

SECTION 3

ONE STAR TRAINING SYLLABUS AND TESTS

SUMMARY

0301.

PERIODS	SUBJECT
7	DRILL AND TURNOUT
1	MILITARY KNOWLEDGE
15	SKILLS AT ARMS
10	SHOOTING
9	MAP AND COMPASS
30	FIELD CRAFT
8	FIRST AID
6	EXPEDITION TRAINING
12	PHYSICAL RECREATION
2	CADET AND THE COMMUNITY
100	TOTAL TRAINING PERIODS
25	REVISION

0302. **Period of Training.**

- a. One Star training is intended to cover a period of thirty-nine weeks including necessary practical training out of normal detachment training nights.
- b. A cadet would not normally complete One-Star before the age of 14 years.

1-STAR

DRILL, TURNOUT AND MILITARY KNOWLEDGE

SYLLABUS

0303. **Aim.** To train the recruit:

- a. To wear his uniform and equipment smartly.
- b. To take his place in the squad at foot drill without looking awkward.
- c. To understand the ACF County/Battalion organisation.

0304. Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
1	Revise all movements taught at Basic Training	Chap 2 Sect 1 to 7
1	Forming up in three ranks and getting on parade	Chap 2 Sect 8
1	Open and close order	Chap 2 Sect 9
1	Dismissing and falling out	Chap 2 Sect 10
1	Wheeling in quick time	Chap 2 Sect 11
1	About turn in quick time	Chap 2 Sect 13
1	Saluting on the march - Eyes right and left	Chap 2 Sect 15
1	ACF organisation at County level and the cadet's progress	Chap 3 Sects 7 & 8

Notes

- 1. Further practice in wearing uniform correctly will continue throughout 1-Star Training though no formal periods are allocated.
- 2. Further practice in care and cleaning of uniform and equipment will take place though no formal periods are allocated.

TEST - DRILL AND TURNOUT

0305. Conduct. The Drill Test is a test of an individual cadet within a squad of not less than nine cadets, which must be drilled by a competent officer or adult instructor in the movements in the Syllabus. The Turnout Assessment should ideally be done at the same time as Drill Test.

0306. Assessment. Assessment will be by watching the cadet in the squad and marking him for knowledge and smartness of each movement as listed.

Movement No	Detail	Maximum Marks	Pass Marks
1	Attention, stand at ease, stand easy	10	5
2	Getting on parade	10	5
3	Open and close order	10	5
4	Turnings at the halt	10	5
5	Marching and halting in quick time	10	5
6	About turn in quick time	10	5
7	Saluting on the march - eyes right and left	10	5
8	Dismissing and falling out	10	5
9	Inspection in jersey or shirt sleeve order depending on the weather, during which marks will be awarded for general appearance, hair and cleanliness	30	15
Maximum Marks		110	
Pass Qualification 50% of each movement			55

Note: The testing of Turnout (Movement 9) will be by inspection and question.

TEST - MILITARY KNOWLEDGE

0307. Conduct. The Test will be by asking four questions verbally or written, and maybe either at the same time as the Drill and Turnout Test or separately.

0308. Assessment.

1 - 2	Two questions on the ACF in the County	10	5
4 - 5	Two questions on the Training Syllabus	10	5
Maximum Marks		20	
Pass Qualification 50% of each questions			10

1-STAR

SKILL at ARMS

SYLLABUS

0309. Aim. To introduce the cadet to the Cadet GP Rifle and train him up to the standard when he can fire the weapon correctly with safety.

0310. Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
Revision		
1	Revise Air Rifle and .22 Rifle	Chap 4 Sect 1 to 4
GP Rifle		
2	General description, safety and the sight system	Chap 4 Sect 5
2	Stripping, assembling and cleaning	Chap 4 Sect 6
2	Magazine filling, sight setting, load, unload, make safe and safe handling	Chap 4 Sect 7
2	Holding and aiming in the lying position	Chap 4 Sect 8
1	Holding and aiming in the lying position - practice	Chap 4 Sect 8
1	Firing in the prone position	Chap 4 Sect 9
1	Firing drills	Chap 4 Sect 10
1	Firing a shot and firing drills - Practice	Chap 4 Sect 10
2	Mechanism of the weapon and possible stoppages	Chap 4 Sect 11

TEST

0311. Conduct. The Test must take place outside whenever possible. The aim is to test the cadet's ability to handle the Cadet GP Rifle with safety.

