

E6464444

**RESERVE ENTRY OFFICERS' COURSE (REOC) – PHASE 1 02/15 – JOINING INSTRUCTIONS**

**Welcome**

1. Congratulations on your selection to attend the Reserve Entry Officers' Course (REOC) at the Royal Australian Naval College (RANC), HMAS *Creswell*, Jervis Bay. The course will be conducted in conjunction with the Mid Career Entry Course (MCEC) 02/15. Your administering department will be the Reserve Lateral and Specialist Entry Faculty (RLSEF). These joining instructions will assist you to prepare for your initial training at *Creswell*.

**Please take the time to read them carefully.**

**Aim**

2. The aim of the course is to impart non-specialist skills and knowledge necessary for you to render effective service in the Royal Australian Navy Reserve (RANR). At *Creswell* you will be expected to develop these general skills and exhibit exemplary standards of behaviour.

**Arrival**

3. Your course, REOC Phase 1 02/15 is programmed to commence on Thursday 15 Oct 15 and conclude on Friday 30 Oct 15.

4. *Creswell* is situated on the south-western shores of Jervis Bay in the Jervis Bay Territory, 180 km south of Sydney and 35 km southeast of Nowra. Access is via Jervis Bay road, off the Princess Highway 14 kms south of Nowra.

5. A movement advice slip is at Annex A and **MUST** be faxed or emailed to RLSEF **ASAP**, indicating your mode of travel to *Creswell* i.e. flying or self drive. The movement advice slip is required to facilitate travel arrangements for you to and from *Creswell*. It also enables RLSEF to collate a list of personnel who will be arriving at Sydney Airport. RLSEF contact details are PH: (02) 4429 7119 or 1800 600206, Fax: (02) 44297184, email: [rlsef.navy@defence.gov.au](mailto:rlsef.navy@defence.gov.au).

6. You are required to submit a single page biography at least one week prior to your joining. This should be written in the first person and contain relevant personal and professional information. This is to be emailed or faxed to RLSEF prior to joining *Creswell*.

7. Defence Force Recruiting Centres (DFRC) will arrange transport to *Creswell*. You are reminded that baggage limits apply on flights and you should check with the carrier for the applicable limit. You may elect to drive your private motor vehicle (PMV). Personnel travelling by PMV are to arrive in *Creswell* **no later than** 1230 hours on Thursday 15 Oct 15.

**Dress on Arrival**

8. As a Naval Officer you are to travel and arrive in *Creswell* in attire reflecting your position as an Officer of the RANR. Further instructions on dress and grooming are included in Annex B. Summer uniform will be worn for the duration of REOC Phase 1 02/15.

### **Introductory briefing**

9. On the day of your arrival a welcome address and introductory briefing will be conducted by Lieutenant Commander Helen Walker, RANR, H– RLSEF.

### **Royal Australian Naval College**

10. The RANC forms the major part of *Creswell*, a shore establishment of the RAN. The RANC is under the command of the Commanding Officer, HMAS *Creswell*, Captain Stephen Hussey, RAN.

11. You can find out more about RANC from our Navy Internet web site at <http://www.navy.gov.au/ranc/>. This site includes information that may assist you in understanding what to expect, including frequently asked questions. Serving members may access the intranet site located at: <http://intranet.defence.gov.au/navyweb/sites/hmascreswell>. For more information about the local area, the Shoalhaven City Council has a web site at [www.shoalhaven.nsw.gov.au](http://www.shoalhaven.nsw.gov.au).

### **College Life**

12. Day one marks the beginning of your training as a Naval Officer. You will be instructed in a variety of subjects from Naval History and Defence Studies, drill and marks of respects and uniforms. The subject matter is diverse and aimed at developing the necessary skills and knowledge to become a professional Naval Officer. Naval and physical training are designed to develop the qualities of Honour, Honesty, Courage, Integrity and Loyalty, which are the Navy values. However, mental attitude is by far the most important factor in your overall success as a Naval Officer.

