



Army Training Regiment Winchester
 Sir John Moore Barracks, Andover Road,
 WINCHESTER, SO22 6NQ.

Web: <http://www.army.mod.uk/Winchester>



See Distribution:

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TRAINED SOLDIER COURSE BRAVO (TSC (B)) JOINING INSTRUCTIONS (JIs)

INTRODUCTION

1. You have successfully completed your Trained Soldier Course (Alpha) (TSC(A)) training. You will soon be attending a 2 week TSC (B) course. The 2 week course can be viewed on-line at http://www.army.mod.uk/training_education/training/16405.aspx. You should read these instructions carefully in order to be properly prepared for this course. Your reporting instructions are detailed in the CO's welcome letter that accompanies this document (see Enclosure 1).
2. TSC(B) is designed to be the culmination of your training, to become a trained soldier. You will have plenty of opportunity to learn new skills and your training consists mainly of live firing, battlefield first aid, physical training, field craft, map reading and drill.
3. This course is intense and challenging. You are expected to arrive physically fit and you must arrive mentally determined to pass the course. The course will be very busy and the pace of life fast and furious. You will be living in the same room as other people, getting-up early and going to bed late, after a long and demanding days of training. You will be looked after and treated fairly, but you will be expected to work hard and give your best. In simple terms; if you arrive fit, committed and determined, you will succeed in becoming a trained Reserve Soldier.
4. These instructions will explain more about the course generally and what is expected of you. Any further questions should be directed at your unit RRMT Staff who are familiar with the training establishment you will be attending.

PREPARATION

5. The syllabus that you will be taught whilst on the course is necessarily detailed and intense. As such, there is little time allocated to revision, refresher training or re-teaching lessons. It is therefore essential that you arrive fully conversant with the training you have received so far in order for you to safely progress with your career development. You must have passed TSC(A) or completed Refresher Training within 8 weeks of the start of the course. You will be re-tested at the beginning of your TSC(B) course, **failure to pass will result in you being sent home**. If you are in any doubt, seek the advice of your unit Staff who will be able to arrange refresher training at your local Army Training Unit (ATU). In addition, you must be medically fit to undertake the course.
6. **Example Course Programme.** A generic course programme is enclosed at Annex A. The sequence of lessons may vary on your course, but all the lessons will be completed in a virtually identical order.

VALUES AND STANDARDS

7. You have heard much regarding the ethos of the British Army during your TSC(A) course. You are reminded that this is 'the spirit that inspires soldiers to fight. It derives from and depends upon, the high standards of commitment, self-sacrifice and mutual trust which together are so essential to the maintenance of morale'. As a soldier in the British Army, much is expected of you. You may be required to deploy on operations, which could be dangerous. You will be required to obey orders at all times some of which could put your life at risk and to live and work for long periods under extremely challenging conditions. Your comrades, your commanders and ultimately the Nation will depend on your courage, loyalty and commitment. They will rely on you to maintain the highest standards of professionalism and self-discipline at all times. In short they must trust you and you need to trust them.

8. The Values and Standards of the British Army are founded on those which experience has shown us are vital for success on operations. The key is to build and maintain that trust which is so essential to the establishment of absolute confidence of members of a team, at whatever level. These Values and Standards will enable the Army to continue to serve the Nation in the future as we have done in the past. These six Values and Standards which you will be expected to uphold are:

- a. **Courage (Physical & Moral):** To face up to danger and do what is right.
- b. **Discipline (Notably self-discipline):** To maintain the highest standards, so that others can rely on you.
- c. **Respect for Others:** To treat others with decency at all times.
- d. **Integrity:** To earn the respect and trust of your comrades.
- e. **Loyalty:** To be faithful to your comrades and your duty.
- f. **Selfless Commitment:** To put others before yourself.

9. You are expected to know these six values and uphold them during your training and on operations; failure in any one of these may result in you being RTU. The mnemonic **CDRILS** is used to assist you in remembering it.

10. A little more on discipline. You will need to get used to the idea of discipline, in particular self-discipline. Discipline is an important part of military life and you must be mentally prepared for this. The course demands a great deal of hard work from you and you will be expected to live up to the high standards and values of the British Army.

PREPARATIONS FOR YOUR COURSE

11. **Clothing and Equipment.** A comprehensive list of clothing and equipment that you must bring is at Annex B. All of the items listed are required during your training and **you must bring these with you!** This Training Establishment will not issue items on the kit list and **failure to bring all items will most likely lead to you being sent home.** It is also recommended that you bring the following items which previous students have found useful during training: a torch (including spare batteries), a pen-knife (blade under 3"), 10 x tent pegs (preferably steel), extra bungees and a ball of green string (garden string will suffice).

