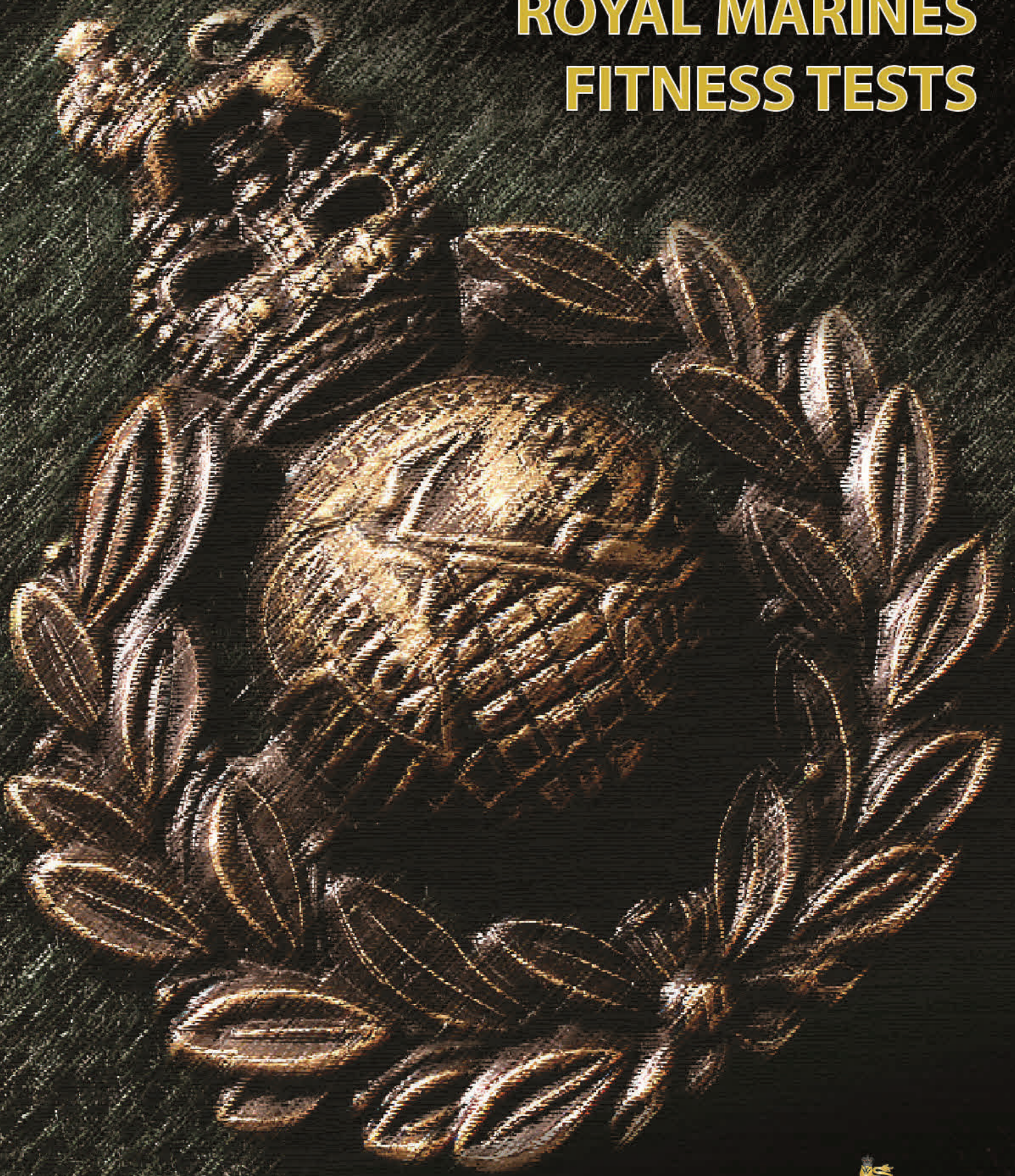


ROYAL MARINES FITNESS TESTS



October 2011
Version 1





Royal Marines Fitness Tests



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Royal Marines Fitness Tests



ROYAL MARINES FITNESS TESTS POLICY STATEMENT

Introduction

1 Physical fitness is a fundamental requirement for every member of the Royal Marines in order to ensure combat effectiveness, job performance, and general health are maintained. Furthermore, physical fitness is an indispensable aspect of leadership that is essential to the day to day effectiveness and combat readiness of the Royal Marines. The degree of self-discipline required to gain and retain high levels of physical fitness is inherent in the Royal Marines way of life and must be part of the character of every member of the Royal Marines. **Royal Marines who are unfit reduce the effectiveness of their Units and detract from the overall performance and public image of the Royal Marines.**

2 A high level of personal fitness is also required in addition to vocational and combat fitness. Personal fitness improves appearance, self-confidence, team cohesion and self-discipline, while reducing susceptibility to muscular fatigue, injury, mental stress and ill health.

Aim

3 The aim of this document is to detail the minimum requirement of physical fitness training and testing for all Royal Marines, in order to ensure that individuals are prepared for the physical and psychological demands of combat.

Policy

4 **Physical Fitness.** Physical Fitness may be defined as:

"The ability to respond and adapt instantly and effectively to the physical and psychological demands of life in the Royal Marines whether in Combat or not, with a minimum of distress, and to return to a normal healthy state once that demand has been removed."

5 **Military Fitness.** Within this definition, military fitness can be measured against 3 different criteria.

a. Personal Fitness. Personal fitness is required to protect individuals from injury, reduce the risk of psychological stress and hypo kinetic disease (disease resulting from inactivity), enhance quality of life and reduce the risk of dying prematurely.



b. Vocational Fitness. Vocational fitness is the level of physical fitness required to perform a specific job safely and effectively under normal working conditions. Minimum levels of vocational and personal fitness are to be maintained by all ranks.

c. Combat fitness. Combat fitness can be defined as the minimum maintenance level of individual physical fitness linked to the physical demands associated to the role, within service in an operational environment.

6 Royal Marines Basic Fitness Test (BFT). Whilst the emphasis of the Fitness Tests are on vocational and combat/role-related physical fitness, it also acknowledges the contribution of personal fitness to maintaining general health. The BFT is the benchmark of fitness requirement. The format of which includes a pull-up, sit-up and aerobic test (run or MSFT), requiring a pass. Inability to pass any of the pull-ups, sit-ups or aerobic tests will be deemed a fail and require remedial action according to the process illustrated in the attached diagram (page 8).

7 Combat Fitness Test (CFT).

The CFT standards are:

Complete a 12.8km loaded march (at least 4.8km to be off tarmac/metalled roads) in a maximum time of 2 hours, but not less than 1 hour 55 minutes. The time allowed is inclusive of any time taken for re-hydration stops, safety checks or any other essential administrative activity that is deemed necessary by the OIC. Rehydration stops (commonly referred to as water stops) are to be considered prior to the start of the test.

The load carried for the test is 25kg and is inclusive of personal weapon and all ancillary items of equipment (helmet, Combat Body Armour (CBA) etc).

8 Royal Marines Battle Swimming Test (RM BST).

The ability to be a strong and confident swimmer is an essential requirement for all Royal Marines. Units in 3 Cdo Bde RM are to conduct the RM BST annually in order to prepare ranks for operations within amphibious operations.

9 Levels of Training and Testing.

Level and Requirement:	Applicable to:
Level 1 Pass CFT 1 x per year Pass BFT 2 x per year Pass BST 1 x per year	Personnel in operational units Within 3 CDO BDE RM
Level 2 Pass BFT 2 x per year	Personnel in non-deployable units (e.g. CTCRM)



9 Setting Policy. DTrg(A) is the Competent Army Authority (CAA) for Physical Fitness Training and is responsible for setting Army policy, including MATT 2. However for Royal Marines, the Inspector Physical Training Royal Marines (IPTRM) is the authority for ANNEX A to MATT 2.

10 Commanders. Commanders at every level are responsible for the implementation of the Fitness Tests, ensuring those in their command are fit for their employment role. In consultation with the Unit Physical Training Instructor, CO's are to publish a Unit Physical Training Directive which includes a Physical Training Plan.