13. On arrival, trainees will form Hunter Division; Hunter Division is named after Vice Admiral John Hunter, a British Naval Officer who succeeded Arthur Phillip as the second Governor of NSW. The names of the New Entry Officer's Course (NEOC) Divisions are: Clarkson, Getting, Moran, Rankin and Waller and are taken from famous Naval Officers. You will live together with other members of your Division and your training activities will be conducted together as a Division. Warrant Officer Terry Imms, will be your Course Officer and will work closely with you during your time at RANC.

14. The practices and social conventions of a Naval Officer are those current with a well-mannered society. Some customs are more formal and some are purely Naval in their application. As an Officer, attention to these important aspects is necessary and you are expected to appreciate the reasons for these social conventions and to conform to them. This subject will be addressed formally, discussed and applied during RANC training.

### **Drugs**

15. The Navy has a zero tolerance in regards to the use of non-prescribed or prohibited drugs by any serving member of the RANR. The use of such drugs will result in administrative and disciplinary action in accordance with the Defence Force Discipline Act (DFDA). Random Drug and Alcohol testing is conducted on a regular basis in *Creswell*.

### **Religious Observance**

16. *Creswell* has a resident Chaplain. Religious services are held each Sunday. Details can be obtained from your Course Officer on arrival. Where possible, trainees will be given the opportunity to attend church services.

### **Workplace Behaviours**

17. Workplace behaviours encompass the concept of fair treatment and inclusiveness. Everyone should be given the opportunity to make the most of their talents and abilities. An equitable and diverse environment will be achieved through the application of such principles

as: recognising that all people are different and valuing their differences, treating each other with respect and dignity and using the different contributions that people can make to the team.

### **Initial Training Period**

18. The first full week of your course is designated as the Initial training Period (ITP). This is an intensive part of the course where you are expected to quickly adapt to military routines and behavioural standards of a Naval Officer. You will not be permitted to leave *Creswell*, other than for training purposes, until ITP is complete. No alcohol is to be consumed during ITP. During this period you will have little personal time in which to contact your family and it is recommended that they are made aware of this. The ITP also simulates some of the constraints that exist in a seagoing environment. Ensure that your family is well aware of these constraints that will be imposed upon you. An indicative program of ITP is at Annex C.

### **Accommodation and Messing**

19. REOC is a residential course and all trainees are required to live onboard *Creswell*. Accommodation is fully gender integrated; male and female will live in adjacent cabins. Each of the accommodation blocks has a laundry with washing machines and dryers. A secure box room is available for stowage of personal effects.

20. You are permitted to bring a **limited amount of small personal effects** (eg: Clock radio, laptop computer). It is suggested that you bring the minimal amount with you, as you will have uniforms and effects to take home. A recommended list of clothing and personal items is at Annex D. Personal items may be purchased from the Post Office if required.

21. Trainees will be responsible for the cleanliness and appearance of the accommodation area and for maintaining the state of their cabins and communal areas to a Naval standard throughout the course. Evening rounds will be carried out during ITP.

22. Trainees will take their meal in the College Dining Room. Special dietary requirements **must** be advised **before** joining.

### **Computer Facilities**

23. You will receive access to the Defence Restricted Network (DRN) during the first week of course.

24. If bringing personal laptops, be aware there is no Wi-Fi available and you must bring your own Wi-Fi modem.

25. No personal USB's are compatible with the DRN.

### **Pay**

26. Upon completion of REOC Phase 1, you will be required to complete a reserve Attendance Diary (Form AE 126-1). Your pay will be deposited directly to your nominated bank account. **Ensure that you have full details of your financial institution (bank, BSB number (six digits) and account number (up to nine digits) and Physical address of Banking Institution)** when you join.

