ALL ARMS COMMANDO

Reference No
071/041
Duration
13 weeks
Location
Commando Training Centre Royal Marines
IELTS
5.5
Frequency
3 courses per year

AIM OF COURSE

To prepare Navy, Army or Air Force personnel for service with 3 Cdo Bde RM by developing the temperament, mental resolve, physical robustness and core military skills necessary in the demanding environment of expeditionary and littoral operations.

OUTLINE SYLLABUS

- Field craft & tactics
- Signals
- First Aid, health & hygiene
- Map reading & navigation
- Organisation & role of Commando forces
- Skill at Arms with troop weapons
- Physical fitness
- Amphibious training
- Vertical assault

ENTRY STANDARDS

- Pass Royal Marines Fitness Assessment
- Pass Royal Marines Battle Fitness Test (BFT) on joining course
- Pass Combat Fitness Test (CFT) within 1 month of joining course

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- Swim 40 metres in clothing, tread water for 3 minutes, having entered water from 3 metres (RM Basic Swimming Test)
- Medically Deployable
- Climb 30ft (9.2m) rope whilst wearing issued webbing (6 lbs) and SA80 Rifle
- Pass Weapons Handling Test on personal weapon to a skilled standard on joining course

EXAMINATIONS / QUALIFICATIONS GAINED

- Twelve miles (19km) load carry (with equipment weighing 31.3kg and personal weapon) at night as a formed body within the time limit of 4 hours
- Final exercise testing basic military tactics (map reading, amphibious skills, endurance and stamina)
- Six mile Endurance Course in 73 minutes with equipment weighing 9.6kg and carrying personal weapon
- Nine mile speed march in 90 minutes as a formed body with equipment weighing 9.6kg and carrying personal weapon
- Tarzan / Assault course in 13 minutes with equipment weighing 9.6kg and carrying personal weapon
- March 30 miles in 8 hours with equipment weighing 9.6kg and carrying personal weapon and safety stores on a given Dartmoor route as a syndicate

REMARKS

Emphasis is on fitness and stamina. All students must be physically prepared on arrival.

Students will also be required to demonstrate the Commando Ethos, Mindset and Qualities.

The 4 week Preparation Course run by the Commando Logistics Regiment and takes place at RM Chivenor immediately precedes the AACC and provides for the essential preparation including SA 80 familiarisation, field Exercises and Battle Physical Training.

Vacancies depend on RM training requirement and will not exceed more than 5 IDT students per course.