General Instructions

11 Conduct of Training.

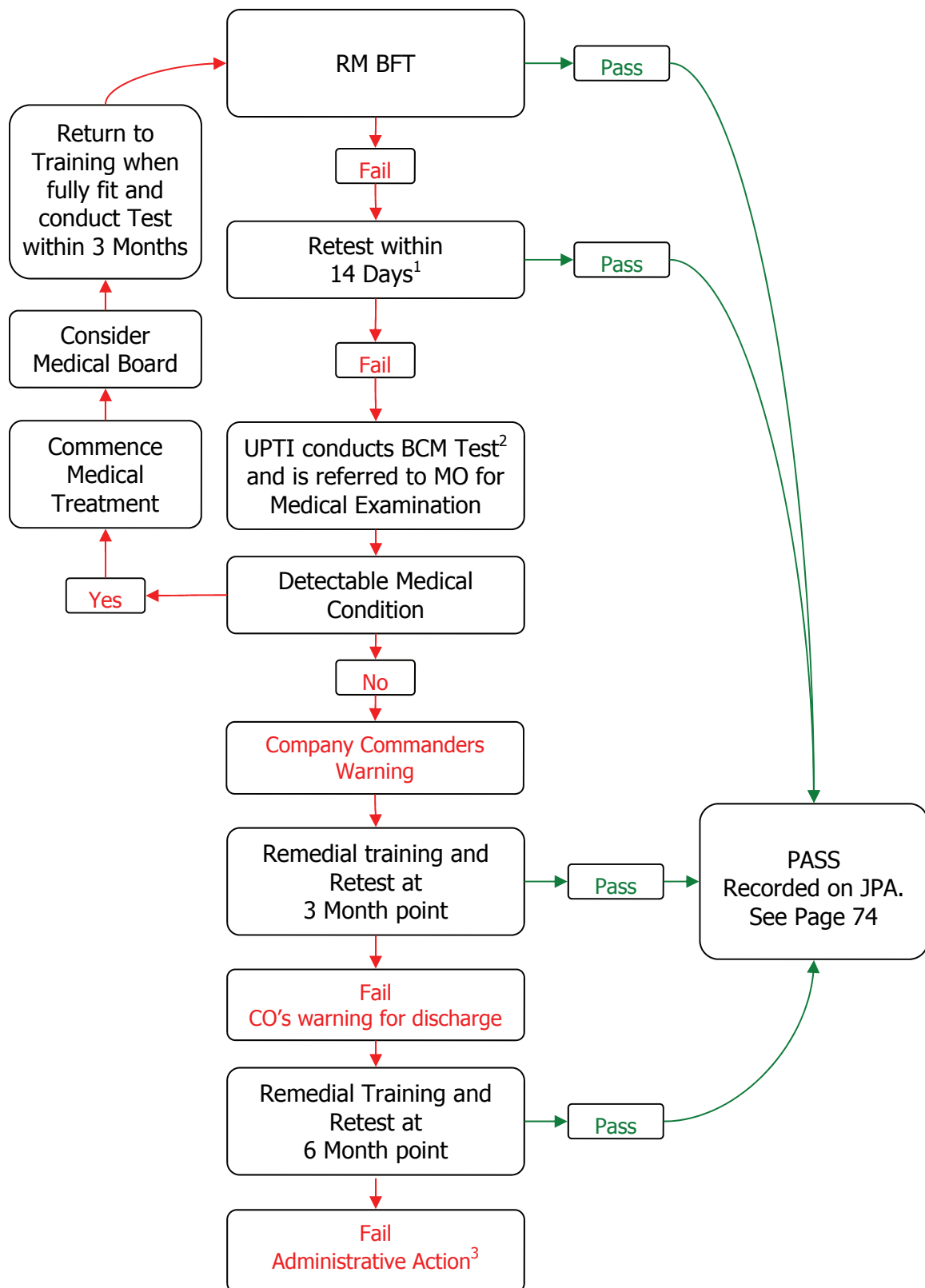
- a. Direct Supervision.** Ideally, all forms of physical training should be conducted by qualified PTIs. Where a PTI is not available HODs may authorise the conduct of non-technical physical training in support of the Fitness Tests, by NCO's or by individuals directly supervised by NCO's.
- b. Indirect Supervision.** Where personnel are unable to participate in directly supervised physical training, they are permitted to undertake physical training in support of the Fitness Tests, as an individual. In such cases, personnel must obtain appropriate advice regarding training content and intensity from their UPTI.
- c. CFT Conduct of Training.** All training in relation to the CFT or (training in boots and/or PLCE), should ideally be carried out by a PTI. Where a PTI is not available HODs may authorise the conduct of physical training in support of the Fitness Tests, by NCO's who have been briefed by the Unit Physical Training Instructor.

12 Conduct of Testing.

Only qualified instructors as per [2007DIN07-076](#) are allowed to conduct the testing procedure of the Fitness Tests. Ideally a Royal Marines Physical Training Instructor (PT1 or PT2) instructed on how the conduct and procedure of the Tests are run is to conduct the testing.



Test and Admin Procedure



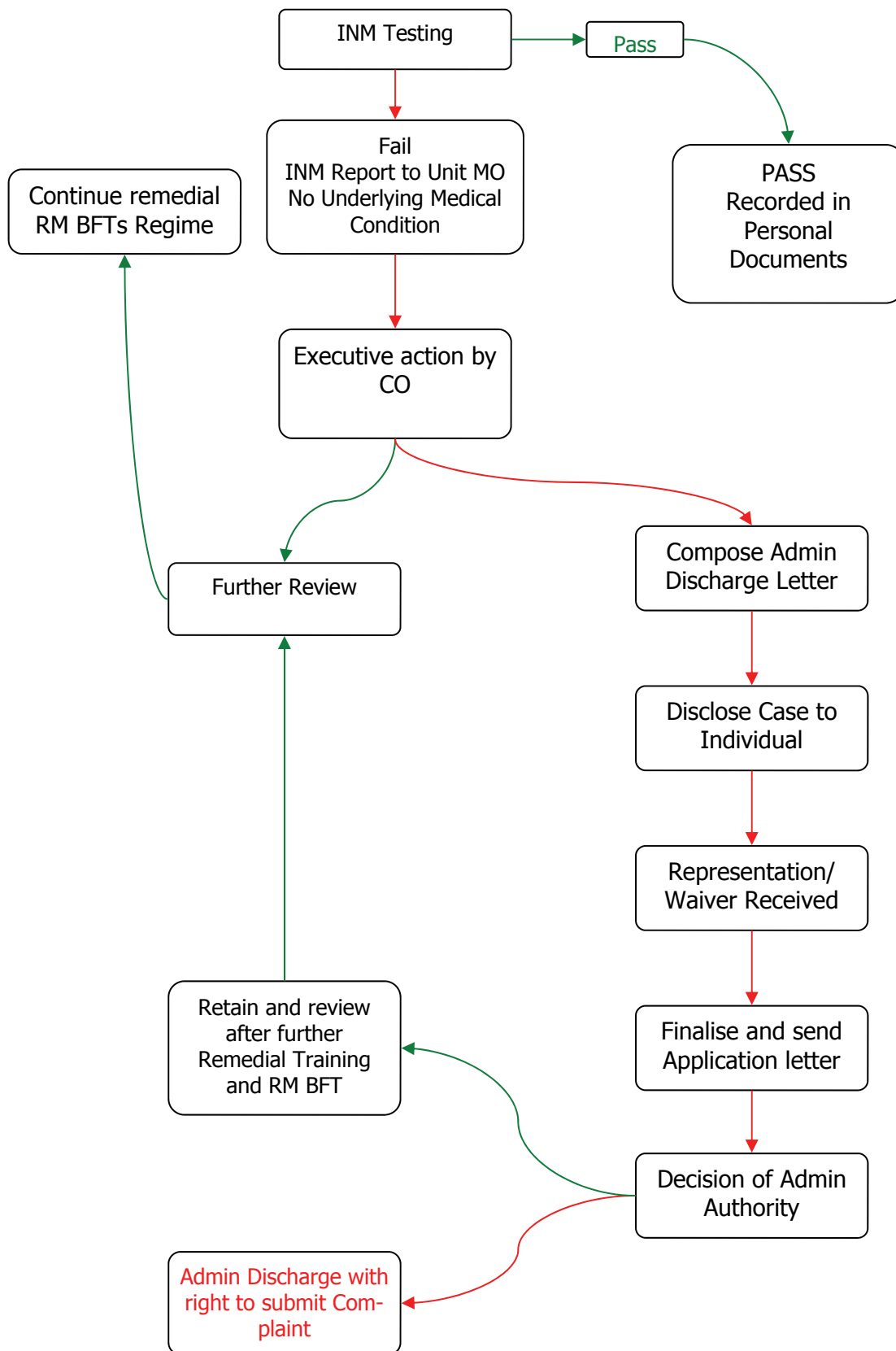
1 To be conducted within a maximum of 14 days.

2 DIN 2009 01-181, Armed Forces Weight Management Policy. See Page 67.

3 See "Administrative action" flow chart (page 9)

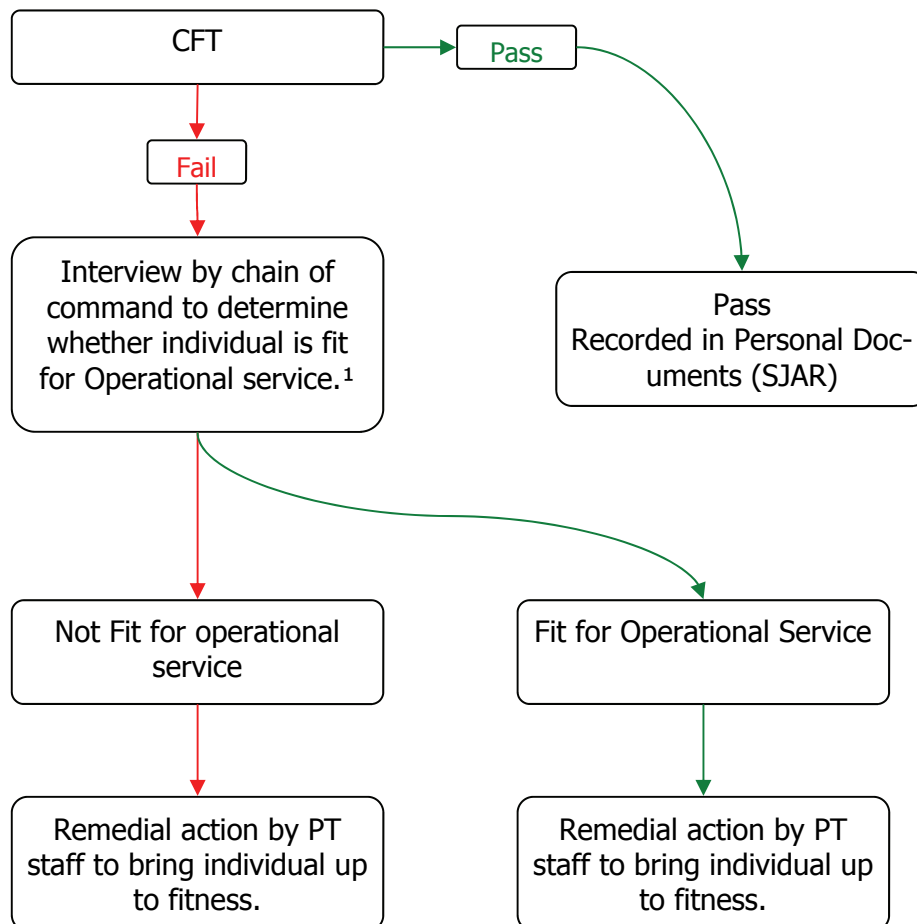


"Administrative action"





Test and Admin Procedure for CFT failure



1. If an individual has been deemed to have failed the test deliberately through feigning an injury, disciplinary action will be taken and an individual may be discharged shore.