### **Banking and Local Facilities**

27. There are limited banking facilities in *Creswell*. The Post Office offers Bank@Post facilities allowing withdrawals, deposits and enquiries for most banks and building societies. EFTPOS is available at the Post Office and recharge vouchers for prepaid mobile phones. The opening hours for the Post Office are 0800-1400 Mon-Fri. The Australian Defence Credit Union has a branch in *Creswell*.

28. There is a canteen on base, where beverages and food can be purchased. Navy merchandise is also available for purchase. Hours of business are 0700-1530 Mon-Fri.

### **Security Clearances and Passports**

29. All ADF personnel undergo security clearance vetting upon joining. Processing of security takes a considerable amount of time, DFRC should have organised your clearance to baseline level and further upgrading will be initiated once here at *Creswell*.

30. The sea training component of the course (Phase 4) is conducted aboard one of the RAN Fleet Units. Deployment to an overseas port is a possibility and the possession of an Official Passport is mandatory.

31. If you are in possession of a **current** personal passport, please bring it with you to assist in your official passport application. If not, you will need to bring with you a completed **new** Passport Application form, which is to be endorsed by the person identifying you. The application, including passport photograph endorsements, must be completed in **BLACK PEN** or it will be rejected causing considerable delay in processing. Please also note that, **signatures, including any flourishes, need to be wholly within the boxes** or this will cause the application to be rejected.

***Please read all Instructions on the form carefully and bring with you all documentation required in the instructions***

32. This application form will be used to obtain your Official Passport. If you already hold an Official Passport for your civilian employment please bring the passport number with you. Completed passport application forms, available online, must be brought with you with all necessary supporting documents, including two passport size photographs. Your passport application form and photos **must be endorsed prior to your arrival at *Creswell***. A full list of required documents to be brought with you is contained in the pre – joining checklist at Annex E.

### **Physical Training and Recreation**

33. Successful completion of the RAN Swim test and RAN Physical Fitness Test is mandatory and trainees unable to complete either of these tests will not graduate from the course. Any members unable to pass in the first instance will have a maximum of 12 months in which to train and successfully resit these tests. These tests and other components of the course are physically demanding and any preparatory fitness training you undertake beforehand will be to your advantage. A detailed explanation of the tests you will be required to undergo as part of your initial training is at Annex F.

***Note: physical fitness tests are different than undertaken at DFRC.***

### **Medical**

34. You will have blood taken to determine your blood group and other immunities. If you have documentary evidence of your blood group: E.G. blood donor card, you may bring this with you. The grouping is used for identity tags.

35. If you have documentary evidence of vaccinations you have received in the past please bring these with you.

### **Private Motor Vehicles**

36. Cars and motorcycles may be brought onto *Creswell*. Cars or motorcycles are to have relevant state registration, and third party property insurance. Parking facilities are available for trainees.

37. *Creswell* has restricted speed limits of 40 kph and 25 kph. *Creswell* has large number of wildlife which drivers need to be aware of when driving. Many roads are too narrow to allow safe parking and are to be kept clear. “NO PARKING” areas are defined by red painted gutters. Personnel should acquaint themselves with these regulations as soon as possible, as traffic rules are strictly enforced.

### **General Administration**

38. The FAX at RLSEF (Cerberus House), (02) 44297184, is available for official material or matters of an urgent nature.

Your contact address while on course is:

(Rank, name)

REOC 02/15

C/- RLSEF

HMAS *Creswell*

Jervis Bay Territory ACT 2540

39. You will be undergoing instruction from Monday – Sunday, incoming calls should be limited to between 1700 – 2200. In an emergency, messages can be left with RLSEF OM on 1800 600 206. *Creswell* dial-in telephone numbers are (02) 4429 followed by the four-digit extension number. The telephone numbers of your accommodation will be advised on arrival.