0312. Assessment.

a. The cadet is to complete the Training Tests set out in the Cadet Training Manual 1990 Vol 1 Chap 4 Annex C. The conditions and assessment of each of the seven Training Tests are specified in the above references.

b. The Training Tests are to comprise:

- | | | |
|------|----|---------------------------|
| Test | 1. | Safety |
| | 2. | Stripping and Cleaning |
| | 3. | Magazine Filling |
| | 4. | Loading in Prone Position |

5. Making Safe
 6. Stoppages
 7. Unloading
- c. The cadet will only pass the test if:
- Test
1. He carries out the actions correctly
 2. He makes two or less mistakes
 3. He fills and empties the magazine correctly
 - 4-7. NO mistakes are made

1-STAR

SHOOTING

SYLLABUS

0313. Aim. To practise for and fire the Air Rifle or .22 Rifle Grouping Practices improving on the standard achieved at Basic Training level.

0314. Periods

Content

10

The Air Rifle or .22 Rifle Grouping Practices

Notes:

All Shooting must be under the command of an authorised officer or adult instructor as defined in Cadet Training Safety Precautions (AC 70768).

Dress for shooting the Air Rifle or .22 Rifle on an indoor miniature range should be uniform.

3. Safety Rules are to be revised before firing.
4. .22 Rifles may be fitted with a ring foresight and PH8/53 rearsight attachment - the use of a sling should be encouraged at this stage.
5. Marksmanship principles must be revised before firing (Chapter 4 Section 8 para 04180 and Section 9 para 04203).
6. 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).

TEST - GENERAL

0315. 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

0316. 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 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.

0317. Assessment. Will be based on the group size achieved.

Practice	Rounds	Target	Instructions	Scoring
Grouping Prone Supported (see Note 1 page 2-6)	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

Practice	Rounds	Target	Instructions	Scoring
Prone Unsupported (see Note 2) 2 x 5 Round Groups	10		Repeat as for Prone supported. Aiming throughout to be at bottom centre of aiming mark.	

Highest possible score 100

Pass Qualification 60

2nd Class Classification 75

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

Notes:

1. Groups will be measured with locally made templates on talc as in Cadet Training Manual 1989 Vol II Chap 3 Sect 21.
2. Prone Unsupported - A sling may be used, but no form of artificial support is permissible.

TEST WITH .22 RIFLE

0318. Conduct. The .22 Rifle Grouping Test may be fired 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.

0319. Assessment. Will be based on the group size achieved.

Practice	Rounds	Target	Instructions	Scoring
Grouping Prone Supported (see Note 1 page 2-6) 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") 25 19 mm (2") 20 25 mm (3") 15 32 mm (4") 10
Prone Unsupported (see Note 2 page 3-8) 2 x 5 Round Groups	10	Suitable alternative targets are given in Note 4 on page 2-7	Repeat as for Prone supported. Aiming throughout to be at bottom centre of aiming mark.	

Highest possible score 100

Pass Qualification 60

2nd Class Classification 75

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

1-STAR

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 Ed) Chap 3 Sect 21.

MAP AND COMPASS

SYLLABUS

0320. Aim. To introduce the cadet to Ordnance Survey maps and train him in their use to navigate a simple course over a minimum of 3 km/2 miles.

0321. Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
1	Reliability of map and marginal information	Chap 5 Sect 3
1	Grid system and six figure grid references	
1	Conventional signs	
1	Map scales and measuring distance	
1	North points	
1	Setting a map by landmarks	
3	Navigation practices using OS map	

Note: This section is intended as a follow on from Basic Training with the emphasis on using a map to follow a defined route. This is a practical subject, which requires maximum activity out of doors to maintain interest.

TEST

0322. Conduct. The aim of the test is assess the cadet's ability to apply his basic knowledge of map reading practically.

0323. Assessment. The test should be split into two parts:

Test	Detail	Maximum Marks	Pass Marks
Part One	The cadet will be shown a route on an OS map of 3-5km and asked to describe the route which must cover at least the following:		
	1. Six figure grid reference for start and end points	10	5
	2. Identify four different conventional signs	20	10
	3. Calculate the distance of the route	10	10

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Part Two

The cadet will be shown a route on an OS map of at least 3 km with at least 6 legs which he must navigate. At least half the route should cover clearly defined footpaths.

- | | | |
|--|----|---|
| 1. Orientates map correctly at start | 10 | 5 |
| 2. Complete route in given time | 10 | 5 |
| 3. Describe two principal landmarks on route at completion | 10 | 5 |

Maximum Marks 80

Pass Qualification 45

50% of each question except Part 1/3 where distance may have 100-metre error only

FIELD CRAFT

SYLLABUS

0324. Aim. To train the cadet in the skills of moving as an individual in the field with and without a rifle and how to act as a sentry.