12. **Fitness.** Physical fitness is a key component of your soldier training and you are strongly recommended to take regular and demanding exercise before you arrive. If you are physically unfit then you will find it considerably more difficult to meet the physical demands put upon you during your training - you will also be more prone to injury. You will be assessed on arrival by undertaking a 4 mile loaded march in 60 mins (carrying between 15 and 20kg depending on your cap badge,

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including your helmet & weapon) as well as two other representative military tasks. **If you fail the loaded march you will you will be sent home!** If you follow the fitness plan given to you by your unit PTI then you will have no difficulties with any part of the course, so prepare yourself properly.

13. **Fitness to Attend.** You must not have any medical problems or injuries that may affect training that have arisen since the date of the initial medical (PULHEEMS). If have developed any problems or injuries, you are to seek further medical advice and advise your RRMT Staff in advance of attendance. **YOU WILL BE SENT HOME IF YOU ARRIVE WITH A MEDICAL EXEMPTION NOTE!**

14. **Learning Differences.** If you have any differences in learning you must seek advice from your RRMT Staff in advance of attendance. This includes all differences that could include an individual who cannot read off yellow paper or below a certain font.

15. **Injuries during Training.** There is very little time to catch up on any training missed during the course. You should note that if you sustain an injury on the course requiring more than 1-day sick leave you will be sent home.

16. **Haircuts.**

- a. **Male Recruits.** Male recruits should have a haircut before arriving. The shortest permissible haircut is No 2 at the sides and a No 3 on top.
- b. **Female Recruits:** Female Recruits should ensure that their hair is either cut on or above the collar or neatly tied into a bun or French plait. Females are required to supply their own hair nets and kerbi grips.
- c. **Colouring.** Hair is to be one colour, that which is on your Military identity card. The streaking of your hair is unacceptable. Dress regulations state your hair must be a natural colour.

17. **Boots.** You should arrive with your issued military boots (2 pairs) worn-in. Preparation for and completion of the 6 mile loaded march (carrying equipment to be completed in 90 minutes) and the field exercise phase of the course are intensive and physically demanding. It is strongly advised that you conduct some endurance PT in your boots carrying weight, (no more than 10kg) in order to make sure your boots are broken-in. This should reduce the likelihood of injury. Ask your RRMT Staff for advice on the methods of protecting and preparing feet for marching and endurance (i.e. foot powder, taping feet with zinc oxide tape and frequent sock changes). **Properly fitted and worn-in boots are essential to the successful completion of the course.**

DOCUMENTATION

18. You are to be in possession of your MOD 90 (TA) - Service Identity Card. You should also confirm with your unit that they have already forwarded your Fitness to Attend Certificate (FAC) to this Training Establishment to confirm your place on the course in advance (min 2 weeks), by Recorded Post. You are required to bring your FAC with you, along with other important documents, including your fully completed and signed Recruit Report Book. If you have conducted Refresher Training you must also have the appropriate certificate to confirm that you are at the required standard to attend TSC(B). Failure to bring these documents with you may result in a delay to your training or you being sent home.

19. Your unit is also required to complete a short medical history, detailing your initial medical assessment and your inoculation history. You are also advised to have been fully inoculated at least 10 days prior to the course.

PAY

20. The system of military pay has already been explained to you during your first few weekends. It is recommended that you arrive with funds (£60-£80 should suffice) to enable you to manage for the duration of the course. It is recommended that you do not bring funds in excess of £100.

FEEDING – CATERING, RETAIL AND LEISURE (CRL)

21. ATR W has a cookhouse where you will eat all of your meals, the cost of these will be recovered from your pay; you will not need to pay for each meal separately or carry around money for food.

22. If you wish to supplement your diet or purchase magazines or hot drinks there is a well stocked shop on camp, you will have access to this in the evenings if your Training Team think it is necessary.

INSURANCE

23. You are strongly advised to insure your military clothing and equipment against loss or damage. Your military clothing and equipment is worth approximately £500.

PASSING OUT PARADE

24. On the final day of this course there will be a Pass Out Parade (POP). This is the prestigious culmination of your initial training. There will be a full parade with a Reviewing Officer and Band, finishing with a lunch. You may invite family, friends and employers to this parade. Specific details will be issued to you separately during the course.

FINAL WORDS

25. Your Instructors are Regular soldiers of the highest calibre and have been selected and trained for their appointment as training NCOs. Their primary role is to lead you through the course and assist you to pass all aspects of your training. You will need to arrive fit and mentally prepared for the arduous nature of the course; remember that you will not be tested on anything that you have not been taught. Good luck!

