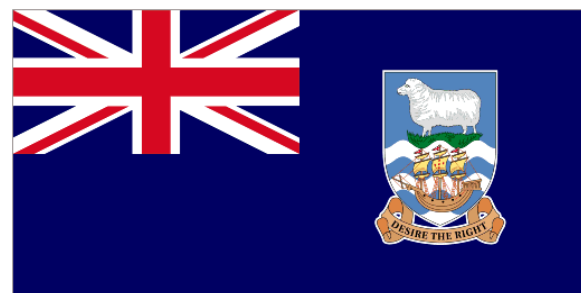




BRITISH FORCES SOUTH ATLANTIC ISLANDS

FAMILIES' HANDBOOK



OC General Duties Flight
Falkland Islands Support Unit (FISU)
British Forces South Atlantic Islands
British Forces Postal Office 655
94130 6106 / 00500 76106
BFSAI-FLK-FISU-OCGD@mod.uk

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Introduction

1. This information pack has been designed to assist you and your family with making the transition from your previous posting to Mount Pleasant Complex (MPC), as easy as possible. For ease of use this pack has been divided into 2 Parts. Part 1 aims to provide you with enough information to help you move out to the Falkland Islands. Part 2 aims to provide useful information for when you arrive at MPC including a check list of things to do.

Useful Contact Numbers

Emergency Contacts

Senior Medical Officer (Medical Reception)	Civ: 00500 76334 Mil: 94130 6334 Fax: 94130 6483
Dental Centre	Civ: 00500 76335 Mil: 94130 6335
Domestic Fire Section	6174
Joint Service Police Station	6484

Welfare Contacts

OC Personnel Management Squadron. Co-ordinates welfare and Community Support at MPC	6426
OC Personnel Services Flight. Gives advice principally to Service personnel	6641
Padre. Available to all residents at MPC on any welfare issue	8220 or 53920 (out of hrs)
SSAFA FH Senior Social Worker. Confidential welfare service available to all residents of BFSAI.	3331

SFA Contacts

Families Officer/SNCO. The first point of contact for information and help for families	3318/3006
Barrack Stores. Any missing or broken furniture should be reported to them and they will endeavour to repair or replace. They also will assist with PAT Testing and Fire Extinguishers.	6032
IDL help desk. For maintenance issues, e.g. heating etc.	6540
Ground Fuels. For your Fuel Tank replenishments.	6427

Federation and Service Contacts

Airwaves
RAF families association
Contact directly at: airwaves@airwavesforfamilies.com
Website at: www.airwavesforfamilies.com
Army Families Federation
Contact Rep falklands@aff.org.uk
Website at: www.aff.org.uk
Naval Families Federation
Contact directly at: admin@nff.org.uk
Website at: www.nff.org.uk

PART 1 – BEFORE ARRIVING AT MPC

HOUSING

- Housing Charges.** Charges are levied for rental of Service Families Accommodation (SFA), utilities, and CILOCT for families accommodated in SFA in MPC. Details of these charges can be obtained from the Families Officer and will differ depending on the size of quarter allocated. The rent is abated to take into account that there is no charge for single living accommodation. There is limited SFA at MPC and therefore houses are allocated on family size alone, rather than rank or seniority.
- As per JSP464¹ licensees are strongly recommended to arrange insurance for their potential liability to BFSAL up to a maximum of £20,000. As personnel occupy SFA under a Service Licence to Occupy agreement (known as a Licence to Occupy) they are not classed as a tenant and, therefore, standard home insurance policies do not cover the potential liability. The Services Insurance & Investment Advisory Panel (SIIAP) has provided a web page detailing a number of insurance providers who can organise policies that have been designed specifically for SFA occupants. The web page can be found at www.siiap.org/l2o or at the SIIAP home page www.siiap.org/home.
- Arrivals.** There is a requirement to undertake a Move-In; you will be issued your 14 day report (to highlight any issues or deficiencies with the SFA), licence to occupy and inventory.
- SFA White Goods Contents.** Each property has been fitted with an electric cooker, refrigerator, washing machine and tumble dryer supplied by Interserve. A large chest freezer is also supplied by Interserve and located in the garden shed. The shed may also be used for storage.
- No Wharfing Policy.** Due to a severe shortage of storage in theatre there is currently a “No Wharfing” policy. This means none of the MOD furniture can be returned to Barrack Stores. There is limited storage space in SFA and this should be taken into account when packing belongings before moving into theatre.
- Furniture Provided.** All SFA is furnished in line with the JSP 308² standard. On occasion, the furniture is not always in the best of condition and you may ask SNCO Families for a replacement if it is sub-standard however, due to limited stock design and colour of supplied furniture, curtains, etc will vary from house to house and it is not always possible to match them. Barrack Stores hold limited stocks of most household furnishings; any damaged items will be replaced as soon as possible but if they are not in stock it may take up to 3-6 months to get into theatre.

¹ JSP 464 – Tri Service Accommodation Regulations.

² JSP 308 – Joint Service Scales of Accommodation Stores.

Typical SFA

7. **JONES AVENUE (Ex Officio).** There are 12 houses situated on Jones Avenue. These comprise of Mount Pleasant House for the Commander British Forces (CBF), 11 Jones Avenue for Chief of Staff and 10 other almost identical bungalow properties built with wooden walls, tile effect roofs and oil fired heating. They are effectively insulated and double glazed. All gardens are enclosed. Jones Avenue is located adjacent to the sports pitches, close to the childrens playground and surrounded by grass.



8. **SHEFFIELD CLOSE AND ARDENT CLOSE.** These SFA were built in 2007 and are located just off the main road close to the children's playground and sports pitches. All heating is oil fired. All gardens are enclosed.



9. **HAMILTON RISE AND SHERIDAN RISE.** These SFA are located past the children's play park, behind the 120 Facility building.



A 3 Bedroom house on Hamilton



One of the 4 bedroom houses

10. **Inventories.** The basic inventory for each 3-bed house supplied by the Barrack Store is found below; inventories in each house can vary greatly and is subject to availability.

ITEM	QUANTITY	ITEM	QUANTITY
Fire Extinguisher Water	1	Sauce Boat	1
Fire Extinguisher CO2	1	Fork, Table, Large	8
Settee 3 Seat	1	Fork, Dessert	8
Settee 2 seat	1	Knife, Table, Large	8
Armchair	2	Knife, Dessert	8
Chair Easy	2	Spoon, Tea	8
Double Bed	1	Spoon, Soup	8
Head Board, Double	1	Spoon, Dessert	8
Mattress Double	1	Knife, 12" White	1
Quilt Double	1	Knife, 8", Green	1
Sheet, Double	2	Knife, 6", Blue	1
Wardrobe, Double	1	Knife 4", Green	1
Nest of Tables	1	Knife, 12", Slicing	1
Table Occasional	2	Measure, 2 Pint	1
Buffet Unit	1	Curtains	22
Bed, Chest	4	Poacher, Egg	1
Dressing Table	1	Board, Chopping	1
Stool, Dressing Table	1	Pan, Frying	1
Wardrobe Single	3	Sauce Pan, Milk	2
Table, Dining	1	Dish, Serving	1
Chair, Dining Table	6	Bin, Waste, Small	1
Bed Base Single, 3'6"	2	Board, Ironing	1
Mattress Single	2	Iron Electric	1
Quilt, Single	2	Vacuum Cleaner	1
Sheet, Single	4	Kettle	1
Pillow	8	Toaster, 4 Slice	1
Pillow Slip	16	Sauce Pan 4 Pint	1
Book Case	1	Poacher, Egg	1
Stool	1	Board, Chopping	1
Stool, Bathroom	1	Pan, Frying	1
Stool, Step	1	Sauce Pan, Milk	2
Bin, Large, Kitchen	1	Dish, Serving	1

11. The basic inventory for each **4-bed** house supplied:

ITEM	QUANTITY	ITEM	QUANTITY
Fire Extinguisher Water	1	Sauce Boat	1
Fire Extinguisher CO2	1	Fork, Table, Large	8
Settee 3 Seat	1	Fork, Dessert	8
Settee 2 seat	1	Knife, Table, Large	8
Armchair	2	Knife, Dessert	8
Chair Easy	2	Spoon, Tea	8
Double Bed	1	Spoon, Soup	8
Head Board, Double	1	Spoon, Dessert	8
Mattress Double	1	Knife, 12" White	1
Quilt Double	1	Knife, 8", Green	1
Sheet, Double	2	Knife, 6", Blue	1
Wardrobe, Double	1	Knife 4", Green	1
Nest of Tables	1	Knife, 12", Slicing	1
Table Occasional	2	Measure, 2 Pint	1