### **Useful contact numbers**

HMAS <i>Creswell</i> Switch	02 4429 7900	
H-RLSEF	02 4429 7183	M: 0404310698
2 I/C RLSEF	02 4429 7141	M: 0457543792
RLSEF Office	1800 600 206	
Chief Instructor	02 4429 7893	
Main Gate	02 4429 7986	
Officer of the Day (OOD)	0400 468 697	

40. A comprehensive pre-joining checklist has been included at Annex E to help you to fully prepare for your arrival at RANC. If you have any queries prior to your arrival do not hesitate to contact the RLSEF during working hours Monday to Friday on 1800 600 206 or (02) 4429 7119.

### **Reserve Entry Officer Course (REOC) Structure**

41. The REOC is delivered in Four Phases, as follows:

- a. Phase 1 – Initial Officer training (Residential) IOT (R) - 16 day residential course at RANC, HMAS *Creswell*;
- b. Phase 2 – Initial Officer Training (Flexible) IOT (F) – seven flexible modules over no more than 12 months;
- c. Phase 3 – Pre-requisites for Sea – a two week residential course at *Creswell* comprising Combat Survivability (CS), Survival at Sea (S@S) and First Aid; and
- d. Phase 4 – Sea Training Deployment (STD) – Up to two weeks training deployment in a RAN Major Fleet Unit (MFU) at sea.

### **Recognition of Prior Learning**

42. In some cases, trainees who have previously undertaken similar training to that provided in Phase 2, 3 or 4 may be eligible for recognition of prior learning (RPL). For example, trainees who have previous RAN service may be eligible for RPL for Sea Pre-requisites and the STD. Applications for RPL must be made via an RPL application – provided by RLSEF on request. On receipt of a completed RPL form and objective evidence of previous experience/qualifications, the RPL board will consider the currency, validity, sufficiency and relevance of the training and make a determination regarding recognition.

### **Nominating for Phase 3 Sea Pre-requisite**

43. Should your civilian schedule allow, the opportunity exists for you to nominate to attend the next Phase 3 Sea Pre-requisite course 02/15, commencing on Sunday 01 Nov 15, concluding Friday 13 Nov 15. Please advise RLSEF prior to arriving if able to nominate for Phase 3 training.

### **HM Walker**

Lieutenant Commander, RANR  
Head—Reserve Lateral and Specialist Entry Faculty  
HMAS *Creswell*

20 August 2015

### **Annexes:**

- A. Movement Advice Slip
- B. Dress and Grooming
- C. Indicative RANC Daily Routine
- D. Recommended list of Clothing and Personal items
- E. REOC, pre joining checklist
- F. Physical Training

**JOINING INSTRUCTION RECEIPT AND MOVEMENT ADVICE SLIP**

Return this form ASAP to:

**Facsimile: 02 44297184**

**OR Copy/Paste this completed page into an email, and send to [rlsef.navy@defence.gov.au](mailto:rlsef.navy@defence.gov.au)**

Your Full Name: .....  
Your Daytime contact telephone number: .....  
Your Mobile telephone number: .....  
Your email address: .....

**I understand that I need to be at Mascot Airport Sydney, Terminal Three (Hudson's coffee shop) by 1000, Thursday 15 October 2015**

YES                      NO

**OR**

**I am being recruited through DFRC Wollongong and understand that the DFRC will arrange a central pickup point for transport to RANC.**

YES                      NO

**OR**

**I intend to drive my private motor vehicle (PMV) to HMAS *Creswell* and understand I need to arrive no later than 1230 Thursday 15 October 2015.**

YES                      NO

Vehicle details:

Rego number: .....

Make/Model: .....

CC's or Engine Capacity: .....

**Phase 3: I am a volunteer to attend the Sea Pre-requisite Course from 02-13 November 2015**

YES                      NO

I acknowledge the RANPFT and Swim test requirements and I am able to meet the minimum requirements

YES                      NO                      UNSURE

*I have received my REOC Joining Instructions and I acknowledge that I have read and understood my requirements.*

.....