0325. Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
Revision		
1	Revise preparation and packing of '58 pattern equipment (Basic Turnout)	Chap 1 Sect 4
1	Camouflage and concealment	Chap 6 Sect 2 (See Note)
Movement		
1	Moving with and without rifle	Chap 6 Sect 4
1	Movement and observation - practice	Chap 6 Sect 5
1	Elementary obstacle crossing	Chap 6 Sect 6
4	Crossing obstacles - practice	Chap 6 Sect 7
Night work		
2	Introduction to nightwork	Chap 6 Sect 8
1	Elementary night movement	Chap 6 Sect 9
2	Elementary night movement - practice	Chap 6 Sect 10
2	Observation at night - practice	Chap 6 Sect 11
2	Identifying sounds at night - practice	Chap 6 Sect 12
1	Safety precautions at night	Chap 6 Sect 18
Sentries		
2	Duties of a sentry	Chap 6 Sect 13
4	Sentries - Practice	Chap 6 Sect 13
Living in the Field		
2	Campcraft	Chap 8 Sect 3

Note: This is a practical subject and the majority must be taught out of doors.

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TEST

0326. Conduct. The aim of the Test is to assess the cadet's skill as an individual rifleman and must always take place out of doors. The cadet should be wearing combat dress.

0327. Assessment. The test is in four parts, which must be carried out on the same day and form part of one overall test. The cadet will be advised at the start of each part what the test involves and will be marked by the tester on his ability to carry out each problem and answer any questions given.

Test	Detail	Maximum Marks	Pass Marks
Part One - Practical			
The cadet will complete a course of four incidents designed to test his skills as an individual in daylight. The test should cover:			
1	Cadet's ability to camouflage and conceal himself	20	10
2	Cadet's ability to observe and note unusual objects (at least 2 out of 4)	20	10
3	Cadet's ability to carry out correct movements in field (at least 2 crawls)	20	10
4	Obstacle crossing ability	20	10
Part Two - Practical and Question			
5	Practical problem on duties of a sentry	20	10
6	Question on information a sentry must have	20	10
Part Three - Practical			
7	Test the cadet's ability to move at night and identify sounds	20	10
Part Four - Practical			
8	Ability to construct a basha	10	5
	Maximum Marks	150	
	Pass Qualification 50% of each question.		75

FIRST AID

SYLLABUS

0328. Aim. To introduce the cadet to First Aid and to teach him how to deal with a basic emergency known as "casaid". This subject should be taught as a basic military skill in the same way as other subjects in the APC.

0329. Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
2	Initial assessment and priorities of treatment Managing an unconscious casualty recovery position	Chap 7 Sect 3
2	Cardio-Pulmonary resuscitation (CPR)	
2	Treatment of wounds, bleeding and shock	
2	Recognition of sprains, strains, dislocations and broken limbs Treatment of minor conditions - blister, cuts, minor burns, scalds, headaches, insect bites, sunburn, blisters.	

Notes:

1. The purpose of Casaid is to equip a cadet with the skills to carry out Basic First Aid on simple expeditions and other outdoor activities. Casaid should be completed before the cadet undertakes the 1-Star expedition.
2. Casaid coincides with the Basic First Aid training requirement for the Duke of Edinburgh's Award expedition at Bronze level.
3. Casaid may be taught by:
 - a. An ACF officer or adult instructor with a civilian first aid certificate.
 - b. A trainer recognised by a voluntary aid society of the Health and Safety Executive.
 - c. A cadet with an adult First Aid certificate.
 - d. Any other suitably qualified or experienced person.
4. A cadet who holds a recognise youth First Aid certificate, should not need to undergo further 1-Star training but should take the 1-Star test to obtain a 1-Star pass in Casaid.

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TEST

0330. Conduct. The Casaid test at 1-Star should be carried out under similar arrangements to other 1-Star subjects. The Testing Board should include an ACF officer or adult instructor who holds a valid adult First Aid certificate to carry out the tests.

0331. Assessment. This is to be carried out in simple scenarios using a model to test the resuscitation skills and a simulated casualty to test recovery position, control of bleeding and immobilisation of a fracture. The scenarios, combining appropriate skills, should test each cadet's ability to:

Test	Detail	Maximum Marks	Pass Marks
1	Demonstrate cardio-pulmonary resuscitation (CPR)	10	5
2	Put a casualty into the recovery position	10	5
3	Control bleeding by direct Pressure, elevation and application of a dressing	10	5
4	Immobilise and support a fracture	10	5
	Maximum Marks	40	
	Pass Qualification 50% of each question.		20

Notes:

1. The tester should prepare his own marking guide to include the main points in each test for the purpose of determining the marks obtained. The 1-Star test must be a simple test of the broad principles which can be applied by a young cadet not fully trained in First Aid whilst awaiting the arrival of a qualified First Aider.
2. The casaid test must be passed before the 1-Star expedition takes place.