Buffet Unit	1	Bin, Large, Kitchen	1
Bed, Chest	5	Bin, Waste, Small	1
Dressing Table	1	Board, Ironing	1
Stool, Dressing Table	1	Iron Electric	1
Wardrobe Single	3	Vacuum Cleaner	1
Table, Dining	1	Kettle	1
Chair, Dining Table	6	Toaster, 4 Slice	1
Bed Base Single, 3'6"	3	Sauce Pan 4 Pint	1
Mattress Single	3	Poacher, Egg	1
Quilt, Single	3	Board, Chopping	1
Sheet, Single	6	Pan, Frying	1
Pillow	10	Sauce Pan, Milk	2
Pillow Slip	20	Dish, Serving	1
Book Case	1	Curtains	22
Stool, Bathroom	1	Stool, Step	1

12. While all SFA are comfortable and well laid out, like any house they need personal possessions to make them 'home'. Unfortunately the items such as issued curtains and carpets cannot be guaranteed to match furnishings, but having your own things around is key to feeling comfortable so it pays to plan ahead and bring those items you would miss most - whether that is your own bed or supplementary kitchen items. You will be able to find most items in the shops here but they are more expensive and the choice is limited compared with the UK. As mentioned earlier, please bear in mind however that there is a 'no wharfing' policy in place.

13. Some people like to bring their own double mattress or bed, or favourite comfy chair - best advice is to check with your predecessor to ensure there is likely to be space to do this bearing in mind that you cannot return the MOD furnishings. Also note that some SFA do have useful additional items left by previous occupants - such as a microwave or dishwasher, so where possible, check with your predecessor; it must be noted that electrical items left by previous occupants are received at your own risk and will not be maintained by contractors at MPC.

14. Experience has shown that the most popular items to bring are cushions, throws or rugs to make your living room more comfortable. Pictures, books and a few favourite ornaments to decorate and additional kitchen items to supplement the basics; bread makers are particularly popular, along with serving dishes and any favourite everyday items.

SUGGESTED PACKING LIST

15. **Clothing and Ancillaries.** We recommend bright, tough, Goretex outdoor wear with hoods etc. walking boots, tights (limited supply in shops), thermal underwear, gloves/hats/scarves, normal indoor clothing, some summer clothing (can be warm and for Authorised Absence in Ascension), shoes (in good repair there are no shoe repairers in FIs), Wellingtons, make-up, hair products and specialist medicinal needs, sports kit and swimwear, smart evening and day wear, sunglasses and suntan lotion (50+ high protection factor), sleeping Bags (good quality/warm, required for all helicopter trips) and wetsuits if interested in water sports including any buoyancy aids.

16. **Children.** Wind is the biggest problem here and so umbrellas and rain capes can prove troublesome. You can always get joggers, sweatshirts and T-shirts at MPC, but keep in mind that clothes are available on **limited** supply in Stanley. The West Store has a foot gauge so can measure and order shoes from UK and both the Early Years unit and the health visitor also have foot gauges should you wish to order via the internet.

17. **Children's Clothing and Ancillaries.** Sensible indoor and outdoor clothes, hats (preferably with ear flaps that tie under the chin), warm 'snow' clothes, waterproofs, Wellingtons, shoes (Trainers are a good form of footwear but wear out quite quickly here), school uniform, toys/games, books, videos etc (The library has a good supply), drawing paper/art materials,

bicycles/tricycles/car etc with crash helmets (Not Mandatory), baby toys + equipment, car seat, backpack/Baby sling, pushchair/waterproof cover, toiletries, nappies (a limited supply available in NAAFI), cot, high chair etc (can be provided), baby milk, steriliser + tables, bottles, teats etc, buckets and spades for the beach and wetsuits if interested in water sports including any buoyancy aids.

18. **Electrical Items.** TV, DVD Player, freeview box, indoor TV aerial, Radio / stereo system, computer, Skype headset, CDs/DVDs/Books (good selection available from JEC Library), games, camera (including spare batteries), binoculars and hobby items – e.g. sewing/craft items, musical instruments, golf clubs, fishing equipment (note that the latter need to be cleaned to avoid bringing in diseases), hairdryer, extension cables and torches.

19. **Kitchen.** Electric mixer or food processor, microwave, slow cooker, bread machine, yoghurt maker (wide range of Easi-Yo packets available in Stanley), coffee percolator/machine, water filter jug and refills, bottle opener and corkscrew, sharp knives, baking items/Oven trays, small milk pans, thermos flask, dish drainer rack, table cloths and napkins (plain table mats are provided), recipe books, storage containers (Tupperware, etc.), storage baskets, cool box and ice packs (useful for bringing frozen shopping back from Stanley), special washing powder/soft rinse – basic range available at local shops.

20. **Furnishings.** Cushions, throws, rugs, ornament/pictures + hooks, table lamps/lamp shades, clock, Christmas tree and decorations, net curtains (if wanted but will require attachments), black out curtains, mattress cover, coat hangers, duvets/covers (both are provided but you may want to bring your own), pillows are also provided both feather and synthetic pillows are available.

21. **General.** Vacuum Cleaner (provided, although people with pets or small children may wish to bring a more powerful vacuum cleaner as the Theatre ones are well used), bath mat, towels, first aid kit, contact lens solutions, spectacles and spares (bring your prescription), garden hand tools and small watering can.

22. **Vehicles.** Basic set of tools including car tools.

Please remember that no issue items can be returned to stores due to a limited storage facility.

MOVING YOUR PERSONAL EFFECTS

1. For the move of personal effects (PE), you will need to read JSP 800 Vol2 Part 5 – Passenger Travel Instructions - Unaccompanied Baggage Guide". Entitlements for Service personnel are determined by Service Personnel Policy (SP Pol) and are detailed in the **JSP 752 – Tri Service Regulations for Allowances**. Entitlements for Civil Servants are available from the Defence Business Service (DBS) and via the Defence Intranet under **Moving jobs, Changing Location - Overseas**.
2. Personnel posted on accompanied tours to the Falkland Islands are entitled to have their unaccompanied baggage professionally packed under MOD "Removal Service" arrangements for the outbound movement from the UK. The amount of baggage you are allowed to bring depends on your SFA entitlement and family size and will be confirmed when you apply for the move - however it will only be a small portion of your belongings as SFA here comes furnished. The rest of your belongings will go into storage until your return to the UK. You must check with the Government Freight Agents (GFA), for the dates of the monthly sailings from the UK for the Falklands and you are advised to allow plenty of time for the packer to get your belongings to the port, containerised and loaded. (The packers often recommend pick up a month before the sailing date!) The contact numbers for GFA are available from your Unit Admin Office.
3. Unaccompanied baggage is usually transported by ship and after the sailing date still takes approximately 6-8 weeks to reach the Falkland Islands. The arrival date can be before your own arrival, but even so as it all gets checked in Stanley and then delivered to the quarter. You may still have to wait up to 2 weeks after you have moved in before you have your belongings. You will need to ensure you have enough warm and outdoor clothes in your carry on luggage to last the family until that time.
4. For more details, please refer to the following websites:
<http://defenceintranet.diif.r.mil.uk/Tools/Admin/UseDefenceTravel/Pages/GlobalRemovalsandFamilyServices.aspx>
5. To apply for removals, through Agility Logistics:
<https://grms.agilitylogistics.com/external/agilityLoginLoad.do?section=WELCOME>

EDUCATION

1. **Important.** Please contact the school if you are posted to MPC at: mppsce@scschools.org to ensure your child's current school completes a MOD PiP form as part of the entry requirements. For children with Special Educational Needs (SEN), families must first contact the Children's Education Advisory Service as support for SEN is limited in the Falkland Islands. Your family will also require an Educational Clearance Certificate, issued by MP School to book travel to the Falklands. **This process can take up to 9 weeks to complete.**
2. **Very Young Children.** Facilities for very young children are limited and at present there are no registered child minders. There are also no pre- or post- school facilities available for working parents.
3. **Primary School for Ages 2-11.** A small primary school is established at Mount Pleasant which has a Head Teacher and four class teachers. The school is part of the Service Children's Education (SCE) – Directorate of Children and Young People, which has schools worldwide, supporting the children of Service personnel and entitled civilians. The school has an Early Years Unit for children from 2 years of age; sessions may run morning and afternoon. There is also a FS1 class on site for children aged 3 and over which is open every day; sessions may run morning or afternoon. Children start full time school in the September after their 4th birthday. The holidays are broadly in line with the UK however, there is usually a 3 week break in December and a 4 week break in August. Children stay at school during lunchtime and hot meals are served. The school has its own uniform, which can be purchased from the school. Further information can be found on the school website at: <http://www.mountpleasant.scschools.com>
4. An Infant and Junior School is also located in Stanley (www.ijf.falklands.info) however, children would be required to weekly board if attending this school.
5. **Secondary School for Ages 11-16.** There is a secondary school in Stanley, The Falkland Islands Community School, which provides education for up to 16 year olds studying GCSEs. The contact email is bbates.fics@sec.gov.fk . Due to the distance from Mount Pleasant to Stanley pupils attending the school will weekly board; a boarding house is provided for all children from outside Stanley. Transport of children between MPC and Stanley is the responsibility of parents – no transport is currently provided to Stanley and no allowances are available to refund transportation costs. Further details are available from the Chief Education Officer, Stanley, Falkland Islands edn.fig@horizon.co.fk.
6. **Post 16 Education.** No post 16 education is available locally.