.....

Signature

Date

## DRESS AND GROOMING

### Grooming Standards - Male

1. Hair shall be groomed so that it does not touch ears or collar nor extend below eyebrows when head dress is removed. The bulk of hair shall not exceed 5 cm. The primary consideration remains a neatly groomed for the appearance for the hairstyle and the type of hair of the individual.
2. Hairstyles must be conservative and generally must be adapted to permit the correct wearing of headdress. For example: the minimum cut is a No 2 comb.
3. Sideburns are not to extend below the lines level with the points where the bottom of the ear joins the face. They must be neatly trimmed and must be less than 3 cm wide. Mutton chops or similar grooming is not permitted.
4. Moustaches are not permitted.

### Grooming Standards – Female

5. Hair styles and colouring must be conservative and complementary to the individual and military image. The minimum cut is No 2 comb. When in uniform, hair is not to extend below the lower edge of the buttoned shirt collar, hair any longer **must** be worn in a bun, roll or braid. The bulk of hair must not interfere with the correct wearing of the headdress.
6. Hair ornaments are not to be worn. Plain pins, combs or bun nets similar in colour to the hair and blue or black rubber bands are to be worn. Unadorned tortoiseshell or clear hair slides may also be worn.
7. Female members who wish to wear facial make up and perfume may do so in moderation. Nail varnish is permitted providing it is colourless and not chipped.

### Jewellery

8. **Males**, when in uniform, may wear:
  - a. One watch – not to be ornate or brightly coloured;
  - b. One wedding ring; and
  - c. One signet ring.

Earrings are not to be worn by male members at any time whilst on duty. Earrings may be worn with civilian clothing on board RAN Ships and establishments, when not on duty.

9. **Females**, when in uniform, may wear:
  - a. One watch;
  - b. Wedding, engagement and eternity rings;
  - c. One other ring on the right hand; and
  - d. One pair of earrings of a plain gold or silver stud type, no wider than 4 mm in diameter or plain sleeper type of 1 cm diameter, in the lobe of each ear.



### **Body Piercing**

10. Body piercing is discouraged throughout the RAN, however, non-visible body piercing is permissible only when not required for duty. You are considered on duty for the entirety of ITP and duty during all working hours subsequently.

### **Uniforms and Civilian Attire**

11. Uniforms will be issued to trainees during the first few days of the course. Sports uniform will be issued on the day of arrival. Trainees are to wear neat civilian attire, as specified below, whilst travelling and joining *Creswell*. Until uniforms are issued the specified below attire will be worn for evening meals.

- a. **Men:** Tailored trousers, tailored shirt with or without tie. Polo shirts are not acceptable. A jacket or neat jumpers for winter. Closed shoes
- b. **Women:** Conservative dress or skirt (no shorter than 7 cm above the knee), or tailored pants (jeans are not acceptable). A tailored collared shirt with sleeves, jacket optional. **Tailored slacks are recommended with closed flat shoes for the civilian attire until uniforms are issued.**

### **Leave Dress**

12. All Naval members are required to be modestly attired in public areas (ie. No bare midriffs or visible underwear). Jeans may be worn in the Wardroom from 1600 Fri until 0700 Mon. Shoes are to be clean and in good repair. All clothing is to be clean, ironed and not torn in any way.

### **Personal Toiletries**

13. The Navy does not issue personal toiletries. You should bring your own coat hangers as detailed in Annex D. A small number of irons and ironing boards are available within accommodation blocks.

14. The *Creswell* Post Office stocks a variety of items such as spray starch, washing powder and toiletries. Trainees are advised to ensure they have sufficient toiletries and personal necessities.