EXPEDITION TRAINING

SYLLABUS

0332. Aim. To introduce the cadet to tents, clothing and other equipment used on expeditions.

0333. Periods	Contents	Reference Cadet Training Manual 1990 Edition Vol 1
2	Camprcraft	Chap 8
1	To introduce the cadet to tents, clothing and other equipment used during the course of an expedition	
3	Practice pitching tents and field cooking	

Notes:

1. Before undertaking any overnight camping, cadets must also have completed the 2 periods 'Living in the Field' under 1-Star Fieldcraft.
2. This subject should ideally be taken by an officer or adult instructor experienced in expeditions.
3. Assessment of this subject should cover a walk over 8 km (5 miles) with one night camping out. This can be on or off military training areas but if off training areas, civilian clothing must be worn.

TEST

0334. Conduct. The Test will take place out of doors during an exercise designed to test the cadet's knowledge and practical application of camprcraft and his ability to move across country carrying a loaded rucksack. It should cover a route of at least 8 km (5 miles) and include one night camping out.

0335. Assessment. Assessment will be by observing an individual moving in a group. It will be based on his performance during the following three stages and under the headings shown:

Test	Detail	Maximum Marks	Pass Marks
Part One - Preparation			
a.	Knowledge of personal clothing and group equipment to be taken	10	5
b.	Efficiency of person application	10	5
c.	Enthusiasm and helpfulness	10	5

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Part Two - Exercise

a. Conduct on the march	10	5
b. Ability during the pitching and striking of tents	10	5
c. Ability during the preparation and cooking of meals	10	5

Part Three - Administration

a. Cleaning and preparation of stores for checking	10	5
b. Assistance with returning stores	10	5

Maximum Marks **80**

Pass Qualification 50% of each question. 40

PHYSICAL RECREATION

SYLLABUS

0336. Aim. To encourage physical activities in the Army Cadet Force by including in the syllabus a wide range of challenging pursuits and sports from which each individual can choose one or more to participate in during the training from 1- to 4- Star.

0337. Periods	Content	Reference
12-18	Choose an activity from the list in the handbook and participate in it for a minimum period, attempting to gain standards where appropriate	The D of E Handbook

TEST

0338. Conduct.

- a. One participation point is awarded for each $\frac{1}{2}$ hour training period, up to a maximum of 2 points per week. For those activities with standards at least 12 points must be gained from participation, the remaining points may be gained from achieving a standard, in accordance with the list. If the cadet attempts, but is unable to achieve the required number of points from the standard, additional participation may be undertaken to make up the difference.
- b. For activities which are for participation only, all points must be gained from participation.
- c. Activities must be undertaken under the conditions required by the National Governing Body of the activity chosen and all current safety rules must be observed.
- d. To qualify in team games, the cadet must play in a recognised team playing in a league, or play in a number of representative games during the period of training. Training sessions and selection games will count towards the points required.

0339. Assessment. The number of point required for a recruit to pass in this subject, are as follows:

Participation: At least 12 x $\frac{1}{2}$ hours training periods			12 points
Achievement of standards	(Max 24)	Min	6 points
Maximum Marks			36
Pass Qualification			18

CADET AND THE COMMUNITY

SYLLABUS

0340. Aim. To introduce cadets to their responsibilities as citizens and to develop in them a constructive attitude to life at home and in the detachment so that they participate fully in the life of the detachment and the community.

0341. Periods	Content	Reference Cadet Training Manual 1990 Edition Vol 1
1	An introductory talk on the value of citizenship, a sense of service to the community and an outline of the Cadet and the Community Syllabus	Chap 10 Sect 1
1	Introductory talk on value of Duke of Edinburgh's Award by the County Duke of Edinburgh's Award officer Each cadet should complete three simple domestic tasks in the detachment while taking part in 1-Star training	

TEST

0342. There is no formal testing in this subject up to and including 2-Star level except where indicated by EDEXCEL/BTEC but a certificate of attendance and compliance with the appropriate portions of the syllabus must be completed and signed by a responsible person who may be either the ACF officer of adult instructor present at the training, or the person for whom the cadet has carried out a community project. A specimen certificate is given at Annex F to Section 1.