

ROYAL MARINES

GET FIT TO APPLY



WELCOME

We have designed this poster to help you get fit for your Potential Royal Marines Course or Potential Officers Course. These are tests that take place at the Commando Training Centre Royal Marines, Lympstone, Devon. They are your first steps on the road to becoming a Royal Marines Commando or a Royal Marines Officer.

We've included a full programme of exercises based on those you'll be doing in your tests. You will also find tips on diet and a weekly training schedule, plus an introduction to 'Commando Spirit', which you'll develop alongside your physical fitness.

Our standards are high but not impossible. If you exercise, eat and recover sensibly, you should be ready in six to eight weeks, depending on your current level of fitness. We also recommend you see your doctor to make sure you're medically fit before you start.

Good luck with your training, and your application to join the Royal Marines.

Visit royalmarines.mod.uk or call 08456 00 14 44



YOUR PATH TO THE GREEN BERET

Physical training is a large part of our unique way of life, which is why you will need to prepare for the physical tests in our selection process. Our tests are a tried and tested way to help make sure you have the basic levels of fitness, qualities and attitudes to join and begin your training to become a Royal Marine.

Commando

Officer

Medical

Having passed the Naval Service recruit test you'll need to have a medical, an eye test and pass the Royal Navy fitness test (RNFT) in your local fitness centre. The RNFT includes two 2.4km (1.5 mile) runs on a treadmill set to a 2-degree incline. You must complete the first run within 12 minutes 30 seconds. You'll have a minute's rest and then you need to complete the second run within 10 minutes (10 minutes 30 seconds for officer candidates).

Potential Royal Marines Course (PRMC)

This is a three-day course held at the Commando Training Centre Royal Marines (CTCRM), Lympstone, Devon. The PRMC includes a three-mile run, a gym test, an assault course, an endurance course, a swimming test, a night out under canvas, an interview and lectures. You will need to pass this course before you can join the Royal Marines.

You can find a full breakdown of your PRMC in this poster.

Potential Officers Course (POC)

This is a three-day course held at the Commando Training Centre Royal Marines (CTCRM), Lympstone, Devon. The POC includes gym tests, an essay, an interview, an assault course, lectures, an endurance course, practical leadership exercises, a discussion exercise and swimming test. You will need to pass this course to proceed to the next stage of Royal Marines Officer selection.

You can find an overview of your POC in this poster and your Careers Advisor can give you full details.

Admiralty Interview Board (AIB)

This is a two-and-a-half day course held at HMS Sultan, Gosport, Hampshire, designed to allow you to show that you have the personal qualities you'll need to be an effective frontline officer after your full training. The AIB includes a service knowledge test, a psychometric test, essays, leadership tasks and an interview with the Board.

You can find a full breakdown of this course on royalmarines.mod.uk Your Careers Advisor can also give you relevant booklets and a DVD which we encourage you to watch.

Welcome aboard

On passing the PRMC, our 32-week intensive Commando recruit training course at CTCRM is divided into six modules: Foundation, Individual Skills, Advanced Skills, Operations of War, Commando Course and the King's Squad Pass Out Week.

You can find a full breakdown of this course on royalmarines.mod.uk.

Welcome aboard

On passing the POC, our 15-and-a-half month 'Young Officer' training course at CTCRM is split into two phases. The first 32 weeks teach you advanced tactical skills and how to command, motivate and inspire your troops. During phase-two training you put into practice everything you've learnt so far.

You can find a full breakdown of this course on royalmarines.mod.uk.

COMMANDO SPIRIT

STATE OF MIND

Every Royal Marines Commando has what we call 'Commando Spirit' – a unique state of mind that lets us do things most people would consider impossible.

It isn't something that can be taught, but the PRMC or POC is your first chance to find out if you already have the basics. Then once you join us, everything you do has been designed to reinforce Commando Spirit.

Courage

Fear is natural, and we all experience it. Courage is not giving in to that fear, but getting on with the job in spite of it.

Determination

In training and on operations, you're going to be set some incredible challenges. The key to success is always believing in yourself and never doubting you can do it.

Unselfishness

Every Royal Marines Commando looks out for his mates, or 'oppos', and does what's best for the team, not just himself. Being a Royal Marines Commando isn't just about 'toughing it out' on your own. If you're having problems or something is bothering you, ask for help. Remember, we're a team and we're all here for each other.