Ref: [Manual of Service Law Volume 1, Chapter 7, Section 16](#)



Instructor Notes



Royal Marines Fitness Tests

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INTRODUCTION

- 1 **Aim.** The Fitness Tests are designed to ensure that irrespective of age or rank Royal Marines personnel are physically fit enough to carry out their military duties.
- 2 **Need.** This requirement is to be achieved as follows:
 - a. **Basic Fitness Test.** Eligible personnel are to pass the RM BFT according to their age.
 - b. **Vocational Fitness.** Eligible personnel are to pass the CFT and RM BST according to their current employment role.
- 3 **Title.** The Royal Marines Fitness Tests.
- 4 **Range.** All serving Royal Marines personnel are to comply with the Fitness Tests. (not withstanding Exclusions and Exceptions)
- 5 **Objective.** Every member of the Royal Marines is to be able to display appropriate levels of fitness/ability as follows:
 - a. **Personal fitness.** The level of physical fitness required to:
 1. Afford protection from injury.
 2. Reduce the risk of hypo kinetic disease (disease resulting from inactivity).
 3. Reduce the likelihood of psychological stress.
 4. Enhance the quality of life.
 5. Reduce the risk of premature death.
 - b. **Vocational Fitness.** Vocational Fitness is the level of personal fitness required to complete a specific job safely, under normal working conditions.
 - c. **Combat Fitness.** Combat fitness is the minimum level of individual physical fitness linked to the physical demands associated to the role, within service in an operational environment.



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Royal Marines Basic Fitness Test



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THE RM BFT

- 1 In lieu of the Personal Fitness Test in MATTS Royal Marine Units are to conduct the Royal Marines Basic Fitness Test (RM BFT) twice annually. It is to be taken by all personnel under the age of 55, and in medical category P2. Those aged 40 and over may take the RM BFT or elect to take a separate test, which is the RM BFT 40 +.
- 2 To pass the RM BFT all men must:
 - a. Complete the upper body exercise repetitions in Table 1 below.
 - b. Complete the squad run and walk in 15 minutes.
 - c. Complete the best effort run, in a time dependent on age as per Table 1.

1. RM BFT Standards:

Age (a)	Assessment Elements		
	Pull-ups (b)	Sit-ups (c)	2.4km Run (d)
29 yrs and under	5	50	Less Than 11m - 30secs
30 - 34	4	40	Less Than 12m - 0secs
35 - 39	3	35	Less Than 13m - 0secs
40 - 44	NA	NA	Less Than 14m - 0secs*
45 - 49	NA	NA	Less Than 15m - 0secs*
50 - 54	NA	NA	Less Than 16m - 0secs*
Declaration of health questionnaire (page 29)			

* Personnel over 40 years of age have the option to do the Over 40's Test (see Table 2 page 18)

- 3 **Dress** The dress for the RM BFT is CS 95 trousers, T- shirt, belt and service issued boots.



RM BFT 40+

- 1 RM BFT 40+ may be taken as an alternative to the RM BFT by all personnel who are in medical category P2, aged 40 or over but under 55. RM BFT 40+ comprises of an individual run and walk of 4.82 km (3 miles) in the times listed at Table 2. A declaration of Health Questionnaire (DHQ) will be required to filled in by all participants 50+, available on page 29.

2. RM BFT 40+:

Serial (a)	Age (b)	Activity
		Free 4.8km Run (c)
1.	40 - 44	Less Than 29 min
2.	45 - 49	Less Than 30 min
3.	50 - 54	Less Than 31 min

- 2 **Dress** The dress for the RM BFT 40+ is CS 95 trousers, T –shirt, belt and service issued boots.



RM BFT EXECUTION

RM BFT PART 1 - PULL-UPS

- 1** The individual hangs with an overgrasp grip, hands shoulder width apart with the arms and body straight. The pull-up is performed by bending the arms until the chest is brought to the beam or bar and the chin is over the beam or bar. The body is then lowered until the arms and body are completely straight. The PTI dictates the cadence of these repetitions using voice commands. The test finishes when the individual fails to complete a proper repetition or dismounts from the beam or bar. There is no time limit to this test.

Assessment Standards

- 2** As laid down in Table 1 - RM BFT.

Equipment

- 3** The following equipment is required:
 - a. Gymnasium beam or outside pull-up bars.
 - b. Pull-ups Procedural Brief.
 - c. RM BFT Results Sheet(s).

Venue

- 4** The Pull-ups assessment can be conducted in or outside a gymnasium depending on numbers and Unit facilities.

Safety

- 5** The Conducting Officer is to ensure that the following safety procedures are adhered to at all times:
 - a. Equipment is serviceable.
 - b. Rings, watches or jewellery are removed.

Dress

- 6** The dress for the RM BFT is CS 95 trousers, T- shirt, belt and service issued boots.



Supervision

8

The following personnel are required to administer the assessment:

- a. **Conducting Officer.** To be a qualified and briefed PTI ([2007DIN07-076](#)).
- b. **1 x Scorer.** Any person who has been briefed on the test procedures.
- c. **1 x Recorder.** (Recommended to be a JNCO and above).

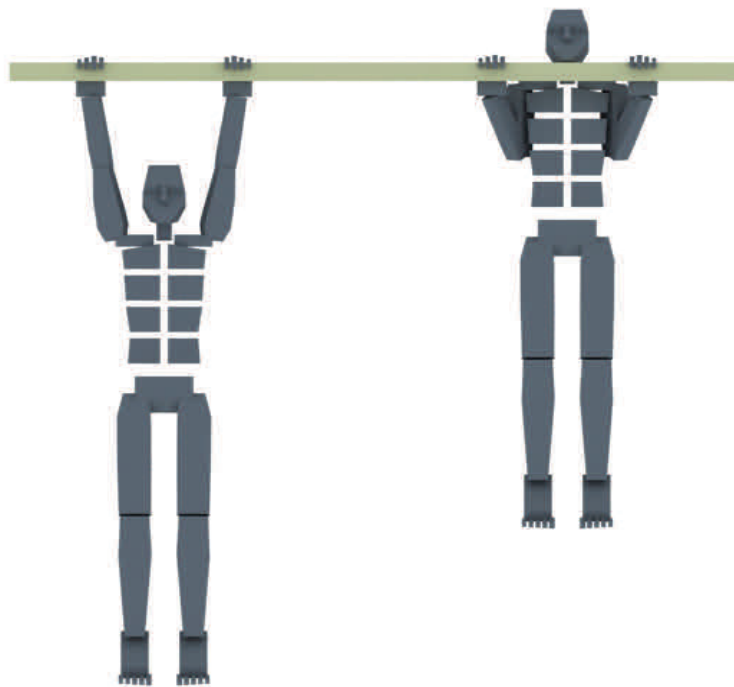
Assessment Protocol

9

The Conducting Officer is responsible for the administration and safety of the assessment and is to:

- a. Nominate a PTI to provide a procedural brief and demonstration.
- b. Answer any questions.
- c. Monitor correct performance, ensuring scorers enforce correct body position during the assessments and count out loud the number of correct repetitions.
- d. Withdraw ranks from the assessment that do not comply with the instructions given in the demonstration and brief.
- e. Ensure the score is recorded against the individual's name on completion of each assessment.

A successful pull-up is performed by raising the body in the correct manner from the start position to the upper position, without kicking or swinging the legs and then returning to the start position with the elbows fully locked out.



Start and Finish

Upper Position



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RM BFT PART 1 - SIT-UPS

Assessment Standard

1 The individual lies in a supine position on a mat or suitable area with his knees bent, feet flat on the ground and not more than 8cm apart. The arms are folded in position across the chest with the fingertips placed in the depression above the clavicle and close to the shoulder, which must be maintained throughout the duration of the assessment. The scorer holds the performer's feet in place. The sit-up is initiated by curling the upper body to the vertical position, followed by a return to the starting position, ensuring that the shoulder blades gently touch the floor. Sit ups are performed for a period of 2 minutes or until the rank can no longer continue due to the onset of fatigue. However, rest periods are permitted provided that the correct position is adopted.

Assessment Standards

2 The assessment standards are shown at Table 1 - RM BFT.

Equipment Required for Sit-ups

- 3** The following equipment is required:
- Gymnasium Mats or suitable flat ground.
 - Stopwatch and whistle.
 - Sit-ups Procedural Brief.
 - RM BFT Results Sheet(s).

Venue

4 The Sit-ups element will normally be performed in or outside a gymnasium depending on numbers and Unit facilities

Safety

- 5** The Conducting Officer is to ensure that the following safety procedures are adhered to at all times:
- Individuals are not allowed to bounce their back off the ground in order to gain momentum or an unfair advantage.



- b. The floor or surface is flat and suitable.
- c. To minimise stress on the back of the neck, ranks are to ensure that the head is in the neutral position throughout the test.
- d. That the performer's feet are secured and do not leave the ground.
- e. Rings, watches or jewellery are removed.

Supervision

6 The following personnel are required to administer the assessment:

- a. **Conducting Officer.** To be a qualified and briefed PTI ([2007DIN07-076](#)).
- b. **1 x Scorer.** Any person who has been briefed on the test procedures.
- c. **1 x Recorder.** (Recommended to be a JNCO and above).
- d. **1 x Timekeeper.** (Recommended to be JNCO and above).

Assessment Protocol

7 The Conducting Officer is responsible for the administration and safety of the assessment and is to:

- a. Nominate a PTI to provide a procedural brief and demonstration.
- b. Answer any Questions.
- c. Monitor correct performance, ensuring scorers enforce correct body position during the assessments and count out loud the number of correct repetitions
- d. Withdraw ranks from the assessment that do not comply with the instructions given in the demonstration and brief.
- e. Ensure the score is recorded against the individual's name on completion of each assessment.
- f. Ensure that the timekeeper maintains accurate timekeeping during the assessment and calls the time at 30-sec intervals and every second during the last 10 seconds.



RM BFT - PART 2 AND 3 AEROBIC TEST (RUN)

Test Criteria

- 1** The Aerobic Test (Run) comprises 2 parts as follows:
 - a. Part 1.** Part 1 of the test is a warm up consisting of a walk/jog over a measured 2.41-km course which is to be completed as a squad in a minimum time of 14mins 45secs and a maximum of 15min.
 - b. Part 2.** Part 2 of the test is a best effort run over a measured 2.41-km course and follows on immediately after Part 1.

Assessment Standards

- 2** The assessment standards are shown at Table 1 - RM BFT.

Equipment Required for Aerobic Test (Run)

- 3** In order to conduct the Aerobic Test (Run) element of the RM BFT, the following equipment is required:
 - a. Stopwatch.
 - b. Safety vehicle (when necessary)
 - c. Aerobic Test (Run) Procedural Brief
 - d. Aerobic Test (Run) Results Sheet(s)
 - e. Mobile phone or comms.

Venue

- 4** A 4.82-km course, on level ground and a good running surface. The start and finish points are to be clearly identified.