MEDICAL AND DENTAL SERVICES

- 1. Medical Facilities at MPC.** Medical facilities are much more limited in the Falkland Islands and return to the UK for medical treatment is costly and time consuming. There are certain medical conditions that may be unsuitable to treat in the Falkland Islands due to the remoteness and lack of normal hospital specialities. Consideration for medical support for children with special needs should be made involving the schools and medical facilities prior to arriving; furthermore, there is no paediatric service within the islands. Guidance may be sought by contacting the Regional Medical Centre (RMC) or from the Joint Services Travel Centre/Defence Passenger Reservation Centre.
- 2. Service Medical Documentation.** Service medical documentation (FMed 4) can be brought into theatre by hand, NHS records cannot. Therefore civilians need to de-register with their GP in the UK in order for their NHS notes to be called forward by the RMC; this will ensure that care and treatment is not duplicated.
- 3. Vaccination.** Families are required to obtain a Yellow Fever vaccination and international Certificate of Vaccination 10 days prior to departure which may be required in the event of the aircraft diverting via South America. A country may refuse entry to you, impose quarantine or levy a fine without production of a valid certificate. Receipts should be kept in order to claim back any costs incurred.
- 4. Dispensary and Prescriptions.** If you are taking any form of medication, please ensure you bring sufficient amounts (at least 3 months supply) with you and inform the Dispensary on your arrival of your medication needs; this will ensure that the medication can be ordered in time, if not routinely kept in stock. Re-supply of routine items can take several weeks if arriving by ship. A limited supply of over-the-counter medicines can be bought locally. Patients requiring repeat prescriptions are to deliver their repeat prescription request at the dispensary and allow 24 hours before collection. Repeat prescriptions issued by a UK GP are not valid; you will need to book an appointment with an MO in the RMC in order to be issued with a valid prescription for the first issue.
- 5. Secondary Care.** Secondary care is provided by the KEMH, Stanley, some 35 miles (1 hour) from MPC via a relatively poor quality road; sometimes the road is restricted/closed due to weather conditions. It is a 28-bedded facility and the staff comprise of a number of GPs with skills to hospital practitioner level in some specialities, a Consultant General Surgeon and Consultant Anaesthetist. There are 2 high dependency beds but no intensive care. The pathology and radiology facilities are unable to offer the full range of investigations/CT or MRI and some laboratory samples may need to be referred to the UK for analysis and may take up to 6 weeks for results to return. There are no permanent surgical or medical specialist consultants, therefore secondary care referrals need to be seen in the UK; this will require an aeromedical evacuation flight.
- 6. Opticians.** There is no Optician in Stanley. You are advised to see an Optician prior to travel and bring a copy of a recent prescription and at least one pair of spectacles and sufficient contact lenses.

FALKLAND ISLANDS VEHICLE PURCHASE/HIRE OPTIONS

1. **Introduction.** The regulations relating to the use of military vehicles for welfare support matters are limited, and do not offer much flexibility. Personnel on a continuity post wishing to travel any distance outside of MPC may seriously want to consider having their own private vehicle.
2. **Vehicle Types.** The most common vehicles on the islands are Land Rover and Mitsubishi variants. These vehicles best suit the road surfaces and are supported by the local garages. Having a vehicle with adequate ground clearance will assist drivers who require to negotiate tracks. Because of the road surface, significant paintwork damage can be expected caused by loose stones/chippings; having sufficient ground clearance will help minimise this problem.
3. **Buying From Your Predecessor.** The majority of military personnel on tours longer than 6 months have a vehicle, which was purchased from their predecessor. This is a common practice and is subject to mutual agreement between both parties.
4. **Buying a Tax Free Vehicle.** You are eligible to import a tax-free car from the UK and can arrange the purchase through UK dealers prior to posting. Guidance on how to indulge a private vehicle both to and from the FI can be found from the DTMA guide. Also locally there are two local civilian firms, Stanley Services Garage and the Falklands Islands Company (FIC), who offer Tax Free Import deals.
5. **Purchase Options.**
 - a. **Private Local Purchase.** The FI newspaper the “Penguin News” has a classified advertisements section (e- mail address pnews.adverts@horizon.co.fk). The number of vehicles advertised varies from edition to edition but rarely reaches into double figures. Be aware that, whilst mileage can be low, vehicle serviceability standards may vary. You are advised to personally view potential purchases rather than purchase via telephone or internet.
 - b. **Local Dealers.** Two garages Stanley Services and FIC, both based in Stanley, have a stock of second hand vehicles (mainly Mitsubishi Shoguns, Land Rover variants such as Defender, Freelander and Discovery) available for purchase at UK comparable prices. The local second hand car market is small and the larger dealers are likely to hold approx. 5 to 10 vehicles each. Stock numbers are seasonal with lower availability during the winter months (May to October).
6. **Local Hire.** The FIC offer a short/mid/long term lease hire facility. The rates are the equivalent of the UK and depend on the hire period and the vehicle model.

VEHICLE BRIEF

1. **GS MOD1.** In order to drive Service vehicles at MPC Service personnel need to successfully complete the GS MOD 1 course, have their Service MT licence annotated with GS MOD 1 and the competency added to their JPA profile.
2. **Road Conditions.** The roads within the Falklands can best be described as primitive, in comparison with UK roads, with the majority of roads across East Falkland being made up of a loose gravel type road surface. At anytime of year, the Stanley Road has areas with severe potholes and ruts and most roads have extremely deep drainage ditches on either side. High winds pose a particular hazard to drivers at anytime of the year and during the winter the road conditions can be particularly treacherous.



Stanley Road



Goose Green Road



San Carlos Road

3. **Immediate Actions Drills.** Due to the reduced grip between the vehicles tyres and the road surface when driving on loose gravel it is essential that drivers adopt a defensive driving style, paying particular attention to changes in the road surface, with no harsh use of the accelerator, brakes or steering. A safe vehicle speed for the given road and weather conditions is a crucial factor for safe driving and the use of engine braking to reduce speed is recommended when driving on loose gravel. Should you find yourself losing control of your vehicle, do NOT brake or make excessive steering corrections but IMMEDIATELY DE-CLUTCH, THEN EASE OFF THE ACCELERATOR and allow the vehicle to slow naturally. Try and “nurse” the vehicle back on to its line by “feeling” what steering adjustments are necessary. When approaching a cattle grid or a change in the road surface, slow down in good time using the gears and accelerate away gradually and with care. Rather than try and steer around potholes and bumps, the best policy is to slow down and try to keep the vehicle in as straight a line as possible

INSTRUCTIONS FOR THE CARRIAGE OF NON-MOD SPONSORED VEHICLES IN SERVICE VESSELS

References:

- A. JSP 327, Joint Service Manual of Movements.
- B. JSP 800 - Defence Movements and Transport Regulations - Volume 3: Movement of Materiel.

Introduction

1. This instruction is designed to inform and advise entitled personnel on the eligibility; accessibility and procedures involved in the movement of private motor vehicles as indulgence cargo on MOD sponsored sailings to and from the UK and the Falkland Islands on the Falkland Island Re-supply Ship (FIRS).
2. The current legislative publication governing the movement of indulgence cargo is Chapter 8, section 2, part 13 of Reference A. This document is due to be revised as Reference B.
3. All users of the service must be made aware the indulgence vehicles cannot, must not and will not be allowed to jeopardise the arrival or departure of the FIRS. Users are also required to complete the formal documentation and abide by these instructions.

Eligibility

4. As a concession the personal property of MOD personnel, of both Service and UK based civilians may be carried freight free, at the owner's risk, in Service controlled vessels as indulgence cargo.