Cheerfulness in the face of adversity

Ours is a hard, physical life, often lived in tough conditions. But we never let it get us down, and always manage to find something to laugh about.



Was the training as hard as you thought it was going to be?

"Yes! It was difficult but very rewarding. It is an emotional rollercoaster at times, but definitely well worth it, especially after you earn the right to wear the green beret and serve in a commando unit."

Were you already quite fit when you applied?

"Fitness was already a big interest of mine so, yes, I was, but you don't have to have a high fitness level prior to joining – it's more down to determination and mental strength. It will benefit you to spend time in the gym beforehand though, especially on 'body weight' exercises like press-ups, pull-ups and sit-ups – and lots of running!"



COMMANDO SPIRIT

VALUES

We also have a set of values that hold us together as a corps. This is what we call our ethos and it is basically a checklist for how we go about things. It is made up of the following.



Unity

We're one strong, united team. We all do the same Commando course and, when we pass it, wear the same green beret.

Adaptability

We have to adapt quickly to changing conditions. We can do this because of our training, skill, fitness and willingness to listen to other people's ideas and opinions.

Humility

We let our achievements and abilities speak for themselves. But we also know there's always something more we can learn. And the more we learn, the better we become.

Professional standards

We operate in complicated, dangerous and uncertain environments. We've got to be able to rely on every man to do the right thing, even under massive pressure.

Fortitude

Fortitude means having the courage to keep going when your mind and body are telling you to stop.

Commando humour

Being able to see the funny side, even when things are really tough, keeps us together and helps us get through.

THE PRMC AND POC

WHAT TO EXPECT

There are four main physical assessments on the PRMC and POC that immediately follow each other. They will be physically demanding and tiring but if you train efficiently and have a positive 'state of mind', you will be successful. Many of the tasks are the same across the courses but the POC will have extra tasks and tougher criteria.

The chart to the right gives you a breakdown of what you should expect to do on your course.

OTHER PRMC AND POC ACTIVITIES

On the last day of your course, you will also do the following.

- A swimming test: wearing normal swimming kit, you will jump off the diving platform and swim up to four lengths (about 100 metres) of breaststroke without any pauses. This is a test and you will need to swim at least one length to pass. If you complete at least one length but less than four, you will be graded as a weak swimmer. Because the Royal Marines are an amphibious force, operating routinely from the sea, swimming is a vital skill that will be developed in training. You cannot progress through training without passing the battle swimming test.
- You will go to lectures on various aspects of the Royal Marines including weapons acquaints (lessons to familiarise yourself with weapons), career opportunities and realities of training. You will also have the chance to talk openly with some of the senior recruits on camp. Ask as many questions as you like. It is important that you understand the commitment you will be taking on.

RESULTS

All candidates who stay on the course for the full three days should remember that it does not necessarily matter how well you do, as long as it is your very best effort. You will be given one of two possible results.

- Pass PRMC/POC – ready for recruit training/ready to move on to the next stage of officer selection. If you perform exceptionally well on the PRMC and show strong leadership qualities as well as physical strength, determination and fitness, you may be encouraged to consider officer selection. If you are successful on the POC, you will be fully briefed on the next stage of selection – the Admiralty Interview Board.
- Fail PRMC/POC – not ready for recruit training/not ready to move on to the next stage of officer selection. All candidates will receive a full debrief on their course performance, identifying areas of strengths and weaknesses and many candidates will be encouraged to return to try again. Some unsuccessful officer candidates will be encouraged to consider recruit selection.

VOLUNTARY WITHDRAWAL PROCEDURE

You can withdraw yourself from the course at any time, and there may be times when you feel like quitting – but don't. Whatever activity you are doing will soon finish and you will recover and feel better for achieving success. It is only by continuing with the full course that you can really get a feel for a career with the Royal Marines. So remember – prepare well and train hard.

Good luck.



PRMC

POC

DAY 1

- Arrive at CTCRM, Lympstone, the night before.
- Receive PRMC or POC briefing, clothing and boots.
- Meet other PRMC or POC candidates and view the facilities that will be available during your training or Young Officer training.
- Complete a computer-based basic skills test to assess your maths and English abilities.