Safety

- 5** The Conducting Officer is to ensure that the following safety procedures are adhered to at all times:
 - a. A current risk assessment is in place for the RM BFT route.
 - b. Traffic guides are briefed.
 - c. A medical plan in place to cater for injuries and illness.
 - d. A safety vehicle is used if distance from a medical facility warrants.
 - e. That all ranks have adequate warm up and cool down periods.
 - f. A working mobile phone is to hand in case of emergency.



Dress

- 5** The dress for the RM BFT is CS 95 trousers, T- shirt, belt and service issued boots.

Supervision

- 6** The following staff are required to conduct the Run test:
- a. **Conducting Officer.** To be a qualified and briefed PTI ([2007DIN07-076](#)).
 - b. **1 x Timekeeper.** (PTI).
 - c. **1 x Recorder.** (JNCO or above).
 - c. **1 x Pacesetter.** (PTI).
 - d. **Traffic Guides.** Road Safety Personnel should be employed if the test is on roads that are used by traffic.
 - e. **Safety Vehicle .** As per current service regulations.

Assessment Protocol

- 7** The Conducting Officer is responsible for the administration and safety assessment and is to ensure that:
- a. A run route and traffic brief are given.
 - b. A correct pace is kept for Part 2 of the RM BFT (Squad run 2.41km - 15 minutes)
 - c. Individual performances are monitored.
 - d. Run times are recorded against the individual's name on completion.
 - e. A warm down is administered for all ranks on completion.
 - f. Raw scores are converted into Pass or Fail results.
 - g. The timekeeper maintains accurate timekeeping during the assessment.
 - h. The sweepers deal with any casualties.

Data Input Requirement

- 8** All Royal Marines are required to be in date for the RM BFT before they can be considered for substantive promotion. In the case of RM Officers they will not be boarded for promotion unless their RM BFT is recorded and in date on JPA, it is therefore **essential** that all pass/fail results are correctly and promptly inputted in to JPA. Unit PTI's are to provide a results list to respective Coy CSMs or clearly identified authorised person (requisite JPA permissions) in order for appropriate data input to occur. A JPA administrator's input guide is at Page 74.



Failures

9 All Royal Marines Officers or Marines who fail any aspect of the RM BFT are required to undertake a full retest within 14 days. If failure occurs at retest then the UPTI is required to conduct a Body Composition Measurement (BCM) for which the RM protocol is at Page 67. This information is forwarded to the unit Medical Officer (MO) to aid his assessment, as the individual is required to be screened at this point to seek to identify if there is any medical basis for failure. If assessed as having no underlying medical condition the individual will immediately be placed on Coy Cdrs warning.

The UPTI in conjunction with the MO will devise/advise on an appropriate bespoke remedial physical training programme for the individual. Within 3 months the man must be tested again. At the 3 month point if a pass has still not been achieved then the individual will be placed on CO's warning for discharge. After a further 3 months (6 months from the point of initial failure) if success in the RM BFT has not occurred then the man will again be referred to the unit MO who will engage with INM for further investigation. If subsequently passed fit to participate in the test then the CO has the discretion to seek administrative action to have the individual discharged from the RM: Service No Longer Required (SNLR). A comprehensive schematic detailing this process can be found at Page 9.

Summary

10 Royal Marines are justly proud of their physical prowess and in general epitomise the very best attributes of a healthy life style and pride themselves as belonging to an elite organisation. The RM BFT represents a simple and proven objective marker of general fitness appropriate to the service environment in which we reside and has endured as a mandated test. Its importance has recently grown however with it being tied directly to the promotion selection boards and while it is imperative that JPA data is correctly recorded by those who administer the data input, it remains *every individual's responsibility* to ensure their information has been correctly recorded and therefore exactly reflects the scale of test participation undertaken by the Corps and its fitness level.

This document serves to bring together all pertinent aspects of the current test and associated procedures to act as a single source document for ease of use and reference. This will be incorporated into the next iteration of BR3 in due course. Any issues or queries in relation to this policy direction should be directed in the first instance to the Inspector of Physical Training RM at CTCRM 93785 on ext 4008.



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DECLARATION OF HEALTH QUESTIONNAIRE (DHQ)

The following declaration must be completed and signed by personnel over the age of 49 before carrying out the mandated RM BFT. It is to be handed to the PT Staff prior to commencing testing:

Name: Rank/Rate

Official No:

Date of Birth:

Weight: kgs.

1. Personnel 50+ are to address the following questions before undertaking any form of formal physical training package:

Personal Medical History:

a. Are you currently in a reduced medical category (not JMES MFD - A4/1 L1 M1 E1) or currently under review or treatment by any medical authority?

YES / NO

b. Are you currently taking or using any form of medication, drugs, tablets, inhalers, creams, lotions, or other preparations?

YES / NO

c. Have you suffered from in the past, or currently suffer from any of the following conditions or symptoms:

YES / NO

- (1) Asthma, wheezing, shortness of breath or other breathing problems.
- (2) High blood pressure, heart problems or chest pains.
- (3) Fits, faints or blackouts.
- (4) Epilepsy
- (5) High Blood Cholesterol
- (6) Have a history of heart problems, heart murmurs or irregular heartbeats
- (7) Have had a severe viral infection (e.g. myocarditis or mononucleosis) within last month
- (8) Back problems, joint, ligament, or muscle strains/injury.
- (9) Hernia or rupture, active piles.

continued overleaf:



Family Medical History:

YES / NO

a. Has anyone in you family under 50 years of age:-

- (1) Died suddenly and unexpectedly?
- (2) Been treated for recurrent fainting?
- (3) Had unexplained seizure problems?
- (4) Had unexplained drowning while swimming?
- (5) Had unexplained car accident?
- (6) Had heart transplant?
- (7) Had pacemaker or defibrillator implanted?
- (8) Been treated for irregular heart beat?

2. Should you have any concerns over any of the above issues it is recommended you visit the Sickbay to ascertain your suitability to undertake physical training.

3. **Action By The Candidate.** I have read and am aware of the above questions. I have no doubts or concerns over my current state of health, medical suitability or my ability to train in preparation for the RMBFT and/or to carry out the RMBFT. I am aware that should I have any such concerns I am to refer them immediately to the Sickbay and inform the PT Staff. (The PT Staff require no detail of any referral).

I have been given the option to undertake the standard RMBFT or the RMBFT 40+ I have undertaken regular, rigorous exercise prior to the test and am fully aware that exercise at high intensities (maximal or close to maximal) particularly in older age groups (40 years +) increases the risk of a cardiovascular event (e.g. dysrrthmia, heart attack or sudden cardiac death) during or immediately after the exercise period in all individuals.

I accept this risk as a personal choice.

Signed ,

Date

4. Action By The PT Staff:

Suitable for RM BFT YES / NO

Referred for medical advice YES / NO

Name:

Rank/Rate:

Date:



Combat Fitness Test



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INTRODUCTION

General

- 1 The aim and general outline of the CFT is as follows:
 - a. The aim of the CFT is to measure aerobic capacity using a physically demanding criterion task (Loaded March), whilst accounting for the generic differences in aerobic fitness requirements between each Arm and Service.
 - b. The test is a measure of basic vocational fitness.
- 2 The CFT should be taken by all personnel within 3 CDO BDE. The CFT is "Age" free.

Test Elements

- 3 The CFT tests an individuals role by measuring critical fitness components, using a loaded speed march.

Test Standards

- 4 Complete a 12.8km loaded march (at least 4.8km to be off tarmac/metalled roads) in a maximum time of 2 hours, but not less than 1 hour 55 minutes. The time allowed is inclusive of any time taken for re-hydration stops, safety checks or any other essential administrative activity that is deemed necessary by the OIC. Rehydration stops (commonly referred to as water stops) are to be considered prior to the start of the test.

The load carried of 25kg is inclusive of personal weapon and all ancillary items of equipment (helmet, Combat Body Armour (CBA) etc.)



Equipment

5 In order to conduct the test the following equipment will be required:

- a. Safety vehicle - with additional water and first aid equipment.
- b. Hi-vis vests (troop marching vests).
- c. White and Red lights where appropriate.
- d. Stop watches as necessary.
- e. Weighing scales.
- f. CFT procedural brief.
- g. Results sheet(s).

Venue

6 The course for the test is as follows:

- a. The terrain should not be too difficult to negotiate and should offer good underfoot conditions.
- b. The route must be accessible to a safety vehicle throughout.

Dress/Equipment

7 Boots, Combat 95 trousers, T-shirt, combat jacket, **PLCE and personal weapon SA80 or LSW.**

- a. The total carried weight inclusive of weapon and all ancillary items is 25kg.
- b. The configuration of PCLE to be carried may be Combat Order, Assault Order or Bergen and is to be determined by local commanders.
- c. Personal equipment and weapons are to be carried by individuals throughout the test and are not to be shared amongst the group.

Conducting Staff

8 The following staff are required to conduct the Run test:

- a. **OIC.** The OIC must be a qualified and briefed PTI ([2007DIN07-076](#))
- b. **Sweeper.** OIC's may wish to appoint a sweeper who will bring up the rear with the last participant.
- c. **Road Safety Personnel.** Road Safety Personnel should be employed if the test is on roads that are used by traffic.
- d. **Pacesetter.** The Pacesetter is required for the test and must be a PTI.
- e. **Safety Vehicle Driver.** A Safety Vehicle Driver will be required if a Safety Vehicle is used.



Duties of the Conducting Staff

9 The duties of the conducting staff are as follows:

- a. **OIC.** The OIC is responsible for the administration and safe conduct of the test.
- b. **Sweeper.** The Sweeper is responsible for dealing with any casualties.
- c. **Road Safety Personnel.** Road Safety Personnel are to wear a hi-Vis vest and are responsible for warning and slowing approaching traffic that troops are on the road.
- e. **Safety Vehicle Driver.** When a Safety Vehicle Driver is used, the driver is responsible for following the last participant around the route and picking up any participant that require transport to the finish.

Safety

10 OICs must ensure the following safety procedures are adhered to at all times:

General:

- a. OIC are to ensure the training for the test is progressive and nobody undertakes the test without adequate preparation.
- b. Water is drunk before and after the test.

The OIC is to ensure that:

- a. Adequate safety personnel are deployed along route (traffic guides).
- b. The Sweeper is competent at administering first aid to anyone suffering from injury or illness.