Conditions of Carriage

5. Indulgence cargo will only be accepted for shipment if space is available after Service requirements have been met. It may, in exceptional circumstances, be discharged at a port en-route, or diverted to other ports, following which the MOD shall have no responsibility for onward movement to destination.
6. If there were any advanced doubts to the routing of a vessel, indulgence cargo would be shut off prior to loading.

Port and Handling Charges

7. There are no specific port charges raised by the MOD against individuals who indulge their vehicles by sea. However, should the port of discharge raise an additional charge for the handling of an indulgence item, or if any additional costs occur as a result of the owners/agents failure to clear their vehicle from the port, these costs will be passed onto and borne by the individual.
8. It is therefore important that individuals seek advice from Movement Control authorities at both the point of departure and destination theatres, on the call forward, load, discharge and onward movement arrangements for their shipment.

Bio Security

9. All vehicles that enter the Falkland Islands (FI) are subject to inspection by the bio-security officer from the Falkland Islands Government Department of Agriculture (DoA). It remains the owner or importers responsibility to ensure that the vehicle complies with the required standards for inspection laid down in Annex G and H.

10. Failure of a bio-security inspection will require the owner to pay a £10 fee to cover the costs of chemical spray required to bring it up to inspection. Furthermore it is the owners responsibility to ensure that the vehicle is clean prior to re-inspection from the bio-security officer.

11. There are limited facilities with East Cove Military Port to clean vehicles if they fail the bio-security inspection that can be made available to military or MOD contracted personnel only.

Documentation

12. The following documentation is required:

a. **Application for Shipping Space.** Individuals should complete T998H, Application for Shipping Space and submit it to the relevant Movement Control Agency. A blank T998H is at Annex A to along with a correctly completed example.

b. **Standard Shipping Note (SSN).** The SSN must be completed by the consignor prior to the vehicles arrival at the Port of Loading (PoL), for signature by the Movement Control staff who will provide a receipt copy proving that the vehicle has been accepted as cargo. This receipt offers no guarantee of shipment. A blank SSN is at Annex C to this Instruction along with a correctly completed example.

c. **Form of Indemnity.** The Form of Indemnity must be completed by the consignor prior to the vehicles arrival at the PoL. A blank Form of Indemnity is at Annex C to this instruction

d. **Vehicle Placard.** A vehicle placard should be affixed to the vehicle denoting owner, unit address and a telephone number at the final destination, an example can be found at Annex D.

e. **Bio-Security Certification.** As per Annex E a bio-security certification is required for shipments between the UK and the FI ensuring it complies with the import standards set out by the FI DoA (Annex G and H). This should be completed prior to the vehicles arrival and handed to the Movement Control Staff. If owners are unsure they can contact the DoA bio-security officer for clarification.

13. **Vehicle Documentation.** Vehicle registration documents etc are not required, however, a copy of the proof of transit insurance must be given to Movement Control staff upon arrival at the POE.

14. **Export Documentation.** Export documentation will vary dependant on the destination and the reason for shipment. Advice may be sought from the Driving and Vehicle Licensing Agency (DVLA) or FI Government.

15. **Import Documentation.** The Import documentation required by customs officials will vary dependant upon destination and if purchase tax has been paid. Advice should be sought from the local in theatre Movement Control staff at your future location

Insurance

16. The MOD accepts no liability for loss or damage to indulgence cargo, Reference A states: ***Owners are strongly advised to effect insurance cover for the items whilst in transit. They should advise their insurers that the items are to be carried in a Service vessel and that the MOD will not entertain claims for loss or damage.***

17. Standard vehicle insurance Policies rarely cover vehicles for transit by sea. There are a number of specialist companies who offer sea transit insurance.

Call Forward

18. Once sailing details have been confirmed, consignors are to contact the Movement Control Agencies at the PoL to arrange delivery times for cargo. Failure to meet these times may result in the cargo being rejected for shipment.

Vehicle Condition and Equipment

19. All indulgence vehicles must be in a roadworthy condition at the time of loading and have a minimum of 1/4, but no more than 9/10 of a tank of fuel.

20. The location of spare wheel, jack and wrench must be made known to the PoL.

21. If vehicles are alarmed, disarming instructions and any security keys must be given to the Movement Control staff at the PoL.

22. Keys for the ignition, doors and boot, must remain with the vehicle at all times.

Command and Signal

23. The agencies involved are shown at Annex F

Summary

24. For further information or advice do not hesitate to contact the following:

- a. UK to Falklands – Jeffrey Tregarthen, DHL Global Forwarding Ltd, Mil (94273) Ext 8270

Falklands to UK - Movements SNCO ON Falkland Mil (94130) Ext 7002

ANNEXES:

- A. APPLICATION FOR SHIPPING SPACE WITH COMPLETED EXAMPLE
- B. STANDARD SHIPPING NOTE WITH COMPLETED EXAMPLE
- C. FORM OF INDEMNITY
- D. VEHICLE PLACARD
- E. MOVEMENTS BIO-SECURITY CERTIFICATE
- F. MOVEMENT CONTROL AGENCIES
- G. BIO-SECURITY GUIDE: VEHICLES, MACHINERY AND MOBILE HOMES
- H. BIO-SECURITY GUIDE: IMPORT HEALTH STANDARD FOR VEHICLES

PART 2 – YOUR FIRST 48 HOURS AT MPC

1. Within your 1st 48 hrs at MPC you and your family will need to complete the following basic registration procedures:
 - a. **ID Cards.** Spouses of military personnel and all Civilians are required to obtain ID cards. The JSPSU Police Station issues all ID cards. You will be provided with a form and have your picture taken for your new ID. Your ID card is extremely important; you will require your ID card to shop and to access the front gate to MPC. All personnel are required to carry and produce their ID on request at all times.
 - b. **Regional Medical Centre (RMC).** The MPC RMC jointly houses the medical and dental centres; each facility has a separate reception and waiting area. **All Service personnel, accompanying dependents and civilians employed at MPC are required to register with each separate reception in order to become a patient and receive relevant care.** Patients registering at medical reception are required to complete a Protected - Medical Registration Form and a Civilian registration document (F Med 246) for each member of the family. The dental reception will provide a different series of forms. If you change your name, address or telephone number after registration, please inform reception (x6334) who will update your details.
 - c. **NAAFI Bulk Store.** For accompanied personnel only. The Bulk Store stocks and sells similar items to that of the 2 NAAFI shops located in 12 & 38 Facility (FAC), but in bulk packs. To use this facility the main occupier/inventory holder of the SFA is required to register with NAAFI at the Bulk Store. Once registered orders can be placed, processed and will usually be ready for collection the next day. Payment is made on collection and the Bulk Store accepts cash, cheque or debit/credit card.
 - d. **Gym & Pool.** There are 2 gyms within 12 & 38 Facility (FAC), MPC. Once you have completed the induction process you and your family will be able to use the gym and pool facilities. Gym inductions are held in the Tumbledown gym and it is advisable to make an appointment (x3107).
 - e. **Library.** The Joint Education library is situated toward the bottom end of the main corridor of 38 FAC. The Library has books, DVDs/videos, computer games and CDs which are available free of charge to all MOD personnel and their families. Registration is free for MOD personnel and £5 per month for civilian contractors³.
 - f. **Driving Licence** – If you are here for more than a year and have imported or intend to purchase your own vehicle then you will need to apply for a FI Driving Licence. More details are available from the Police Station in Stanley. Police phone number is 28100.
 - g. **Vehicle Insurance** – This can be purchased from the Insurance shop which is within the West Store in Stanley. All vehicles older than 4yrs will need to pass a vehicle road worthy test in order to purchase fully comprehensive insurance. Local garages will be able to carryout the test and advise you on the current test cost. If a vehicle is over 5 years old it can not be insured fully comprehensive.
 - h. **Tax Disc** – Contact the Police Station in Stanley.
 - i. **Vehicle registration** – Contact the Police Station in Stanley. You must register your vehicle if it has UK plates.

³ Please ensure you read the library's terms and conditions.

j. **Fuel Key** – Personnel on continuity tours can refuel their private vehicles, on repayment, from the military refuelling point within MPC. Once your vehicle is registered with the FI Police then:

- (1) Complete the form issued with this handbook.
- (2) Return completed form to Accounts Flt in FISU HQ who will issue you with a 'paid' receipt.
- (3) Take 'paid' receipt to SNCO Fuels & Lubricants (Fuels Flt, Supply Sqn, JFLU) to obtain fuel key which record fuel drawn..
- (4) Take fuel key to refuelling pump and refuel⁴.
- (5) You will then receive a monthly bill from Accounts Flt.