- Three-mile run: this is done in two parts. The first 1.5 miles is to be run as a group in 12 minutes and 30 seconds. The second 1.5 miles is for you to run as quickly as you can in less than 10 minutes and 30 seconds.

- Gym tests (remember to bring and wear non-slip trainers):
 1. Progressive shuttle run (the 'bleep test'): you will run between two lines, 20 metres apart, at a pace dictated by beeps, beginning at level 1. Each level has several 'shuttles' at the same pace and the pace gets quicker at the start of each new level. Your target is to reach level 13 (or level 15 if on the POC).
 2. Press-ups: complete as many full press-ups as possible in two minutes. 60 press-ups will get you maximum points.
 3. Sit-ups: complete as many full sit-ups as you can in two minutes. 80 sit-ups will get you maximum points (or 85 if on the POC).
 4. 'Overhand grasp' pull-ups: carried out on a wooden beam, your target should be eight quality pull-ups (or 16 if on the POC). You will need to do the pull-ups to beeps for both the upward and downward movements to make sure you are moving correctly and not using momentum to help you.

- Essay: you will write a short essay in one hour on a current affairs topic that we will provide. We are looking for your knowledge of defence-related issues, your ability to reason, justify your arguments and communicate them clearly in writing.

- You then have an interview with your course corporal or course officer. This interview is for you to show you are serious about a career in the Royal Marines and that you have a broad understanding of the Corps. You should study the literature given to you from your Careers Adviser and visit royalmarines.mod.uk.

DAY 2

- Confidence test and assault course: this is carried out in all weather conditions and you will be outside and active for over two hours. This is your opportunity to show your determination and stamina.
 1. A high obstacle course (or an element of the Tarzan Assault course if on the POC) involves climbing ladders, moving across ropes and negotiating obstacles up to 30 feet off the ground.
 2. There is also a timed run around the obstacle course. Listen and watch your demonstrations carefully as this will save you time and reduce your chance of injury.

- Presentation: you will deliver a three-minute presentation on a topic of your own choice to your course members without using any visual aids. This allows us to assess how confidently you can give your views to a small audience. Remember to plan your presentation, as three minutes is a short time to clearly explain a subject.

- Endurance course: this is the last physical test. It lasts about 90 minutes and covers over 2.5 miles of cross-country ground in Woodbury Common (four miles from CTCRM). You will tackle tunnels and water obstacles – which includes the 'sheep dip' (submerged tunnel) – before going on a run through the country lanes.

The endurance course will test your dedication. We will expect you to keep going while displaying a sense of humour, despite being wet, cold and tired.

- Night out: you will spend the night out under canvas experiencing a side of recruit life that is less about fitness and more about 'state of mind' and the business of learning to become a Commando soldier. You will work alone and as a team to prepare food and shelter and look after yourself and your equipment. In the morning you will run back to camp (about 3.5 miles) as a group.
- Discussion exercise: you will take part in a group debate on a few controversial and topical issues, which will let us see how well you can formulate ideas and put your point of view across when you are tired. We will see how well you listen to others and how you react to them, particularly when they disagree with you.

CONTACTING US

We hope this publication has given you an insight into how to get fit to apply for a career in the Royal Marines and what you can expect from the Potential Royal Marines Course and the Potential Officers Course.

VISIT

royalmarines.mod.uk

- Chat to real people in the Royal Marines in our regular live chats.
- Keep up to date by signing up to our monthly newsletter.
- Discover a whole range of other useful links.

ENTRY REQUIREMENTS

SPONSORSHIP

GET FIT TO APPLY

POTENTIAL ROYAL MARINES COURSE (PRMC)

POTENTIAL OFFICERS COURSE (POC)

COMMANDO TRAINING CENTRE ROYAL MARINES (CTCRM)

TRAINING

JOBS

PAY AND BENEFITS

LIFELONG LEARNING

FREQUENTLY ASKED QUESTIONS

PARENTS AND GUARDIANS

NEWSLETTER

CALL

08456 00 14 44

- Check you're eligible to apply and book your appointment to visit an Armed Forces Careers Office.

We want you to succeed and will do all we can to help. If you have any questions, or would like any further information or advice, please get in touch today.

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