Test Procedures/Protocol

11 The OIC is to ensure that:

- a. The CFT procedural brief is read to all participants.
- b. Ensure the Pacesetter maintains the correct pace for the duration of the test.
- c. Participants are monitored closely throughout the test (to ensure adherence to the test protocols).
- d. Record the results of the test for all participants.
- e. Administer cool-down for all participants.



Royal Marines Fitness Tests

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Royal Marines Battle Swimming Test



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ROYAL MARINES BATTLE SWIMMING TEST

General

- 1 The ability to be a strong and confident swimmer is an essential requirement for all Royal Marines. Units in 3 Cdo Bde RM are to conduct the RM BST annually in order to prepare ranks for operations within amphibious operations.

Test Standards

- 2 The RM BST is to be conducted in a recognised swimming pool, which may contain either fresh or salt water. Where a swimming pool is not available, an open water location may be used provided a thorough risk assessment has been conducted. All Parts of the RM BST are to be conducted in one session and are continuous following on immediately from one another.
- 3 The test standards for the RM BST are outlined at Table 3 below.

3. RM Battle Swimming Test

Serial (a)	Test (b)	Conditions (c)
1.	Demonstrate satisfactory confidence in a water environment	Wearing CS95 - negative boots and helmet Wearing PLCE (2.72 kgs) Weapon slung
2.	The ability to enter water from a height of 3 m	a. Wearing Combat 95 or equivalent b. Wearing PLCE (Assault order) 2.72 kgs c. Weapon Slung
3.	Swim 30 m with military equipment	As for serial 2 Any stroke can be used Equipment to be passed out unaided on completion of 30m swim
4.	Tread water without any flotation aids for 3 min	Wearing Combat 95 equivalent Head to remain above the surface at all times On completion of 3 min climb out of pool or facility unaided without the use of steps.



Dress

- 4 The following individual clothing and equipment is to be worn:
- CS95 or equivalent.
 - PLCE. (FO) – 2.72 kgs)
 - SA80. (Dummy Rubber SA80 may be used)

Safety

- 5 The Conducting Officer is to ensure the following safety procedures are adhered to at all times.
- A suitable number of qualified lifeguards are present in line with the risk assessment, unit Standing Instructions and Safety Orders.
 - The test is to conform to local safety regulations and sufficient safety craft and medical facilities are to be in place if using an open water facility.
 - When a swimming pool is used for the test minimum depth of pool below 3m board is to be 3.5m.
- 6 The following personnel are required to administer the test:
- Conducting Officer PTI ([2007DIN07-076](#))
 - Lifeguards (To NPLG qualification as a min).
 - Recorder & Timekeeper (PTI).

- 7 The duties of the conducting staff are as follows:

Duties of Test Personnel The Conducting Officer is responsible for the safety, correct organisation, control and administration of the test. He is to ensure:

- The lifeguards monitor all swimmers during the test and are directly responsible for safety of the swimmers.
- That the water is safe to enter as per risk assessment.
- Individuals who show signs of distress during the test are withdrawn.

Results

- 8 Ranks who complete all the components of the test to the standard required will be recorded as a PASS. Ranks who fail to complete one stage of the test are to be withdrawn from the test and be recorded as FAIL and are to be provided remedial training by the unit PT Staff.

All Ranks who are withdrawn from the test on grounds of injury or illness are to be referred to the unit MO and recorded as FAIL.

Results are to be recorded on JPA.



Royal Marines Advanced Personal Fitness Assessment



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ROYAL MARINES ADVANCED PERSONNEL FITNESS ASSESSMENT (RM APFA)

- 1 The RM APFA is a measure of advanced aerobic power and muscular endurance. It aims to measure the components of fitness which are most closely associated with:

Advanced individual physical performance on a wide range of tasks.
 Reduced susceptibility to fatigue and psychological stress.
 The maintenance of an advanced level of personnel fitness.
 The maintenance of good health and the fostering of the Royal Marines ethos.

- 2 The assessment comprises 4 separate activities. They are conducted in the following sequential order by individuals with a rest period of 3 minutes between each stance, and are controlled by use of the multi stage fitness audiocassette or CD.

Press-ups.
 Sit-ups.
 Pull-ups.
 Multi-Stage Fitness Test. (MSFT)

- 3 **Assessment Standard** AFPA assessment standards are laid down in Table 4.

- 4 100 points is the maximum achievable score for each activity, giving a possible maximum score of 400 points. The RM APFA scoring system, outlined in Table 7 below, gives Commanders a statistical figure on the overall personal fitness standards of individuals under their command.

4. RM AFPA Scoring system

Serial (a)	Points (b)	Grade (c)	Percentage (d)
1.	320 +	Excellent	80% +
2.	240 - 319	Very Good	60% - 79%
3.	220 - 239	Good	55% - 59%
4.	200 - 219	Satisfactory	50% - 54%
5.	199 and lower	Unsatisfactory	49% and lower



5 Ranks achieving a total score under 199 points are classed as 'Unsatisfactory'. Any rank that is in medical category P2 achieving an unsatisfactory score is to receive specific remedial physical training and retake the test within 3 months. Further unsatisfactory test scores may well require medical referral. **Attainment of a score higher than 'Satisfactory' is a creditable individual goal, which is to be encouraged and reported on.**

6 The purpose of adopting a sliding scoring system is to provide a method of assessment that is sensitive to changes in personal fitness. This will offer Commanders an easily identifiable "snap shot" of the unit's individual fitness standards and can be used to encourage personnel to maintain and increase unit cohesion and ethos by means of competition and results.

Dress

7 The dress for the RM APFA is PT kit and training shoes.

Venue

8 The RM APFA will normally be performed in a gymnasium but any well-ventilated area is suitable, including a ship's flight deck provided sea and wind conditions are favourable and suitable facilities exist.



Points	Press ups	Sit ups	Pull ups	Shuttle Run	Points	Press ups	Sit ups	Pull ups	Shuttle Run
1				6/8	51		48		11/6
2				6/9	52	41	49	9	11/7
3				6/10	53		50		11/8
4		1		7/1	54	42	51		11/9
5	1	2		7/2	55		52		11/10
6	2	3		7/3	56	43	53		11/11
7	3	4		7/4	57		54		11/12
8	4	5		7/5	58	44	55	10	12/1
8	5	6		7/6	59		56		12/2
9	6	7	1	7/7	60	45	57		12/3
10	7	8		7/8	61		58		12/4
11	8	9		7/9	62	46	59		12/5
12	9	10		7/10	63		60		12/6
13	10	11		8/1	64	47	61	11	12/7
14	11	12	2	8/2	65		62		12/8
15	12	13		8/3	66	48	63		12/9
16	13	14		8/4	67		64		12/10
17	14	15		8/5	68	49	65		12/11
18	15	16		8/6	69		66		12/12
19	16	17	3	8/7	70	50	67	12	13/1
20	17	18		8/8	71		68		13/2
22	18	19		8/9	72		69		13/3
23	19	20		8/10	73	51	70		13/4
24	20	21		9/1	74		71		13/5
25	21	22	4	9/2	75		72		13/6
26	22	23		9/3	76	52	73		13/7
27	23	24		9/4	77			13	13/8
28	24	25		9/5	78		74		13/9
29	25	26		9/6	79	53			13/10
30	26	27	5	9/7	80		75		13/11
31	27	28		9/8	81				13/12
32	28	29		9/9	82	54	76		13/13
33	29	30		9/10	83				14/1
34	30	31		9/11	84		77	14	14/2
35	31	32	6	10/1	85	55			14/3
36	32	33		10/2	86		78		14/4
37	33	34		10/3	87				14/5
38	34	35		10/4	88	56	79		14/6
39		36		10/5	89				14/7
40	35	37	7	10/6	90		80		14/8
41		38		10/7	91	57			14/9
42	36	39		10/8	92		81	15	14/10
43		40		10/9	93				14/11
44	37	41		10/10	94	58	82		14/12
45		42		10/11	95				14/13
46	38	43	8	11/1	96		83		15/1
47		44		11/2	97	59			15/2
48	39	45		11/3	98		84		15/3
49		46		11/4	99				15/4
50	40	47		11/5	100	60	85	16	15/5



PRESS UPS

- 1 The individual is to adopt the press up position with the knees resting on a mat. The hands are positioned under the shoulders. Hands and feet are to be on the same level, either both on the mat or both on the floor. On command "knees away" the individual adopts the full press up position with legs straight and the feet not more than 30 cm apart. On the command "standby, 3-2-1", 'beep', the rank lowers his body with the elbow joint bending thought at least 90° and the back and legs remaining straight. On the second beep the rank extends the arms keeping the back and legs straight. The audiotape or CD allows 60 reps and to be conducted at approximately 2 second intervals. Press-ups are performed until either the individual completes 60 repetitions or can no longer continue due to the onset of fatigue. There are no rest periods permitted.

Equipment

- 2 The following equipment is required:
 - a. Gymnasium mats.
 - b. RM APFA audiotape or CD and player.
 - c. Stopwatch & whistle.
 - d. Press up procedural brief.
 - e. Result sheets.

Safety

- 3 The Conducting Officer is to ensure that the following procedures are adhered to:
 - a. Individuals are not allowed to bounce their chests off the ground to gain momentum.
 - b. Floor is to have non-slip surface.
 - c. Floor is to be free from any hazards.
 - d. Rings, watches and jewellery are removed.

- 4 The following personnel are required to administer the assessment:

Conducting Officer PTI ([2007DIN07-076](#)).
Scorers (1 per performer and briefed prior to the assessment).
Timekeeper (Conducting Officer).
Recorder (Any NCO).



Duties of Test Personnel

- 5** The Conducting Officer is responsible for the administration and safety of the assessment and confirming that:
- The scorers ensure that the performers maintain the correct body position. They are to adopt a standing position at the head of the performer and are to count aloud the number of correct repetitions.
 - Ranks perform repetitions correctly in time with the audiotape or CD.
 - The recorder accurately records the raw scores.

Assessment Procedure

- 6** The Conducting Officer is to:
- Ensure a PTI reads the procedural brief and gives a demonstration in conjunction with the audiotape or CD.
 - Answer any questions.
 - Monitor performance and repetition and warn ranks where necessary.
 - Withdraw personnel from the assessment who do not comply with the instructions given during the performers briefing.
 - Ensure the raw scores are recorded against individual names on completion of the assessment.
 - Allow a 3-min recovery period before moving directly onto the sit up assessment.