⁴ Please note that diesel is the only fuel available at MPC.

Register for	Where?	Tick When Completed
ID Cards	Joint Service Police Station - located within the group of buildings near the Post Office.	
Medical and Dental	Regional Medical Centre - Located directly opposite the Air Terminal. Remember to register at both separate receptions!	
Food Shopping	NAAFI Bulk Store - Located near the Air Terminal and Barrack Stores.	
Gym and Pool	Tumbledown Gym - located off the 12 FAC spine corridor.	
Library Books, DVDs etc	Library - located off the 38 FAC spine corridor. (ID required).	
Drivers Licence	Stanley Police Station – Phone no 28100	
Tax Disc	Stanley Police Station – Phone no 28100	
Vehicle Registration	Stanley Police Station – Phone no 28100	
Road Test	Local garages in Stanley	
Vehicle Insurance	Falkland Islands Company (FIC), West Store, Stanley.	
Apply for Fuel Key	Complete form and take to Accts Flight FISU HQ. Receipt to SNCO Fuels & Lubricants (Fuels Flt, Supply Sqn, JFLU). Key issued.	

SERVICES, FACILITIES AND ENTERTAINMENT

4. **NAAFI Shops.** There are two shops, located within the 12 & 38 Facility (FAC) accommodation complex, that cater for accompanied and unaccompanied personnel. The smaller shop, located near 12 FAC reception, sells sandwiches, confectionary, magazines and cold drinks. The larger shop located, within 38 FAC near COSTA, stocks basic dairy, butchery, bakery, frozen/dry goods, some bedding, electrical goods, towels, toiletries and over the counter remedies for colds and headaches. Please remember to always carry your ID as they operate a 100% check system to ensure only MPC based personnel receive NAAFI priced goods.
5. **West Store MPC Supermarket & Café.** This can be found on the opposite side of the road from the Air Terminal. The West Store MPC shop sells a wide range of products including groceries, clothing, stationery, electrical items and FI souvenirs. If you cannot find what you are looking for in the shop, the shop assistant is always willing to bring goods in from the West Store and The Bread Shop in Stanley for the following day. There is also a café within the complex which sells a variety of beverages, as well as paninis, pizza, cakes and muffins.
6. The following Cafes are also located throughout 12 & 38 FAC:
 - a. **Oasis Café.** Located next to the Church within 38 FAC. The Oasis is open to all personnel and is a medium sized café with plenty of seating in either the main area or conservatory. The Oasis sells cakes as well as hot and cold beverages.
 - b. **Top NAAFI Café.** Located near 12 FAC reception and the Dolphin bar this café offers pizzas as well as other fast food. Open from 1900-2230 hrs daily.
 - c. **Bottom NAAFI Café.** Located near the Gull and Penguin bar, next to the cinema and bowling area. The complex is an alcohol-free zone and sells Costa products, a variety of soft drinks and snack foods such as Panini's and pies. Open from 0900-2200 hrs daily.
7. **Post Office.** Located next to the Joint Service Police Station at MPC. As no 'Post Person' delivery service exists at MPC all mail for SFA occupants has to be collected from the Post Office directly. All personnel sending mail must use the BFPO address format:

Number Rank Name/Job title
Sub-unit
BFPO 655
HA4 6DQ/BF1 6DU
8. Whilst BFPO and Air Movements do their utmost to ensure that all mail is received in the shortest possible time, personnel are to be aware that parcels of excessive weight (> 2 kg) may have to be transported as military freight on either the monthly air freighter or by sea. This can result in parcels taking between 6-8 weeks to arrive in Theatre.
9. **Tumbledown Gym.** This is the main gym containing exercise equipment such as treadmills, bikes, free weights etc as well as squash courts and the pool. Many of the exercise classes e.g. spinning etc are also held here. Notice boards in and around the gym give further information regarding classes. Open daily (Mon-Sat) from 0600 to 2200 and Sunday from 0800-2000. Only personnel aged 16 or over are allowed to use the Cardiovascular and Weight Training Equipment. Dependants and contractors who wish to use the gym should contact gym staff on ext 3107/3167 for further information regarding, gym inductions, gym guidelines and insurance cover.
10. **Longdon Gym.** Located down the spine corridor from the Tumbledown gym. This gym houses a climbing wall, golf simulator and large hall suitable for 5 aside football or similar activities. There is also a variety of children's soft play toys and games equipment (e.g. Badminton net and kit) stored here, which families may use at any time. A small fee is charged for use of the golf simulator, which may be used by children accompanied by an adult.

11. **Swimming Pool.** A heated 33m swimming pool is located adjacent to Tumbledown Gym. The timetable for the pool is available from the gym staff and on a notice board at the pool.

12. **Cinema.** Located on the right hand side of the Gull and Penguin Complex foyer, opposite the bottom NAAFI shop. There is one film screening per day Mon-Fri. Doors open at 1900 hrs (film starts at 1930 hrs). There is an extra show on Saturdays and Sundays, doors open 1330 hrs for a 1400 hrs start. The entrance costs are⁵:

- a. £4.00 for an Adult,
- b. £3.00 for a Child
- c. £11.00 for a Family Ticket (2 adults 2 children).

13. **Sure Telecommunications.** The Sure office is situated at the West Store MPC, opposite the Air Terminal. They are open every Thursday from 0900 to 1400 hrs. You will need to take your cheque book or debit card as they require a deposit to set up an account for you. Due to the lead time involved in setting up phone and internet services, it is recommended that you do this as early as possible.

⁵ Please ensure you check the current prices with the Cinema.

MEDICAL AND DENTAL SERVICES

1. **Mount Pleasant Regional Medical Centre (RMC).** The RMC is located on the main road at the top of the Unit opposite the Air Terminal and is manned 24 hours. The RMC has houses both the Medical Centre and Dental Centre. Both have all the amenities of a modern medical centre you would normally find within the Armed Forces providing primary health care and a small in-patient facility, as well as emergency cover for the airfield. Medical services are provided for all service personnel, dependants and civilian contractors employed at MPC. Civilian employees and dependents are to undergo a short arrival screening with the Practice Nurse as soon as possible on arrival.
2. RMC Working Hours
 - a. Mon, Wed, Thur, Fri 0800 – 1700 hours
 - b. Tues, Sat 0800 – 1200 hours
 - c. Sun Closed – emergencies only.
3. The RMC is closed for lunch from 1200 – 1300 hours to all but emergencies. After normal working hours, emergency medical cover is provided by a Duty Medical Officer, Duty Medics and ambulance driver.
4. **Booking Routine Medical Appointments.** Patient wishing to book a routine appointment, should contact the RMC in normal working hours via the Reception on **Ext: 6334**. If you are unable to attend your appointment, please ensure you cancel it as soon as possible, so as another patient may use the allocated time.
5. **Emergency Treatment.** In an emergency, the RMC is to be contacted via Reception **Ext 6334** or in an extreme emergency by dialling **2222** from any military extension.
6. **Medical Clinics.** A Medics' Sick Parade is held from 0830 – 1000 hours Mon to Fri for minor illnesses and injuries. The clinic has open access. Other clinics are by appointment only.
 - a. Medical Officers' Clinics
 - (1) Mon – Fri 0830 – 1130 hours
 - b. After school Clinic/Urgent Clinic
 - (1) Mon - Fri 1600 – 1630 hours
 - (2) Sat 0900 – 1000 hours
 - c. Practice Nurse Clinic
 - (1) Mon – Fri 0080 – 1140 hours
 - d. Physiotherapy Clinics (appointments made via Medical Officer referral)
 - (1) Tue/Thur 0900 – 1200 & 1300 – 1530 hours
 - e. Rehabilitation Clinic
 - (1) Mon/Wed/Fri 0800 – 1030 hours