{Original signed}

ME Cryer
Capt
for CO

Annexes:

- A. Example Course Programme
- B. Clothing and Equipment List

Enclosure:

- 1. CO's Introduction Letter to ATR W

Distribution:

Course Loaded Recruit



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**MESSAGE FROM THE COMMANDING OFFICER ARMY TRAINING REGIMENT
WINCHESTER**

Lieutenant Colonel NAP Wright MBE SCOTS

Congratulations on completing Trained Soldier Course (Alpha) (TSC(A)) and being selected for a place at the Army Training Regiment, Winchester (ATR W) to conduct your TSC(B) training.

You are to report to Sir John Moore Barracks between 1700 hrs and 2200 hrs on the Friday before the course commences. This is in order to afford you the opportunity to settle in and make any final preparations prior to the course commencing, this arrival time also allows you to have sufficient rest before the first lesson which starts 0700hrs on the Saturday. In the Joining Instructions that came with this letter is a Kit List which you must read thoroughly and bring all the items with you on arrival.

ATR W is unique among Army barracks as a purpose built, independent training establishment; with facilities and layout which were designed to optimise the efficiency and quality of training. Sir John Moore Barracks covers 86.5 hectares. Recreation and training are catered for by the provision of 3 sports pitches, 2 gymnasiums, an indoor climbing wall, 2 outdoor climbing walls and a swimming pool. There is also an assault course, a High Ropes Command Task Course, a steel framed obstacle trim trail, an outdoor 25m firing range and 2 low-level training areas.

If you arrive by train at Winchester Railway Station you will be required to use a taxi to Sir John Moore Barracks at an approximate cost of £5.00; this is able to be refunded via JPA.

If you are arriving by air, then a request can be submitted for both CEFO (webbing) and CEMO (Bergan) to be issued at ATR W; this will reduce the cost of any excess baggage. Once agreement is met you should bring all other equipment less CEFO and CEMO. Your unit can add this request when forwarding your documentation to the ATR W-TRGWG-CLK (Metters, Patricia Miss).

Should you have any queries or difficulties then seek guidance from your RRMT Staff. If they cannot assist, please get in touch with the Training Wing Clerk on 94275 4350. If you encounter difficulties when travelling to ATR W and will not arrive within the arrival times then please contact the Guardroom on 01962 888251, the Guardroom is manned 24 hours a day.

On Arrival at the ATR W you will meet your instructional Staff who are responsible for leading you through TSC(B) which follows the 2-week residential element of Common Military Syllabus (Territorial Army) 2009 (CMS(TA)09). The 2 week course can be viewed on line at

http://www.army.mod.uk/training_education/training/16405.aspx.

All instructional Staff have been specially selected from Regular Army Training Teams. You will be assigned to a section of up to 12 Recruits with a Section Commander Instructor – your team leader and mentor for the duration of your time at the ATR W.

The first day includes sorting out your documentation and completing your entrance tests. You will undertake a Weapon Handling Test (WHT) which you **must pass** so that you can progress onto the live firing phase. If you are unable to complete the WHT to the required standard, you will be sent home.

Your fitness will be assessed by completing a 4 mile loaded march in 60 minutes, carrying 15-20 kg (dependant on your cap badge). This enables us to establish your level of fitness when you commence training and then monitor your progress throughout the course. Failure of the fitness assessment will also result in you being sent home.

Neither of these tests should be too hard for you because you will have passed them already during TSC(A).

The course is challenging and demanding and includes a range of military subjects, some of which may be new to you, a 4 day exercise and a series of assessments, all designed to enable you to progress and take your place in what is widely regarded as the best Army in the World.

Your course will culminate at the end of Week 2 with your Pass Out Parade. This is a prestigious event which enables your family, friends and unit representatives to share in your right of passage as a trained soldier. The parade is scheduled to take place on the final Friday. You may invite a maximum of 4 guests. You will be required to submit details of your guests to your Training Team once at ATR W. It is recommended that you invite guests prior to commencing training and advise them that they should aim to arrive for the Parade between 1030-1130hrs; departure is scheduled for approximately 1630hrs.

To conclude, your instructors are of the highest calibre and have been selected and trained for the appointment; their primary role is to lead you through the course and assist you in passing all aspects of the training. The philosophy enthused at ATR W is very much along the lines of “Train In” not “Select Out” as part of the “One Army Concept”.

To conclude; you should ensure that you read the attached Kit Checklist as you will require all of the items included on it. Come mentally and physically prepared for this demanding course, be prepared to work as part of a team and give your all to the task in hand. This course is tough and is designed to challenge you, but it is well within your grasp and it is thoroughly rewarding if you approach it with grit and determination. I look forward to seeing you during your training.

NAP Wright MBE SCOTS
Lieutenant Colonel
Commanding Officer ATR W