

E6464465

## **MID CAREER ENTRY COURSE (MCEC) PHASE 1 & 2 (02/15) – JOINING INSTRUCTIONS**

### **Welcome**

1. Congratulations on your selection to attend the Mid Career Entry Course (MCEC) conducted at the Royal Australian Naval College (RANC), HMAS *Creswell*, Jervis Bay. The course will be conducted in conjunction with the Reserve Entry Officers' Course (REOC) 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 (RAN). At *Creswell* you will be expected to develop these general skills and exhibit exemplary standards of behaviour.

### **Arrival**

3. Your course, MCEC Phase 1 & 2–02/15, is programmed to commence on Thursday 15 Oct 15 and conclude of Friday 20 Nov 15. During Phase 1 you will be joined by REOC 02/15 trainees. Phase 2 - Non ADFIS trainees (31 Oct – 06 Nov 15) - ADFIS trainees (13-20 Nov 15) consists of Defence Writing, Defence Force Discipline Act, Divisional Officer and RAN Organisational assignments. ADFIS trainees will also undertake REOC Phase 3 (01-13 Nov 15) – Sea Pre-requisite.

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, which is 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 you 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. RLSEF through Integrated Travel Solutions (ITS) 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 at *Creswell* **no later than** 1230 hours on Thursday 15 Nov 15.

## **Dress on Arrival**

8. As a newly sworn representative of the RAN and the Australian Defence Force (ADF) you are to travel and arrive at *Creswell* in attire reflecting your position as a member of the RAN. Further instructions on dress and grooming are included in Annex B. Summer uniform will be worn for the duration of MCEC Phase 1 & 2.

## **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 member of the Navy. 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 member of the RAN. 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 member of the RAN. Be thoughtful of the consequences of your individual actions and strive to set an example for others.

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 personal and professional standards required of you as a member of the RAN are high and must be maintained if you are to fulfil your role as a Leader. Leadership is based on professional knowledge and personal character.

15. The practices and social conventions of a member of the RAN are those current with a well-mannered society. Some customs are more formal and some are purely Naval in their application. As an Officer, Senior Sailor or Junior Sailor, 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**

16. The Navy has a zero tolerance policy in regards to the use of non-prescribed or prohibited drugs by any serving member of the RAN. 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**

17. *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**

18. 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**

19. The first 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 member of the RAN. 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. Ensure that your family is well aware of these constraints that will be imposed upon you. An indicative program for ITP is at Annex C.

### **Accommodation and Messing**

20. MCEC 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.

21. 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.

22. 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.

23. Trainees will take their meals in the College Dining Room during Phase 1 and their respective messes for Phase 2 and 3. Special dietary requirements **must** be advised **before** joining.

### **Leave**

24. On completion of ITP trainees may be able to proceed on limited leave, unless required for duty or course work. Leave is considered a privilege throughout the ADF and is granted when operational and duty commitments allow.

25. Access to shops is limited: trainees should prepare accordingly and ensure they are in possession of all requisites prior to joining. A recommended list of clothing and personal items is at Annex D.

### Computer Facilities

26. You will receive access to the Defence Restricted Network (DRN) during the first week of course.
27. If bringing personal laptops, be aware there is no Wi-Fi available and you must bring your own Wi-Fi modem.
28. No personal USB's are compatible with the DRN.

### Pay

29. To facilitate your pay, please **ensure that you have full details of your financial institution (bank, BSB number (six digits) and account number (up to nine digits), physical address of the branch)** when you join.

### Banking and Local Facilities

30. There are limited banking facilities at *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 at *Creswell*. Navy Canteens runs a canteen where coffee, food and Navy memorabilia can be purchased. Hours of business are 0700-1530

### Security Clearances and Passports

31. All ADF personnel undergo security clearance vetting upon joining. Processing of security takes a considerable amount of time, DFRC should have assisted you in the commencement of you clearance via e-pack. **If this has not been started please contact your DFRC office.**
32. All trainees must be in possession of a completed **new** Passport Application form on arrival at *Creswell*, whether you have a current passport or not, (this can either be a completed electronic version or paper version) unless you already hold an official or diplomatic passport, which is to be endorsed by the person identifying you. The application 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 **one 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. Any members unable to pass in the first instance will undergo remedial PT/Swimming 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. ***Please note that the RANPFT requirements differ from that required by 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. Car parks are not covered, and as they are situated close to the sea will be exposed to coastal environmental conditions.

37. *Creswell* has restricted speed limits (maximum 40 km/h) because large numbers of pedestrians use the roads. *Creswell* has also large numbers 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. Cars and motorcycles may be banned from *Creswell* for offences.

### General Administration

38. A facsimile machine at RLSEF (Cerberus House), (02) 44297184, is available for official material or matters of an urgent compassionate nature. A private facsimile is currently available at the Post Office.

Your contact address while on course is:

(Rank, name)

MCEC 02/15

C/- RLSEF

HMAS CRESWELL

JERVIS BAY ACT 2540

39. As trainees are often 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

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.

**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. MCEC, 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: .....

**FOR ADFIS TRAINEES ONLY:      I am aware that I am to attend the REOC Phase 3 Sea Pre-requisite Course from 01-13 Nov 15**

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

.....  
Signature and 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 are not permitted. Moustaches are not permitted

### **Grooming Standards – Female**

4. 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, and may be worn in a bun, roll or braid. The bulk of hair must not interfere with the correct wearing of the headdress.
5. Hair ornaments such as ribbons, headbands and scrunchies are not to be worn. Plain pins, combs or hairnets similar in colour to the hair and blue or black rubber bands may be worn. Unadorned tortoiseshell or clear hair slides may also be worn.
6. 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**

7. **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.

8. **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

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

9. 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 HMAS *Creswell*. Until uniforms are issued the specified below attire will be worn for evening meals.

- a. **Men:** Tailored trousers, tailored shirt. Polo shirts are not acceptable.
- b. **Women:** Conservative dress or skirt (no shorter than 7 cm above the knee), or tailored pants (dress 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

10. The minimum standard for leaving the base at any time other than for sport is jeans, trousers, smart casual shorts, skirt or dress. Belts are to be worn where belt loops are provided. Shirts or blouses are to have conservative neckline and to have a collar and/or sleeves. Polo shirts are acceptable provided they bear no offensive slogans and are in good condition, a small logo is acceptable.

11. All Naval members are required to be modestly attired in public areas (ie. No bare midriffs or visible underwear). Shoes are to be clean and in good repair. All clothing is to be clean, ironed and not torn in any way.

**NOTE: Regulations prohibit the wearing of DPNUs on civilian aircraft.**

## Footwear

12. The minimum footwear to be worn with *Creswell* is sandals with back strap. Thongs are only to be worn when proceeding to/from showers.

## 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. A small Canteen at the *Creswell* Post Office stocks a variety of items such as spray starch, washing powder and toiletries; however, the availability of such items is quite limited. 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)
- Swimmers (no bikinis-females)
- Spray Starch (optional), not to be used on DPNU's
- Washing Powder
- Laundry Markers (both black and white)
- Stain remover
- For Females, unless you hair is short, - bun nets, bobby pins, hair elastics (clear, brown or black depending on hair colour)
- Delicates washing bag for underwear (females)
- Small torch
- One set of exercise clothing including own running shoes – must be clean, undamaged and conservative
- Optional – plain black beanie, black gloves, thermal underwear (winter) – for overnight exercise.

### MCEC 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>• 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> <li>• Divorce, decree Nisi or Absolute Documents, if applicable</li> </ul> </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. Bring the following details</li> <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</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 indoor pool. 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.

### 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.** his 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 suffer 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