**INDICATIVE RANC DAILY ROUTINE**

0515	Call the Hands	
0530-0630	Early Morning Activity (EMA)	<i>(physical activity)</i>
0630-0700	Morning Ablutions	
0700-0730	Breakfast	
0740-0750	Both Watches	<i>(meeting of all trainees)</i>
0800-0805	Colours	<i>(flag/ensign raising ceremony)</i>
0805-1155	Instruction	
1200-1240	Lunch	
1245	Both Watches	<i>(meeting of all trainees)</i>
1300-1600	Instruction	
1600-1800	Dog Watch Activity	
1800	Dinner	
1930-2030	Evening Rounds	<i>(formal inspections)</i>
2030-2230	Divisional Activity	<i>(task books)</i>
2230	Pipe Down and Lights Out	<i>(strictly adhered to)</i>

**RECOMMENDED LIST OF CLOTHING AND PERSONAL ITEMS**

- Suitable civilian evening wear (One set in addition to your travelling attire)
- Suitable sleeping attire
- Thongs (footwear only for showering)
- \$100.00 for incidentals (including coins for vending machines)
- Black Shoe Polish (Parade Gloss recommended)
- Alarm Clock/Mobile phone alarm
- Personal Toiletries
- 7 coat hangers (for uniforms and personal clothing)
- 5 Trouser/Skirt hangers (for uniforms and personal clothing)
- Sufficient underwear for 4-5 days (min). At least one set of underwear must be white, bone or flesh coloured (during Summer Dress)
- Spray Starch (optional), not to be used on DPNU's
- Washing Powder
- Laundry Markers (both black and white)
- Stain remover
- For Females, unless your hair is really short, - hair/bun nets, bobby pins, hair elastics (clear, brown or black depending on hair colour)
- Laundry bag for underwear (females)
- Small torch
- One set of personal exercise clothing including own running shoes – must be clean, undamaged and conservative
- Swim wear (no bikinis for females)
- Optional – plain black beanie, black gloves, thermal underwear (winter) – for overnight exercise.

### REOC PRE – JOINING CHECKLIST

This checklist is to be completed prior to joining the College

<b>REQUIREMENT</b>	<b>ITEMS TO BRING WITH YOU</b>	<b>COMPLETED</b>
<b>Passport</b>	<ul style="list-style-type: none"> <li>• Personal Passport and 2 passport photo's <b>or</b></li> <li>• Obtain a 'NEW' passport application form from Australia Post or online from DFAT website and complete application and print.</li> <li>• If you currently hold an official passport ensure you bring the number with you.</li> <li>• Bring two endorsed Passport Photographs</li> <li>• If you are a sailor changeover you must obtain your service passport from the ships office of losing unit and bring it with you.</li> <li>• Bring all documentation required (originals, not certified true copies) for the passport form, including               <ul style="list-style-type: none"> <li>• Full Certificate of Birth</li> <li>• Australian Citizenship papers, if applicable</li> <li>• Naturalisation or citizenship certificates for all nationalities you hold or have held</li> <li>• Marriage certificate, if applicable</li> <li>• Change of name certificates, where there has been a change of name other than as a result of marriage, documentary evidence of such change of name is required</li> </ul> </li> <li>• Divorce, decree Nisi or Absolute Documents, if applicable</li> </ul>	
<b>Letter of Offer</b>	<ul style="list-style-type: none"> <li>• The Navy People Career Management Agency (NPCMA) will inform you of your conditions of employment through a letter of offer</li> <li>• <b><i>Ensure you bring this letter with you</i></b></li> </ul>	
<b>Bank Account</b>	<ul style="list-style-type: none"> <li>• You must have a bank account.</li> </ul> Bring the following details: <ul style="list-style-type: none"> <li>• Bank Name</li> <li>• Bank Address</li> <li>• Account Number</li> <li>• BSB Number</li> <li>• Account Name</li> </ul>	
<b>Biography</b>	<ul style="list-style-type: none"> <li>• E-mail biography to RLSEF</li> </ul>	
<b>Travel Details</b>	<ul style="list-style-type: none"> <li>• Complete Movement advice slip at Annex A and fax or email to RLSEF</li> </ul>	
<b>Medical and Dental Documentation</b>	<ul style="list-style-type: none"> <li>• Bring any Medical and dental records with you</li> <li>• Bring evidence of Blood Group, if held</li> <li>• Bring your vaccination Certificate, if held</li> </ul>	