SITS UPS

- 1 The individual lies in a supine position on a mat with his knees bent and feet flat on the floor not more than 8 cm apart. The arms are folded across the chest with the fingertips, placed in the depression above the clavicle, close to the shoulder and must be maintained in this position throughout the duration of the assessment. The scorer holds the performer's feet in place. On Command "Standby, 3 – 2 – 1", 'beep' the sit-up is initiated by curling the upper body to the vertical position, and then returning to the starting position in time for the next 'beep'. The shoulder blades are to touch the floor on each downward movement. The maximum number of repetitions is 85, achieved at 2-second intervals or until the performer can no longer continue due to the onset of fatigue. There are no rest periods allowed during the assessment.

Equipment

- 2 The following equipment is required:
 - a. Gymnasium Mats.
 - b. RM APFA audiotape or CD and player.
 - c. Stopwatch and whistle.
 - d. Sit up procedural brief.
 - e. Result sheets.

Safety

- 3 The Conducting Officer is to ensure the following safety procedures are adhered to at all times.
 - a. Individuals are not allowed to bounce their back off the ground in order to gain momentum or an unfair advantage.
 - b. The floor, ground or deck is to be covered with a suitable padded surface (gym mat) to reduce stress on the spine.
 - c. To minimise stress on the back of the neck, individuals are to ensure that the head is held in a neutral position throughout the test.
 - d. Ensure that performer's feet are secured and do not leave the ground.

Supervision

- 4 The following personnel are required to administer the assessment:
 - a. Conducting Officer (RM PTI 1or PT&SO).



- b. Scorers (1 per performer and to receive a brief on the assessment procedures).
- c. Timekeeper (RM APFA audiotape or CD controlled by the Conducting Officer).
- d. Recorder (Any JNCO).

Duties of Test Personnel

5 The Conducting Officer is responsible for the administration and safety of the assessment, and is to confirm that:

- a. The scorers ensure that the performers maintain the correct body position during the assessment and are to count aloud the number of correct repetitions.
- b. The recorder is to accurately record the raw scores.

Assessment Procedure

6 The Conducting Officer is to:

- a. Ensure a sit-up brief and demonstration is given at the start of the assessment.
- b. Answer any questions.
- c. Monitor performances.
- d. Withdraw individuals from the assessment that do not comply with the instructions given during the briefing.
- e. Ensure scores are recorded against individual names on completion of the assessment.
- f. Allow a 3-min recovery period before moving onto the pull up assessment.



PULL UPS

- 1 The individual adopts, on the command, an overgrasp, shoulder width grip, hanging with the arms and body straight. On the command "Standby, 3-2-1", 'beep' the arms are bent, body straight, until the chin is over the bar. On the second 'beep' the arms and body are fully extended until the body is in the dead hang position.

Equipment

- 2 The following equipment is required:
 - a. Pull up bar or beam.
 - b. Stopwatch and whistle.
 - c. Pull up procedural brief.
 - d. Result sheets.

Safety

- 3 The Conducting Officer is to ensure the following safety procedures are adhered to:
 - a. Pull up beams and bars are secure and checked.
 - b. Individuals do not use their legs to aid the pull up movement.

Supervision

- 4 The following personnel are required to administer the assessment:
 - a. Conducting Officer (RM PTI 1 or PT&SO).
 - b. Scorers (As required and to have received a brief on the assessment procedures).
 - c. Timekeepers (RM APFA tape or CD under the direction of the Conducting Officer).
 - d. Recorder (Any JNCO).

Assessment Procedure

- 5 The Conducting Officer is to:
 - a. Ensure that a pull-up procedural brief and demonstration is provided at the start of the assessment.
 - b. Answer any questions.
 - c. Monitor performance.



- d. Withdraw individuals from the assessments that do not comply with the instructions given on the briefing.
- e. Record the raw score against the individual's name on completion of the assessment.
- f. Allow a minimum/maximum 3-minute recovery period before moving onto the MSFT.



RM AFPA - AEROBIC TEST (MSFT) PROTOCOL

Introduction

- 1 The Aerobic Test (MSFT) is used to measure the maximum capacity of an individual's body to transport and use oxygen during incremental exercise, which reflects the physical fitness of the individual.

Test Criteria

- 2 The test involves participants running between 2 sets of lines set exactly 20 metres apart (a shuttle) whilst keeping up with the series of "beeps" from a CD. The "beeps" start off at a slow jogging pace and after each minute, become progressively faster so that it is more difficult to maintain the required speed.
- 3 The first expired minute is referred to as "level 1", the second expired minute is referred to as "level 2" and so on. The end of each level is denoted by a triple "beep".
- 4 Participants stop running when they can no longer maintain the required pace.

Test Standards

- 5 The test standards are shown at Table 1.

Equipment Required for Aerobic Test (MSFT)

- 6 In order to conduct the Aerobic Test (MSFT) element of the PFT, the following equipment is required:
 - a. Cones (or other suitable markers).
 - b. Tape measure
 - c. MSFT CD and CD player.
 - d. Aerobic Test (MSFT) Procedural Brief
 - e. Aerobic Test (MSFT) Results Sheet(s)

Venue

- 7 The Aerobic Test (MSFT) is best conducted in an indoor facility but may be conducted outdoors. The venue should have a flat non-slip surface and be at least 25m long to facilitate turning at the end of each lap.



Dress

8 The dress for the Test is PT Kit and Training shoes.

Conducting Staff

9 The following staff are required to conduct the MSFT test:

- a. **OIC.** The OIC must be a qualified and briefed PTI ([2007DIN07-076](#))
- b. **Counter.** The Counter may be anyone who has received the MSFT brief.
- c. **Turn Judges.** The Turn Judges may be anyone who has received the MSFT brief.
- d. **Recorder.** The Recorder must be an NCO.

Duties of the Conducting Staff

10 The duties of the conducting staff are as follows:

- a. **OIC.** The OIC is responsible for the administration and safe conduct of the test.
- b. **Counter.** The Counter call out the levels of the MSFT so that participants know what level they got to.
- c. **Turn Judges.** The turn judges (a minimum of 2) are to be positioned either end of the course and are to ensure participants reach the line on the "Beep". They are to inform participants that if they get to the line before the "Beep" that they are not to leave the line until they hear the "Beep". They are also to give verbal warnings of "KEEP THE PACE" to participants who fail to reach the line on the sounding of the "Beep". At the same time the Turn Judges are to alert the Counter that a participant has failed to maintain the correct pace by raising their arm in the air. Participants will be permitted a further 2 laps in which to regain and then maintain the pace, if they fail to do either they will be withdrawn from the test. These last 2 laps are to count towards the participant's score.
- d. **Recorder.** The Recorder is to record the scores for each participant on the Aerobic Test (MSFT) Results Sheet(s)

Safety

11 The OIC is to ensure that participants do not wear jewellery or rings (where rings cannot be removed they are to be taped).



Test Procedures/Protocol

12 Prior to the test the OIC is to ensure that:

- a. Set up the CD and CD player and check volume levels.
- b. Set markers 20m apart and ensure that each participants has ample room to run (1 - 1.5m)
- c. The Aerobic Test (MSFT) procedural brief is read to all participants.

13 During the test the OIC is to ensure that:

- a. He monitors the test and gives advice where necessary.
- b. Participants are monitored closely throughout the test (to ensure adherence to the test protocols).
- c. Ensure that Conducting Staff are carrying out their duties in compliance with the test protocols.

14 On completion of the test the OIC is to ensure that:

- a. The Recorder records the results for all participants.
- b. He administers a cool-down for all participants.



Royal Marines Advanced Combat Fitness Test



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ROYAL MARINES ADVANCED COMBAT FITNESS TESTS (RM ACFT)

- 1 The aim of the RM ACFT is to measure the physical fitness of individuals serving in 3 Cdo Bde RM in a manner which specifically accounts for role and operational readiness, by using tests which reflect operational demands.
- 2 The RM ACFT may be taken by all ranks under the age of 50 serving or attached to 3 Cdo Bde RM to ensure a minimum level of interoperability. However, Commanders may consider using a targeted approach by only testing those elements that require higher levels of combat fitness for their operational role. This targeted approach will maximise the benefits while reducing the risk of injury.
- 3 The RM ACFT tests individuals by measuring critical fitness components, using additional Representative Military Tests (RMT) not adequately covered in the RM CFT or RM APFA. In order that Commanders can better match the demands of the test to the role of their unit there are two types of test. They are:
 - RM ACFT (1)** based on the physical demands associated with operating in a urban environment where high levels of aerobic power (speed) are required
 - RM ACFT (2)** based on the physical demands associated with operating in a rural environments where high levels of aerobic capacity (endurance) and load carrying ability (Muscular strength/endurance) are required.
- 4 Commanders may wish to use the tests as part of a pre-deployment training package, alternatively, in order to meet specific operational requirements, it may be that units receive direction to conduct the RM APFA and RM ACFT.
- 5 The fitness components assessed are aerobic power, aerobic capacity, anaerobic muscular endurance, muscular strength and combat agility. Commanders are to ensure that training for these tests is progressive and that no individual undertakes the tests without adequate preparation.



RM ACFT (1) - TEST STANDARDS

1

The RM ACFT (1) is a battery of tests conducted in two parts. They are:

Part 1 - Speed March. Part 1 of RM ACFT 1 is a 6.44km (4 mile) speed march which is to be completed in 40 minutes while carrying 13.22 Kgs (21 lbs - CEFO + SA80 negative SUSAT)

Part 2 - Representative Military Tests (RMT) Immediately after completion of Part1 all ranks are to perform a range of RMT. The Comd, in consultation with the unit PTI, is to select a **minimum** of 3 tasks from those listed at Table 8 on page 30 which best represent role- related operational requirements for anaerobic muscular endurance (speed), muscular strength and combat agility, each individual RMT is only to be used once per test.

4 MILE SPEED MARCH

2

Dress and Equipment The personal dress and equipment required for the RM ACFT (1) and RMT is:

- a. PLCE. (CEFO) – 13.22 kgs (21lbs)
- b. Weapon.
- c. Combat 95.