7. **Continuing Professional Development.** Staff training is a continuous process and ensures continual quality improvement of the Primary Health Care team. For this purpose, the RMC is closed for routine enquiries each Tuesday afternoon for trade training.
8. **Home Visits.** It is always preferable to consult with patients in the RMC where appropriate examination facilities are available; however, if you are unable to come to the RMC and require a home visit, then contact the RMC Reception providing details of the nature of your illness, full address and telephone number.
9. **Dispensary and Prescriptions.** If you are taking any form of medication, please ensure you bring sufficient amounts (at least 3 months supply) with you and inform the Dispensary on your arrival of your medication needs; this will ensure that the medication can be ordered in time, if not routinely kept in stock. Re-supply of routine items can take several weeks if arriving by ship. A limited supply of over-the-counter medicines can be bought locally. Patients requiring repeat prescriptions are to deliver their repeat prescription request at the dispensary and allow 24 hours before collection. Repeat prescriptions issued by a UK GP are not valid; you will need to book an appointment with an MO in the RMC in order to be issued with a valid prescription for the first issue.
10. **Health Visitor Services.** The Health Visitor is based at the King Edward Memorial Hospital (KEMH) but provides a clinic 1 day per month at the RMC. If you require an appointment for your child, appointments may be made via the RMC Reception or via the Reception at the KEMH
11. **Secondary Care.** Secondary care is provided by the KEMH, Stanley, some 35 miles (1 hour) from MPC via a relatively poor quality road; sometimes the road is restricted/closed due to weather conditions. It is a 28-bedded facility and the staff comprise of a number of GPs with skills to hospital practitioner level in some specialities, a Consultant General Surgeon and Consultant Anaesthetist. There are 2 high dependency beds but no intensive care. The pathology and radiology facilities are unable to offer the full range of investigations/CT or MRI and some laboratory samples may need to be referred to the UK for analysis and may take up to 6 weeks for results to return. There are no permanent surgical or medical specialist consultants, therefore secondary care referrals need to be seen in the UK; this will require an aeromedical evacuation flight.
12. Patients referred to the KEMH may take the RMC transport at 0930 hours and 1330 hours Mon – Fri. In emergency, patients are conveyed either by road in the ambulance or via helicopter depending of the urgency/clinical condition. The contact number for KEMH Reception is **(0)28000**
13. **Limited Supplementary Services.** There is a Community Psychiatric Nurse who also conducts a clinic at the RMC and a Speech Therapist but no special needs teacher or surgical fitter.
14. **Falkland Islands Government and MPC Agreement.** MPC has an agreement with the Falkland Islands Government which allows military staff and MOD civilians including their family members posted/deployed with them into theatre, to receive certain treatment. The MOD pays for this entitlement. Dental treatment and social service care is not covered in this agreement.
15. **Visitors Requiring Treatment.** Visitors requiring emergency treatment can be seen at the RMC or seen, at a charge, at KEMH; however, routine matters should be left until return to the UK. All visitors not on official duty must therefore have appropriate medical insurance which should include aeromedical repatriation; otherwise the individual will be responsible for the costs incurred.
16. **Aeromedical Evacuation.** Any treatment not available in theatre requires the patients to be evacuated via areomed. For routine/non-urgent cases, this is to the UK via the fortnightly aeromedical flight. Urgent cases currently go to South America accompanied by an appropriate medical team or alternatively, a private Chilean Air Ambulance is used.

17. **KEMH Antenatal Services.** KEMH offer baseline routine observation and screening samples as well as ultrasound scanning. KEMH have a reciprocal health agreement with the UK and a woman can be referred to a unit of her choice if it is appropriate for her care on return to the UK. Further details can be found at: http://www.falklands.gov.fk/Health_Services.html

18. **Dental Services at MPC.** A professionally qualified dental team are based within the RMC; the Dental Centre is open five and a half days per week at the following times:

- a. Mon-Fri 0800-1200hrs and 1330-1700hrs
- b. Sat 0800-1200hrs (for emergencies only)

19. **Entitlement to Treatment.** All service personnel are entitled to a free of charge annual dental inspection followed by any treatment that is clinically necessary. Dependants and civilians employed by the MOD (e.g. UKBC's, Interserve, Sodexo, NAAFI, etc) are also entitled to dental treatment. Emergency treatment for the relief of pain is provided as well as routine treatment, you will be charged at current National Health Service rates. Normal NHS exemptions from treatment costs apply – these include pregnant and nursing mothers (12 months from date of baby's delivery). If you fall into the category above and required to pay for treatment, a bill will be raised prior to booking an appointment and must be paid by cash or cheque at the cashier situated in FISU HQ. Any further appointments required may incur extra charges.

20. **Types of Dental Treatment Available.** On arrival at MPC, all service personnel are required to have previously been certified as having the appropriate level of dental fitness to complete an OOA detachment or posting. This can, on occasion, involve leaving you with outstanding treatment. Whilst the objective at MPC Dental Centre is to maintain your level of dental fitness whilst in theatre, they also have the facilities to complete routine treatment workload dependant. Please ask at reception for more details.

21. **Dental Inspection/Check-Ups.** It is to your advantage to be seen for an inspection regularly, so that dental diseases can be screened for whilst in the early stages. At your check-up we routinely check your soft tissues in the mouth, e.g. tongue, lips, cheeks and palate to ensure that they are healthy too. On arrival at the dental centre, you will be asked to complete a medical history questionnaire, therefore please ensure you arrive in advance of your appointment time in order to do this. Bring any queries about this form to the attention of the dental officer as soon as you enter the surgery.

22. **Booking Routine Appointments.** To book an appointment, telephone Ext 6335 or book in person through the Dental Centre reception. Late afternoon appointments are available for school age children.

23. **Outside working hours.** If you have a genuine dental emergency i.e. **uncontrolled** bleeding from the mouth, **uncontrolled** dental pain which does not respond to painkillers, rapidly increasing facial swelling or traumatic facial injury please contact the on call duty Dental staff via the Regional Medical Centre on ext 6334. The Duty Medic will then take down your details and will contact the Duty Dental Officer on your behalf. The Dental Officer will then contact you, if deemed necessary an appointment time will be arranged to see you.

24. **Pregnancy and Ante Natal Services.** Ladies who fall pregnant whilst in the Falklands need to be aware that the medical provision is not of the standard expected in the UK and the hospital may not be able to deal with a complicated pregnancy. The management of every pregnancy will be considered on an individual basis depending on the family circumstances.

- a. **Service Women.** A Service woman who becomes pregnant, will not continue in her primary duty and will either return to the UK or, if accompanying a serving spouse on a continuity post/tour, take a combination of leave (paid and unpaid) and remain in the Falklands as a dependant. This will require agreement from the SMO and the manning authorities. All pregnant ladies permitted to remain in theatre will be advised to return to the

UK prior to week 36 at the latest but preferably by week 30, of the pregnancy to give birth. Those ladies who elect to stay full term should be aware that Falkland Islands regulations require all pregnant ladies to be located in Stanley from 36 weeks, as delivery elsewhere is not available due to access to a midwife, doctor and medical assistance not being readily available.

b. **Risk and Medical Cover.** Anyone who falls pregnant will be fully apprised of the risks and level of available medical care and wherever possible, the decision will lie with the individual about how to proceed to full term. There may be occasions where the Service interest will take precedence and the Commander has the ultimate responsibility of balancing the needs of the family and the needs of the Service.

FALKLAND ISLANDS GENERAL ROAD SAFETY

25. **Introduction.** The purpose of this leaflet is to provide transportation advice and guidance to personnel on a continuity tour to the Falkland Islands. It covers driving in the Falklands, general vehicle purchase and insurance details. The combination of adverse weather conditions and the standard of roads and tracks in the Falkland Islands present hazards that will demand extra care and vigilance from all drivers. With the high turnover of personnel in the FI, continuous education advising of the very real dangers relating to driving is required. It is important to ensure FI regulations are adhered to and for safety reasons that all new arrivals are aware of the general rules relating to driving and owning a vehicle while posted to the FI.

26. **Roads and Tracks.** The total land area of all the islands and islets is approx 4,700 square miles (slightly smaller than Northern Ireland). There are 248 miles (398 km) of roads and recognised tracks in the FI but no traffic lights. Whilst there are ongoing road developments to expand and improve the current road network the following factors remain extant:

- a. The maximum speed limit in the FI is 40 Mph (64 Kph). The maximum speed limit in MPC is 30 Mph (48 Kph). The maximum speed limit whilst driving in Stanley is 25 Mph (40 Kph).
- b. There are few metalled stretches of road apart from those in and around Stanley and within Mount Pleasant Complex (MPC). The roads leading away from MPC are made from crushed rock with large ditches on either side. This surface although regularly re-graded becomes badly potholed and rutted from vehicle wear.
- c. The changeable weather conditions have a significant effect on the road surfaces. Drivers need to be aware that these surfaces when wet become very slippery, similar to driving on ice. The majority of the roads pass over private land and have minimal maintenance. During inclement weather (any time of the year) tracks can become difficult to negotiate, with an increasing chance of bogging in or skidding.

