

Fit to fight

THE ANNUAL PHYSICAL TEST FOR NON-GROUND CLOSE COMBAT PERSONNEL

Listed below are the agreed Regular and Reserve tests and standards that will apply to all cap badge and employment roles



Role Groups	Loaded Carry Stage 1	Loaded Carry Stage 2	Tactical Movement	Casualty Drag	Stretcher Carry	Vertical Lift	Repeated Carry		Incremental Lift-1m	Incremental Lift-Shoulder	Incremental Lift-Overhead
							RST group	no.shuttles required			
RAPTC	4 km - 50 mins - 40 kg	2 km - 15 mins - 25 kg	90m - 15m (crawl/sprint) - 20s	15m - 35s	240m - 240s	60kg	Medium	32 (16 items)	35 kg	35 kg	25 kg
RE-1 (25 Gp, 23 Engr Regt, 24 Engr Regt, 3RSME)							Heavy	28 (18 items)	35 kg	35 kg	25 kg
RA-1(Spec Obs, FST, J Tac, OPA)							Heavy	28 (18 items)	35 kg	25 kg	25 kg
SASC	4 km - 50 mins - 35 kg	2 km - 16 mins - 21 kg	90m - 15m (crawl/sprint) - 20s	15m - 60s	120m - 120s	60kg	Medium	32 (16 items)	30 kg	30 kg	20 kg
RE-2 (All other)							Heavy	28 (18 items)	35 kg	35 kg	25 kg
AMS-DH							Medium	32 (16 items)	30 kg	25 kg	20 kg
RA-2 (All other)	2 km - 25 mins - 35 kg	2 km - 17 mins - 21 kg	30m - 15m (crawl/sprint) - 20s	10m - 60s	120m - 120s	60kg	Heavy	28 (18 items)	35 kg	25 kg	25 kg
REME							Heavy	28 (18 items)	35 kg	35 kg	25 kg
AMS-1 (CMT, Paramedic, MSO, RMO)							Medium	32 (16 items)	25 kg	25 kg	15 kg
RMP	2 km - 25 mins - 21 kg	1 km - 8 mins - 12 kg	90m - 15m (crawl/sprint) - 20s	15m - 60s	120m - 120s	60kg	Heavy	28 (18 items)	30 kg	30 kg	25 kg
RSignals							Medium	32 (16 items)	30 kg	25 kg	20 kg
RLC							Medium	32 (16 items)	25 kg	25 kg	15 kg
INT CORPS	2 km - 25 mins - 21 kg	1 km - 8 mins - 12 kg	30m - 15m (crawl/sprint) - 20s	10m - 60s	120m - 120s	60kg	Medium	32 (16 items)	25 kg	25 kg	15 kg
AAC-GC							Medium	32 (16 items)	35 kg	30 kg	20 kg
AAC-AC							Medium	32 (16 items)	30 kg	30 kg	20 kg
AMS-2 (All other)	2 km - 25 mins - 21 kg	1 km - 8 mins - 12 kg	90m - 15m (crawl/sprint) - 20s	10m - 60s	120m - 120s	60kg	Medium	32 (16 items)	25 kg	25 kg	20 kg
AGC-1(AWS, ETS, MAS(A), SPS)							Medium	32 (16 items)	25 kg	25 kg	15 kg
AGC-ALS							Medium	32 (16 items)	25 kg	25 kg	15 kg
MPS	2 km - 25 mins - 21 kg	1 km - 8 mins - 12 kg	30m - 15m (crawl/sprint) - 20s	10m - 60s	120m - 120s	60kg	Medium	32 (16 items)	25 kg	25 kg	15 kg
CAMUS							Medium	32 (16 items)	30 kg	25 kg	20 kg
MPGS							Medium	32 (16 items)	15 kg	15 kg	15 kg
RACHD	2 km - 25 mins - 14 kg	1 km - 8 mins - 5 kg	90m - 15m (crawl/sprint) - 20s	15m - 60s	120m - 120s	60kg	Medium	32 (16 items)	15 kg	15 kg	15 kg
GSC							N/A	N/A	N/A	N/A	

Tests, standards and protocols will be published in MAT T 2 prior to implementation in Apr 21