3

To conduct the test the following resources are required:

- a. Safety vehicle – with additional drinking water and first aid equipment.
- b. Traffic guides. (Issued with fluorescent “Troops Marching” vests)
- c. Stopwatches.
- d. ACFT (1) procedural brief.
- e. Result sheets.
- f. Communications (The principal consideration being the response time to medical facilities)



RM ACFT (2) – TEST STANDARDS

ENDURANCE MARCHES

- 1 RM ACFT (2) is conducted over two days and should be considered for inclusion as part of routine unit training programmes or FTXs and mountain training. The test details are:

Day 1 – Is a 20km endurance march over varied terrain, which at least 6km is to be off metalled roads and is to be completed in a max time of 3 hr 30 min, but not less than 3 hr 25 min, carrying a total load of 31.30kgs (69lbs) consisting of PLCE, bergen and personal wpn. The time allowed is inclusive of any time taken for re-hydration stops, safety checks or any other essential administrative activity, which is deemed necessary by the Conducting Officer.

Day 2 – Comprises of two parts, they are:

- i. **Part 1** – Consists of a 20km endurance march, over varied terrain, which at least 6km to be off metalled roads, and is to be completed in a maximum time of 3 hr, but not less than 2 hr 55 min, carrying a load of 25kg. The time allowed is inclusive of any time taken for re-hydration stops, safety checks or any other essential administrative activity, which is deemed necessary by the Conducting Officer.
- ii. **Part 2** – On completion of Part 1 all personnel are to complete a range of RMT selected by the Comd, in consultation with Unit PTI. These are to be a **minimum** of 3 tasks, from those listed in Table 8 on Page 30, which best represent role-related operational requirements for anaerobic muscular endurance (speed) muscular strength and combat agility, each individual RMT is only to be used once per test.

- 2 **Dress and Equipment** The personal dress and equipment for the ACFT (2) is:

RMCHB, CS95 trousers, green T-shirt, CS95 jacket, wearing PLCE and bergan, carrying helmet, personal wpn and CBA when held on the unit ET.

The total load carried inclusive of weapon and all ancillary items is 31.20kgs. (69 lbs)

Details of the dress and equipment required when conducting RMT is at Section 6 starting on page 30.

- 3 The resources required for ACFT (2) (Day 1 and Day 2, Part 1) are:

- a. Safety Vehicle – with additional drinking water and first aid equipment.
- b. Traffic guides. (If required)



- c. White and red lights. (If the tests are to be conducted during darkness)
- d. Stopwatches.
- e. RM ACFT (2) Procedural Briefs.
- f. Result sheets.
- g. Communications.

Venue

4

The routes selected for the endurance marches should provide varied challenging terrain which takes account of local environmental conditions (weather, humidity, temperature) and be accessible by the safety vehicle.

5

Almost any outdoor facility could be used for Part 2 of the test providing it offers a safe testing environment.

Safety Test

6

administrators are to ensure the following safety procedures are adhered to all times:

The test is to comply with the current DCI (JS) titled 'Heat Illness in the Armed Forces: Prevention and Treatment'. Commanders are to ensure the training for this test is progressive and no personnel undertake the test without adequate preparation.

Water or other suitable liquids are drunk prior to and during marching, and at mandatory re-hydration stops. In order to remain sufficiently hydrated, water is to be consumed on completion of the march and during completion of the RMT phases.

Endurance Phases (Day 1 and Day 2, Part 1)

7

The Conducting Officer is to ensure that:

- a. The test is conducted in accordance with ORs 5.022 (Safety Precaution for Marching Troops) and local safety instructions and SOP.
- b. The squad participating in the march remains together at all times.
- c. Best effort is to be made to ensure the squad achieves the times stipulated in para 5.9.
- d. It is necessary to conduct small shake out runs to help reduce lower – limb discomfort, these are not exceed 400m for every 1500m.
- e. A competent individual is identified who is responsible for administering first aid to any one suffering from injury or illness.



- f. All personnel have an adequate warm-up and cool-down period to reduce risk or injury.
- g. In order to reduce the risk of heat illness, helmets are not to be worn but are to be carried.

RMT Phase (Day 2, Part 2)

8

The Conducting Officer is to ensure that:

- a. Prior to the start of the test, all equipment has been checked, weighed and is safe to use.
- b. The correct lifting and carrying techniques are demonstrated and adhered to by troops all times.
- c. A full explanation and demonstration on the safe performance of each assessment is to be given to participating troops.
- d. All personnel are to be adequately warmed-up prior to commencing each RMT.

Supervision

9

The following personnel are required to conduct the test:

Endurance Phase (Day 1 and Day 2 Part 1)

- a. Conducting Officer (RM PTI 1 or PT&SO).
- b. Pacesetter/Timekeeper (RM PTI or any Officers or SNCO).
- c. Traffic Guides and Sweepers: (As required, ideally PTI and/or JNCO min)
- d. Medic (MA or other qualified individual).
- e. Safety Vehicle Driver (IAW current Service MT regulations).
- f. Recorder (Any JNCO).

RMT Phase (Day 2 Part 2) – Additional assistants (ie Timekeepers, Counters, and Judges) may be required for Part 2 of the test. The Conducting Officer is responsible for briefing any additional assistants prior to the commencement of the tests.

Duties of Test Personnel

10

The following are to be observed during the Endurance Phases (Day 1 and Day 2 Part 1):

- a. The Conducting Officer is responsible for the administration and safety of the test.
- b. The pacesetter/timekeeper is responsible for the timekeeping and maintaining the correct pace.



- c. Traffic guides are to ensure they adhere to current road safety regulations.
- d. The medic is responsible for the care of any casualty.
- e. The safety vehicle is to be in contact either by communications or sight, with the main body or troops at all times.
- f. The sweepers are responsible for keeping the Conducting Officer and medic informed of any casualties or stragglers that require assistance.
- g. The recorder is responsible for accurately recording test results.

Test procedure

11

The Conducting Officer is to:

- a. Brief all supervisory staff on their responsibilities for the safe conduct of the test.
- b. Read the procedural brief to all ranks conducting the test.
- c. Check the positioning of supervisory staff before the start of each test.
- d. Withdraw ranks who fail to maintain the required pace of the main body.
- e. Withdraw ranks that show signs of illness or injury.
- f. Ensure all supervisory staff carry out their responsibilities during the test.
- g. Ensure the correct pace is set and maintained.
- h. Make a record of the results on completion of endurance phase.
- i. Give a demonstration and briefing on each RMT assessment.
- j. Administer a cool-down for all ranks on completion of the RMT phase.
- k. Record all test results.

Results

12

Personnel who complete all the components of the test (Day 1 and Day 2) to the standard required will be recorded as a PASS. This is to be recorded on JPA. Personnel who fail to keep with the required pace on the endurance phases of the test are to be withdrawn from the test by the Conducting Officer and will be recorded as FAIL. Personnel who fail one or more RMT on day 2 Part 2 will be recorded as FAIL for the RM ACFT (2).

13

Personnel who show signs of illness or injury are to be withdrawn from the test. All ranks that are withdrawn from tests on grounds of illness/injury are to be referred to the MO and recorded as FAIL.



ROYAL MARINES REPRESENTATIVE MILITARY TESTS (RM RMT)

- 1** The RMT listed at Table 8 are intended to provide Commanders with a variety of tests designed to assess their troops' speed, endurance and muscular strength through a series of aerobic activities, which may be used in conjunction with other RM physical tests or role-related training.

Dress and Equipment

- 2** Individual dress and equipment for all the tests listed below is:

- RMCHB, CS95 trousers, green T-shirt, CS95 Jacket (dependant on weather or climatic conditions), wearing PLCE (CEFO), (SA80 or LSW – negative SUSAT).
- The total load carried inclusive of weapon is to be 13.22 kgs. (21 lbs + SA80)

5. Representative Military Tests:

Serial (a)	Test (b)	Conditions (c)	Rationale (d)
1.	Fireman's carry of 100m on good terrain	Weapons slung In a time of 45 seconds Partner of similar size/weight	Simulated casualty evacuation. Functional test of upper and lower body strength
2.	Perform ½ regain on single rope	Rope height to be minimum 2.25m Weapons slung	Functional test of combat agility and upper body strength
3.	Carry 2 x 20kg Jerry cans 150m	a. Weapons slung	Fuel/water resupply and approx weight of a 2 man stretcher carry with casualty
4.	Shuttle sprints – 5 x 20 m in 56 seconds	Carrying weapon b. Adopting a prone position at the 20,40,60 and 80m marks	Functional test of anaerobic muscular endurance using a simulated section attack
5.	Climb and descend a 9.14m (30ft) rope	Weapon slung Correct climbing technique	Functional test of combat agility and upper body strength.



Venue

3

Almost any area or outdoor facility may be used for the RMT providing suitable equipment is available and it offers a safe testing environment.

Safety

4

The Conducting Officer is to ensure the following safety procedures are adhered to at all times:

- a. The test is to comply with the current DCI (JS) titled "Heat Illness in the Armed Forces: Prevention and Treatment".
- b. Commanders are to ensure that training for this test is progressive and no ranks undertake the test without adequate preparation.
- c. Drinking water or other suitable liquid is available throughout the tests if required.

Supervision

5

The following personnel are required to conduct the test:

- a. Conducting Officer PTI ([2007DIN07-076](#)).
- b. Timekeeper (PTI or any Officers or SNCO).
- c. Medic (MA or other qualified individual).
- d. Safety Vehicle Driver (IAW current Service MT regulations).
- e. Recorder (Any JNCO).

Duties of Test Personnel

6

The following are to be observed during RMT testing:

- a. The Conducting Officer is responsible for the administration and safety of the test.
- b. The timekeeper is responsible for the accurate timing of relevant tests.
- c. The medic is responsible for the care of any casualty.
- d. A safety vehicle is to be available throughout the test.
- e. The recorder is responsible for accurately recording test results.



Test Procedure

7

The Conducting Officer is to:

- a. Brief supervisory staff on the responsibilities for the safe conduct of the test.
- b. Read the procedural brief to all ranks prior to the start.
- c. Check equipment weight of all ranks conducting test.
- d. Conduct warm-up and stretch phase.
- e. Give demonstration and brief on each assessment to be completed.
- f. Administer cool-down for all on completion of the test.
- g. Ensure all results are accurately recorded against individual names.