27. **Weather Hazards.** The unpredictability and severity of the FI weather can not be over emphasised, all four seasons can be experienced in a day. The wind can gust so strongly that roads are often closed to military traffic, vehicles have been blown over or off the road. Accumulations of snow tend to be blown away reasonably quickly after falling. However, snowfalls can be heavy, often occurring with little or no warning. The combination of snow and gale force winds often creates significant snowdrifts. The weather conditions are constantly monitored by the Joint Operations Centre (JOC) and the roads are reduced to either Restricted or Closed if it is deemed unsafe. Although the MoD has no direct control over civilian vehicles it is advised that they should take great care when the road is Restricted and should not travel at all if the road is Closed. The roads status at any given time can be obtained by phoning the Roads Status Hotline on MPC Mil Ext 4250.

28. **Leaving MPC.** Before leaving MPC on any journey you should ensure your vehicle has plenty of fuel and the tyres are serviceable. You should ensure each person in the vehicle has access to a sleeping bag and warm/wet weather clothing. You should also take a supply of food and water that would last 12-24 hrs, as well as sun block. All personnel are to book out through the Main Guardroom before commencing their journey ensuring they annotate a return time to MPC.

29. **Road Signs.** All the road signs and road markings are the same, as the UK and vehicles drive on the left.

30. **MOT Requirements.** There is no legal requirement for a FI registered vehicle using any road in the FI to have a MOT certificate. In the interests of safety however, vehicle owners are strongly advised to ensure that prior to any vehicle purchase, a suitably qualified mechanic carries

out a full mechanical check. Vehicle owners are also advised to ensure that their vehicle is serviced in accordance with the schedule in the vehicle handbook. Two garages, Stanley Services Ltd and the Falkland Island Company (FIC) located in Stanley provide full dealership services.

31. **Speeding Fines.** Unlike the UK, each speeding case is treated and judged separately. It is important to stay within the maximum speed limits, as speeding fines can be severe, £200 pounds upwards.

32. **Drinking & Driving.** Like the UK a person is deemed guilty of drink driving in the FI if when tested they are found to have more than 35 micrograms of alcohol per 100 millimetres of breath. The FI police do not carry out blood or urine tests. Similar to cases of speeding, FI court sentences are normally far in excess of what a UK court may typically award and have included custodial sentences.

33. **Guides.** Guides may be available from MT and MP Travel and are highly recommended to ensure that vehicles take the best route, especially when weather and ground conditions are poor. If you are intending to drive “off-road” you are recommended to take the driving course before your arrival in theatre as it is not always possible to do it here.

34. **Seat Belts and Restraints.** You are legally bound wear a seat belt when driving; you are also to ensure your passengers do the same. When carrying children, you should ensure that booster cushions or child seats are fitted, that they are in good condition and are suitable for the age of the child being carried. UK and EU legislation requires children travelling in vehicles to be secured in appropriate child restraints. A child restraint appropriate to the size, height and weight of the child must be fitted.

35. **Wildlife.** Drivers are to have consideration for FI wildlife and farm stock which may wander onto roads suddenly and unexpectedly. Anticipation of this hazard is the best strategy to avoid hitting an animal. If a collision is imminent, drivers are to adopt the most appropriate actions for the safety of themselves and their passengers. Following a collision with an animal, drivers are to treat the matter as a RTA and take actions accordingly.

FURTHER ACTIVITIES AT MPC

36. **Sports Clubs.** Details of all sports clubs can be obtained from gym staff on Ext: 3107.
37. **Go Kart Circuit.** Located on the far side of the airfield and open during the following times:
- a. Winter:
 - (1) Saturday – 1300-1500hrs and 1500-1700hrs
 - (2) Sunday – 1000-1200hrs, 1200-1400hrs and 1400-1600hrs
 - b. Summer:
 - (1) Saturday – 1300-1500hrs and 1500-1700hrs
 - (2) Sunday – 1000-1200hrs, 1200-1400hrs and 1400-1600hrs
 - (3) Tuesday and Thursday evenings from 1800-2000hrs.
38. The minimum number to operate is 10 people and the maximum is 12 per booking. The cost is £15 per person. There is a minimum age limit of 13 years. Bookings can be made through SNCO MTW Specline, ext 6655.
39. **Paint Balling.** Open to military and civilians at MPC with a minimum age limit of 12. The cost is £15 for 500 paintballs (which will usually last about 5 rounds). Tel. Ext 6555
40. **Bowling Alley.** The NAAFI XL Ultra Bowl is situated in the bottom NAAFI complex. The Bowling Alley contains 6 lanes, 1 of which is designed for children. Tel. Ext 8484 as booking in advance is recommended. Opening times are as follows:
- a. Monday – Friday, 1530-2230hrs
 - b. Saturday – Sunday, 1230-2230hrs
41. **Families' Community Centre (FCC).** Located next to the Library in 38 FAC. A variety of clubs for Families' is available from Cubs and Beavers to a mothers and toddlers group. The FCC has a soft play centre/ball pit, toys, games, games console, TV & DVD player etc. The Families' use the fully fitted kitchen/dining area during the day to prepare snacks for children and once a month for the 'Pot Luck' supper night.
42. **BFBS Radio.** The British Forces Broadcasting Service (BFBS) provides two 24hr radio channels in the Falklands. BFBS Radio 1, broadcast locally from studios at MPC, is a pop channel aimed at younger servicemen and women with daily competitions and lots of listener interaction. BFBS Radio 2, broadcast from the UK, is a BBC Radio 2-style service for the more 'mature' listener, featuring music and news from the BBC and live sport from Five Live. In addition, the Falkland Islands Radio Service (FIRS) and the BBC World Service are available, providing programmes of local and international interest. It is recommended that you bring a radio (not DAB) with you as BFBS do make announcements about events, the school, weather etc.
43. **BFBS Television.** BFBS provides television channels such as BBC One, BBC Two, ITV, Sky News, Sky Movies, BFBS Sport, Sky Sports 1 and 2. BFBS Extra features popular programmes from Channel 4, Channel 5, Watch and Dave, plus selected content from Discovery Channel, National Geographic, ITV2, 3 and 4, the History Channel and Sky Atlantic. BFBS also show CBBC and CBeebies programs. All BFBS signals require digitally prepared equipment in order to be received. You will require an aerial cable and digibox.

**Annex A to
Instructions for the
Carriage of Non-MOD
Sponsored Vehicles in
Service Vessels**

Application For Shipping Space

Exporter 1		Vehicle Bkg. Ref 2	Customs Reference/Status 3	Manifest No. 5
		Exporter's Reference 4		
		Port Charges Payable By 7	Forwarder's Ref 8	S.S. Co. Bkg. No 9
		Terms of Delivery to Port of Loading 10	Consigning Branch/Depot 12	
Consignee 6		Value of Goods 11		
		£		
		Name of Shipping Line or CTO 13	Port Account No. 14	
		Government Department Freight Chargeable to 15		
		Goods Lying at 18	Shipping Instructions 19	
Receiving Dates 16	Berth/Dock/Container Base 17			
Vessel 20	Port of Loading 21	Contact Telephone Number		
Port of Discharge 22	Final Destination 23	Name of Receiving Authority 24		
Marks and Numbers	Quantity and Type of Packages	Description of Goods	Receiving Authority Use	Gross Weight kg
				Cube m3
		25		26
Remarks/Special Instructions 28				27
			Total Gross Weight kgs 29	Total Cube M3 30

		Number of Packages (in words)	31	
	Ocean Freight Payable at	32	Signature	33
	No. Of Original Bs/L	34		
			Date	35

Example of a completed Application For Shipping Space

Exporter 1 Cpl A B Smith DSCOM Monxton Road Andover Hants SP11 8HT		Vehicle Bkg. 2 Ref	Customs Reference/Status 3 Exporter's Reference 4	Manifest No. 5
		Port Charges Payable By 7 Cpl A B Smith	Forwarder's Ref 8	S.S. Co. Bkg. No 9
		Terms of Delivery to Port of Loading 10	Consigning Branch/Depot 12	
Consignee 6 Cpl A B Smith LOG SUP SQN BFPO 655		Value of Goods 11 £8500.00		
		Name of Shipping Line or CTO 13		Port Account No. 14
		Government Department Freight Chargeable to 15		
		Goods Lying at 18 2 Westgate Road Andover Hants	Shipping Instructions 19 Cpl A B Smith DSCOM, Monxton Road Andover Hants, SP11 8HT Contact Telephone Number +44 (0)123 456789	
Receiving Dates 16	Berth/Dock/Container Base 17			
Vessel 20	Port of Loading 21 MARCHWOOD			
Port of Discharge 22 EAST COVE MILITARY PORT	Final Destination 23 MPN	Name of Receiving Authority 24		
Marks and Numbers TA 51 ABC CHASSIS NUMBER: AB123CDEF456XYZ	Quantity and Type of Packages Description of Goods CITROEN XSARA PICASSO SX LENGTH: 4.27m WIDTH 1.75m HEIGHT 1.64m	Receiving Authority Use	Gross Weight kg 1300	Cube m3 12.25
			26	27
Remarks/Special Instructions 28 1. I certify that I have read, understood and accept the conditions under which indulgence cargo is accepted for shipment as detailed in JSP 327, Chapter 8, Section 2 2. Vehicle alarm activated by remote control. 3. Spare wheel and Jack etc in vehicle boot.				Total Gross Weight kgs 1300 29
				Total Cube M3 12.25 30
		Number of Packages (in words) 31 ONE		
		Ocean Freight Payable at 32	Signature 33 <i>A B Smith</i>	
		No. Of Original Bs/L 34		
		Date 1 APR 08		35

