locality around his detachment hut and how it compares with an ordinary street plan.

## TEST

**0218. Conduct.** The emphasis of all mapwork is on its application to navigate and follow directions from point to point. This test must always be out of doors.

**0219. Assessment**

<b>Question No</b>	<b>Detail</b>	<b>Maximum Marks</b>	<b>Pass Marks</b>
1	Create a street map of the area surrounding the detachment hut naming the roads and landmarks correctly. Identify nearest telephone box.	10	5
2	Give directions from detachment hut to local landmark, eg church, post office.	10	5
3	Follow given route in local area comprising of at least three legs and covering one mile in set time.	20	10
	<b>Maximum Marks</b>	<b>40</b>	
	Pass Qualification 50% of each question.		20

## BASIC

### FIELD CRAFT

#### SYLLABUS

**0220. Aim.** To introduce the recruit to the basic principles and rules of personal camouflage.

<b>0221. Periods</b>	<b>Contents</b>	<b>Reference</b>
		<b>Cadet Training Manual 1990 Edition Vol 1</b>
1	Personal camouflage and concealment	Chap 6 Sect 2
1	Personal camouflage and concealment - practice	Chap 6 Sect 3

#### TEST

**0222. Conduct.** The aim of the Test is to assess whether the recruit understands why and how he should camouflage himself. This test must be outdoors.

#### 0223. Assessment

<b>Question No</b>	<b>Detail</b>	<b>Maximum Marks</b>	<b>Pass Marks</b>
1	Why do we camouflage?	10	5
2	Name two areas of the body that must be changed when camouflaging	10	5
3	Practical. Recruit to camouflage himself so he can conceal himself in local foliage.	20	10
	<b>Maximum Marks</b>	<b>40</b>	
	Pass Qualification 50% of each question.		20

## FIRST AID

## SYLLABUS

0224. **Aim.** To instruct the cadet on the actions to be taken following an accident.

0225. Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
1	Managing an incident - Five Point Action Plan - Getting assistance - How and when to make a 99 call	Chap 7 Sect 2

## TEST

0226. **Conduct.** The First Aid Test at Basic Training level should be carried out by a suitably qualified or experienced person.

0227. **Assessment.** The assessment will be in two parts.

*Part 1.* The cadet will be asked to name the Five Point Action Plan required to be carried out upon arriving at an incident and must get at least three correct before proceeding to Part 2.

*Part 2.* The cadet will be given details of an accident, asked to contact the emergency services for help, and will be assessed upon whether the correct details and location were passed on.

## BASIC

### EXPEDITION TRAINING

#### SYLLABUS

**0228. Aim.** To teach the recruit to treat land and property with respect by teaching the Country Code and impressing the importance of obeying it at all times including when out on training.

<b>0229. Periods</b>	<b>Content</b>	<b>Reference</b>
		<b>Cadet Training Manual 1990 Edition Vol 1</b>
1	Introduction and Country Code	Chap 8 Sect 2

**Note:** This aspect of training must continue at all Star levels and should be regularly revised.

#### TEST

**0230. Conduct.** The Test is designed to discover whether the cadet has a proper understanding of his basic responsibilities in the countryside BEFORE going out on training.

#### 0231. Assessment

<b>Question No</b>	<b>Detail</b>	<b>Maximum Marks</b>	<b>Pass Marks</b>
1	Fire risks.	10	5
2	Avoiding damage to farm lands, hedges and walls.	10	5
3	NOT leaving litter.	10	5
4	Protection of wild life, wild plants and trees.	10	5
	<b>Maximum Marks</b>	<b>40</b>	
	Pass Qualification 50% of each question.		20

## PHYSICAL RECREATION

### SYLLABUS

**0232. Aim.** To improve the strength, agility and endurance of the individual cadet, by training for, and taking the APC Physical Achievement Tests, equivalent to those in the DoE Award, so that cadets may participate in the physical activities which are included in the APC(ACF) Syllabus safely and progressively either as an individual or as a member of a team.

0233. Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
6	Preliminary training for Physical Achievement Tests	Chap 9

### TEST

- 0234.**
- a. A description of each exercise and the Test standards are given in Annexes D and E to Section 1 respectively.
  - b. All events may be undertaken outdoors or indoors (i.e. gymnasium or detachment hut).
  - c. For the Basic Training Test, recruits must undertake four events and select three to count. At least one point must be scored in each exercise.
  - d. A reasonable rest should be allowed between each event. Tests at the Basic Training level should be completed on the same day.

**0235.** The number of point required for a recruit to pass in this subject, are as follows:

Participation 6 x 1/2 hours training periods			<b>6 points</b>
Achievement Tests - based on 3 tests with minimum 1 point in each	(Max 15)	Min	<b>6 points</b>
<b>Maximum Marks</b>			<b>21</b>
Pass Qualification			12

## **BASIC**