Results

8

Ranks who complete all components of the tests to the standard required will be recorded as a PASS. Ranks who fail one or more of the RMTs will be recorded as FAIL. Ranks who show signs of illness or injury are to be withdrawn from the test. All ranks that are withdrawn from tests on grounds of illness or injury are to be referred to the MO and recorded as FAIL.



Royal Marines Fitness Tests

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Reference:

A. 2009DIN01-181 Sep 2009 Armed Forces Weight Management Policy.

BODY COMPOSITION MEASUREMENT (BCM) – RM PROTOCOL

INTRODUCTION

The policy at the Reference articulates the requirement to provide for the measurement, assessment and recording of the body composition of Service personnel. The Royal Marines represent a relatively unique cohort within the forces in terms of the comparatively high levels of physical fitness required for service within 3 Commando Brigade. In recognition of this fact it has been agreed that mandating the annual BCM assessment for all RM personnel is unnecessary. However, the BCM is considered to have utility in the management of those ranks who fail the RM Basic Fitness Tests (RM BFT). All RM personnel who fail the RM BFT at retest will be required to undertake a mandatory BCM assessment as a precursor to undertaking remedial training. This policy is effective from 1 Jan 10 and will remain in place until further notice. For a more detailed understanding of the rationale behind the Armed Forces Weight Management Policy this protocol should be read in conjunction with the Referenced document.

ADMINISTRATION AND TRAINING

Administration of the BCM is the responsibility of PT staff and should be conducted by qualified PTI's in the first instance. The BCM is considered a non-clinical function and as such its administration falls outside the remit of the medical staff. However, medical staff may conduct the BCM by exception. The measurement must be carried out as soon as is practicable following the second failed attempt of the RM BFT ensuing data evaluated prior to the subject undertaking remedial physical training. The measurement should be undertaken by an instructor of the same gender. If this is not practicable then another individual of the same gender as the person being assessed should be present during the measurement.

Administering the BCM is considered relatively straightforward and the procedure is clearly articulated within this protocol. Therefore it is not envisaged that a bespoke training package will be required. However, BCM will be covered in detail as part of the forthcoming Health Trainer package to be introduced for all PT staff. The BCM process is to be conducted in accordance with this protocol. Any questions relating to this issue should in the first instance be addressed to IPTRM at CTCRM.



EXEMPTIONS

Individuals with certain medical conditions may be exempt the compulsory measurement following RM BFT failure. Confirmation of exemption is to be provided by the Medical Department and recorded by unit PT staff as a 'medical in confidence' exemption.

MEASUREMENT

The BCM will use the following measures in order to identify an individual's level of health risk:

Body Mass Index (BMI) data derived from height and weight measurements and converted into a BMI score. In the case of RM ranks the Body Composition Chart (Annex A) should be used. Indeed it may also be used for RN ranks where the access to JPA/FISS is problematical. The BMI score standards are not influenced by age or gender.

Waist Circumference (WC), has different gender standards.

EQUIPMENT

The following equipment (or similar) is required:

Scales Weighing Digital Adult. NSN 6670 12 369 5766.

Or Scales (non digital). NSN 6670 99 750 0199.

Stadiometer (height measurement). NSN 6530 99 434 2436.

Tape Measure (tension controlled). NSN 8315 99 224 1066.

Body Composition Chart (at Annex A).

BCM Protocol – Procedural Brief.

Results Sheet.

It is not necessary to use the exact issued items listed above; however, alternative equipment must be accurate and fit for purpose. Given the anticipated limited requirement for BCM within the RM, it is suggested that local arrangements are made to utilise existing equipment in situ within Unit Medical Centres.



PREPARATION

Prior to the assessment, ensure that the required measuring equipment is available, fit for purpose and where applicable calibrated correctly.

The assessment area should be set up to preserve dignity and allow privacy during measurement. If a separate room is not available or practicable, then an area should be set aside that screens those being assessed from the view of others. Prior to conducting the BCM those undertaking the measurement process are to be given a short explanatory/ procedural brief.

TESTING

The protocols for the test are as follows:

Deliver a BCM Procedural Brief.

Conduct the BCM, which can be completed in any order.

Calculate the BMI score using Body Composition Chart.

Record the BMI/WC data on the Results Sheet (example at Page 73).

DATA RECORDING AND PROTECTION

All BCM results are an indication of an individual's physical health and as such are to be treated as 'Sensitive Personal Data' in accordance with the Data Protection Act 1998 (DPA98). Said data is to be processed in accordance with DPA98 and staff involved in the collection, recording and reporting of the data are to be familiar with the rules governing such activities. Details are to be entered directly onto the JPA/FISS database by the PTI administering the assessment and a manual record retained by unit PT staff, alongside fitness test results. The manual data record is provided to the Unit Medical Officer (UMO) in the case of RM ranks to aid screening of individual.

BODY MASS INDEX – HEIGHT

The height measurement should be taken using a standard stadiometer, although a height chart or tape measure may be used where this is not practical. The measurement is taken with the subject dressed in RM BFT/PT clothing having first removed their footwear. The subject is to stand against the height scale or other appropriate measure with heels together, looking forward. The PTI is to record the subject's height on the results sheet.



BODY MASS INDEX – WEIGHT

The weight measurement is to be taken using an accurate set of scales and the following points must be adhered to:

The measurement is taken with the person dressed in RMBFT/PT clothing. Shoes/Boots are not to be worn. The individual is to stand on the scales without movement, to allow the gauge to settle.

The measurement is to be recorded on a results sheet (example at Page 55) in kilograms (kg) and grams and rounded up or down accordingly to the nearest 500 grams.

CALCULATING BMI

Using the individual's height and weight measurements, the PTI is to calculate BMI using the Body Composition Chart and record the results.

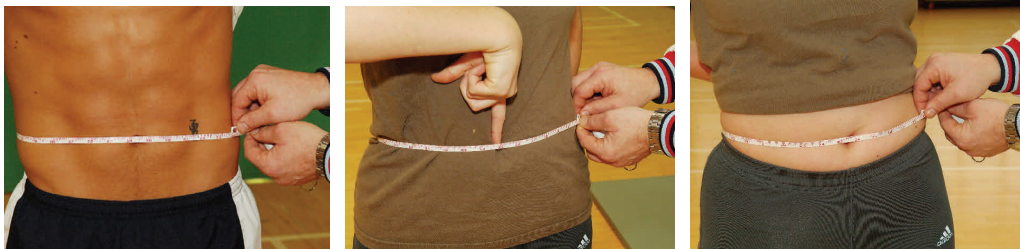
WAIST CIRCUMFERENCE

The following points must be adhered to:

The subject should be asked to raise their shirt to a height 2 inches above the naval. Should he/she be reluctant to raise their shirt, the measurement can be adequately taken around thin clothing.

A tension-controlled tape measure is to be used for the test. The subject is to stand straight, breathing normally, with their arms relaxed. The measurement is to be taken with the instructor positioned to the side of the subject.

The tape measure is placed in a horizontal plane around the abdomen at the level of the iliac crest (hip). The PTI is to ensure that the tape measure is snug to the body, but does not compress the skin. The measurement is to be made at the end of a normal expiration.



The results are to be recorded on a Results Sheet.



CALCULATING OVERALL HEALTH RISK

Using the information contained in Figure 1 the PTI will be able to combine the BMI and WC data to identify the overall level of health risk to an individual.

BMI (kg/m ²)		WAIST CIRCUMFERENCE		
		Men < 94cm Women < 80 cm	Men 94 – 101.5 cm Women 80 – 87.5 cm	Men ≥ 102 cm Women ≥ 88 cm
Underweight	< 18.5	Increased Risk		
Healthy Weight	18.5 – 24.9	No Increased Risk	No Increased Risk	Increased Risk
Overweight	25.0 - 29.9	No Increased Risk	Increased Risk	High Risk
Obese Class I	30.0 - 34.9	Increased Risk	High Risk	Very High Risk
Obese Class II	35.0 - 39.9	High Risk	Very High Risk	Extreme Risk
Obese Class III	≥ 40	Very High Risk	Extreme Risk	Extreme Risk

Figure 1– Classification of Disease Risk based on BMI and WC.

Using the above chart to calculate 'risk' is considered the most efficient method in the advent of limited requirement, in the case of the RM, or when considering attached RN ranks, where access to the JPA/FISS data base is problematic. Use of the chart will enable the PTI to record one of the following classifications into the 'Overall Health Risk' column on the Results Sheet:

No Increased Risk.

Increased Risk.

High Risk.

Very High Risk.

Extremely High Risk.

When recording results on the JPA/FISS database, both the BMI and the Overall Health Risk Category will be calculated automatically once raw scores are entered.



Those identified as at very or extremely high risk are required to report to the MO prior to conducting any remedial PT. The MO will then determine the parameters within which personnel are to be managed in accordance with the health risk identified.



JPA ADMINISTRATOR RM BFT INPUT GUIDE

Click on JPA

Type Username / Password

Left hand side of screen, click on **Course Administration**.

Middle of screen. Fast path. **Click on Competence Profile**.

Click on **OK**

Find person. Type in PO Number where it says Number.

Press **Return**.

Check top left of screen to see if it is the correct individual.

Left hand side of page. Check competence.

Should have CMS|RM BASIC FITNESS TEST| NAVY.

If rank already has this on his competence, change date **FROM** when he conducted his BFT. Change **TO** 6 months to the day after he conducted test.

If there is no CMS| RM etc.

Click on any of the competence on left hand side of screen.

Click on the **Green Plus Tab** top left of screen. New line will appear.

Type in CMS|RM BASIC FITNESS TEST | NAVY.

Click on proficiency level. – Pass / Fail / Exempt etc.

Change dates or implement dates by double clicking on the old date or blank box.

Limitations will appear. Press **cancel**.

Click on **Yellow Save Tab** top left of screen.

Close down middle screen.

Click on **fast path**.

Click on **Competence Profile**.

Type in next Service number: Carry on as before.



References

- A. BR3 Part8. Chapter 66 Article 6626a
- B. BR3 Part8. Chapter 91 Article 9109d(2)
- C. 2009DIN01-181 Armed Forces weight management policy.
- D. 2010DIN01-024 Revised administration and policy of RNFT/RMBFT
- E. BRd 1066 Chapter 29, para 4b. RM Basic Fitness Test Failure.



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