**Annex B to
Instructions for the
Carriage of Non-MOD
Sponsored Vehicles in
Service Vessels**

STANDARD SHIPPING NOTE – FOR NON-DANGEROUS GOODS ONLY

Consignor 1		Customs reference/status 2		
Consignee 3		Shipping instructions to: 4	Forwarder's reference 5	
Freight forwarder 7		International carrier 8		
Other UK tpt details (e.g. ICD, term, veh bkg. Ref receiving dates) 9		For use of receiving authority only		
Vessel/flight no. and date	Port/airport of loading 10	The Company preparing this note declares that, to the best of their belief, the goods have been accurately described, their quantities, weights and measurements are correct and at the time of despatch they were in good order and condition; that the goods are not classified as dangerous in any UK, IMO, ADR, RID or IATA/ICAO regulation applicable to the intended modes of transport.		10A
Port/airport of discharge	Destination 11	TO THE RECEIVING AUTHORITY. Please receive for shipment the goods described below subject to your published regulations and conditions (including those to liability).		
Shipping marks	Number and kind of packages; description of goods; Non hazardous stowage requirements	12	13A Gross. Wt(kg) of Goods	14 Cube (m3) of Goods
For use of shipping company only			Total gross Weight of Goods	Total cube of Goods
			kg	
16 PREFIX and container/trailer number(s)	16A Seal number(s)	16B Container/trailer size(s) and type(s)	16C Total wt(kg) as	16D Total of boxes

			Marked on CSC Plat	13A and 16C
DOCK/TERMINAL RECEIPT: Received the above number of packages/containers/trailers in apparent good order and condition unless stated hereon.			Name of company preparing this note 17	
RECEIVING AUTHORITY REMARKS Haulers name Vehicle reg. No.			NAME DEPT EXT DATE (Indicate name and telephone number of contact)	
DRIVER'S SIGNATURE		SIGNATURE AND DATE		

EXAMPLE OF A COMPLETED STANDARD SHIPPING NOTE – FOR NON-DANGEROUS GOODS ONLY

Consignor 1 Cpl A B Smith DSCOM Monxton Road Andover Hants SP11 8HT		Customs reference/status 2		
Consignee 3 Cpl A B Smith LOG SUP SQN BFPO 655		Shipping instructions to: 4		Forwarder's reference 5
Freight forwarder 7		International carrier 8		
Other UK tpt details (e.g. ICD, term, veh bkg. Ref receiving dates) 9		For use of receiving authority only		
Vessel/flight no. and date	Port/airport of loading 10 MARCHWOOD	10A The Company preparing this note declares that, to the best of their belief, the goods have been accurately described, their quantities, weights and measurements are correct and at the time of despatch they were in good order and condition; that the goods are not classified as dangerous in any UK, IMO, ADR, RID or IATA/ICAO regulation applicable to the intended modes of transport.		
Port/airport of discharge EAST COVE MILARTY PORT	Destination 11 MPN	TO THE RECEIVING AUTHORITY. Please receive for shipment the goods described below subject to your published regulations and conditions (including those to liability).		
Shipping marks Number and kind of packages; description of goods; Non hazardous stowage requirements		12		13A Gross. Wt(kg) of Goods
TA 51 ABC CHASSIS NUMBER: AB123CDEF456XYZ		CITROEN XSARA PICASSO SX LENGTH: 4.27m WIDTH 1.75m HEIGHT 1.64m		14 Cube (m3) of Goods 12.25
For use of shipping company only		Total gross Weight of Goods 1300 kg		Total cube of Goods 12.25
16 PREFIX and container/trailer number(s)	16A Seal number(s)	16B Container/trailer size(s) and type(s)	16C Total wt(kg) as Marked on CSC Plat	16D Total of boxes 13A and 16C

DOCK/TERMINAL RECEIPT: Received the above number of packages/containers/trailers in apparent good order and condition unless stated hereon.

RECEIVING AUTHORITY REMARKS

Haulers name

Vehicle reg. No.

DRIVER'S SIGNATURE

SIGNATURE AND DATE

Name of company preparing this note 17

NAME A B Smith

DEPT DSCOM

EXT +44 (0)123 456789

DATE 1 Apr 08

(Indicate name and telephone number of contact)

**Annex C to
Instructions for the
Carriage of Non-MOD
Sponsored Vehicles in
Service Vessels**

FORM OF INDEMNITY

CARRIAGE OF NON-MOD SPONSORED VEHICLES IN SERVICE VESSELS

A form of indemnity must be incorporated in an insurance Policy taken out by the individual or sponsoring organisation.

Make: _____ Model: _____ Registration: _____

In respect of the carriage of the vehicle shown above and named in the Schedule hereto:

From: _____ To: _____ In: _____
(vessel name), the insurer agrees to indemnify the crown, its servants or agents (the insured) against all claims to a minimum of £500,00 per claim and unlimited in total:

- a. For loss or damage to property of the said person or persons or any of them.

For which the insured would be legally liable notwithstanding any negligence or other breach of legal duty on the part of the insured, its servants or agents. This agreement shall be constructed and have effect in accordance with English Law.

Signature _____

Name _____ (BLOCK CAPITALS)

Sponsoring Unit / Dept _____

Appointment _____

Rank _____

Date _____

Stamp

VEHICLE PLACARD

INDULGENCE

Private Motor Vehicle

VRN: **TA 51 ABC**

Owner **CPL AB SMITH**

Address **LOG SP SQN**

MPN

Telephone
Number **EXT 1234**

Final
Destination **FALKLANDS**

**Annex E to
Instructions for the
Carriage of Non-MOD
Sponsored Vehicles in
Service Vessels**

MOVEMENTS BIO-SECURITY CERTIFICATE

MOVEMENTS BIO-SECURITY CERTIFICATE		
Consignor:		Consignee:
Tel:	UIN:	Tel: UIN:
Country of departure: UK		Country of destination:
Route/Countries to be transited (If applicable):		
(Qty & Type of Pkg)	Full description of consignment(s)/freight including identifying numbers, marks etc	Airway bill/ Manifest/ Container Packing Note/ Convoy Credit Numbers (if applicable)

Certificate to be completed and signed by consignor, signatory must be an Officer/WO or civilian of Band D or above.

Certified that this/these consignment(s) have been cleansed (if required) and are free from all mud and organic material*

Certified that this/these consignment(s)/baggage have been disinfected (if required) using_____**

Certified that the container(s) to which this certificate refers have been fumigated using a Coopex Smoke Generator/other approved fumigant.....** (*)

*Delete as required.

** Insert name of chemical/disinfectant/fumigant used

Signature:

Name:

Rank:

Date:

Warning: Signatories are to note that they may be held responsible if any consignment(s)/baggage they certify are subsequently discovered not to be prepared to the required standards.

**Annex F to
Instructions for the
Carriage of Non-MOD
Sponsored Vehicles in
Service Vessels**

MOVEMENT CONTROL AGENCIES

Ser	Location	Address	Telephone / Fax	E-mail
1	UK	DHL Global Forwarding Ltd Building 36, Ground Floor, Room 12 SMC 17 Port & Maritime Regt RLC Marchwood SOUTHAMPTON Hants SO40 4ZG	Civil +44(0)2380 664270 Mil 94273 8270 Fax +44(0)23 80666021 or Fax +44(0)23 80872533	jeffrey.tregarthen@dhl.com
2	Falklands	SNCO Movements ECMP 460 Port Tp BFPO 655	Civil +5007 7002 Mil 94130 7002 Fax +5007 7001 Mil 94130 7001	BFSAI-FLK JFLU 460TP MOVSNCO jflu-460ptpsncomov@mountpleasant.mod.uk
3	Ascension Island	Air Movement Flight Ascension BFPO 677	Civil +247 3394	