## PHYSICAL TRAINING

### Introduction

1. Physical training is an integral part of life in the RAN. **In the first week of training you will undertake the RAN Swim test and RAN Physical Fitness Test (PFT).** Both tests are designed to be sub-maximal: that is they should be passed with minimal preparation and effort.

### RAN Swim test

2. All New Entry personnel complete the RAN Swim Test.

3. The swim test is to be carried out in an pool or in a suitable area of the sea. Trainees are to be dressed in DPNU's or Combat Coveralls. The swim test includes the following elements:

- Enter the water feet first from a suitable place, with a height of no less than 2 metres, to simulate 'abandon ship'
- Plunge and swim for 10 metres under water – to simulate an escape from a sinking vessel surrounded by oil
- Swim 50 metres to escape from a simulated danger situation utilising any survival stroke within 2 minutes
- Spend 15 minutes in deep water, where the trainees are unable to touch the bottom. During which time the following techniques must be demonstrated
- Floating
- Slow swimming using a variety of strokes
- Treading water in either the horizontal or vertical positions

### RAN Physical Fitness test

4. The RAN Physical Fitness test must be completed to successfully graduate from the course and then on an annual basis to maintain currency.

### Recommended Physical Standards

5. Relationships between both mental and physical health are an important aspect of a great leader, and one does not work effectively without the other. To ensure that you will not be left behind in any physical aspect, it is recommended that you reach a sufficient level of fitness prior to your first day at the RANC. It is suggested that you should be able to competently perform the following fitness standards.

6. The components of the test are:

- **Flexed arm hang or push ups.** This tests a member's upper body strength and endurance, which reflects their ability to carry loads and support their own body weight. Both male and female members are expected to complete either the flexed arm hang or push ups with hands and toes only in contact with the ground.

- **Sit Ups.** This tests a member's abdominal muscle strength and endurance which reflects their ability to lift and carry loads, flexibility and general muscle fitness. Adequate abdominal fitness reduces the risk of back injury.
- **Aerobic/cardio vascular.** This test consists of a 2.4 km run/walk, or 5 km walk, or 500 metre swim or 20 metre shuttle run and reflects a member's ability to sustain physical activity. Treadmills or other machines are not to be used to assess this component of the test. Aerobically fit members acclimatise to hot weather environments more rapidly and are less likely to mentally or physically fatigue in combat duties. Where a member has an injury that prevents them undertaking the run/walk or walk component, they are to undertake the 500 metre swim, providing a MO confirms there is no restriction on the member attempting this component.

### RAN MINIMUM PHYSICAL FITNESS STANDARDS 1

Component/Age	Male				Female			
	< 35	35-44	45 - 54	>55	< 35	35-44	45 - 54	>55
Flexed arm hang (seconds)	25	20	15	10	25	20	15	10
or								
Push-ups (number)	25	20	6	6	10	7	3	3
Situps (number)	25	20	15	10	25	20	15	10
2.4km Run (min/sec)	13'00"	15'00"	17'00"	19'00"	15'00"	17'00"	19'00"	21'00"
5km walk (min/sec)	42'00"	44'00"	46'00"	48'00"	43'00"	45'00"	47'00"	49'00"
500m swim (min/sec)	12'30"	13'30"	14'30"	15'30"	13'30"	14'30"	15'30"	16'30"
Beep Test	7.4	6.10.	6.4	5.9	6.9	6.2	5.4	5.0.

### Clothing

It is mandatory to bring the following items with you to be used in all physical training lessons:

Drink bottle  
Towel  
Runners  
Swimmers