

Matrix Table 1: Rules for the use of service PHTs and civilian instructional staff	RN PT	RM PT&SO & PTI	APTC	Army All Arms PTI (AAPTII)	RAF PEdO/PTI	Instructional Officer (6)		Contractors Instructional Staff (6)	Source References
						IO PT	IO SPS		
RN									
RN Fitness Test (FT)	Y	Y(1)	Y(1)	Y(1)	Y(1)	N	N	N	2006 DIN 06 - 169
RN Over 40s FT	Y	Y(4)	Y(4)	Y(4)	Y(4)	N	N	N	
RN Remedial Training	Y	Y(4)	Y(4)	Y(4)	Y(4)	N	N	N	
Military Swimming Test (Phase I only)	Y	N/A	NA	NA	NA	N	N	N	BR 51 Ch 7 Art 0702
Phase II & III Formal PT	Y	Y(2)	Y(2)	Y(2)	Y(2)	N	N	N	
RM									
Basic FT	Y(1)	Y	Y(1)	Y(1)	Y(1)	N	N	N	RM ITD2 Pam4
Combat FT	Y(1)	Y	Y(1)	Y(1)	Y(1)	N	N	N	
RM Battle Swimming Test	Y(1)	Y	Y(1)	Y(1)	Y(1)	N	N	N	
RM Remedial Training	Y	Y	Y(1)	Y(1)	Y(1)	N	N	N	
Phase II & III Formal PT	Y(2)	Y	Y(2)	Y(2)	Y(2)	N	N	N	
Army									
CFT	Y(1)	Y(1)	Y	Y	Y	Y(1)	N	Y(1)	AGAI Vol 1, Ch 7 - PT
CFT(TA)	Y(1)	Y(1)	Y	Y	Y	Y(1)	N	Y(1)	
ACFT	Y(1)	Y(1)	Y	Y	Y	Y(1)	N	Y(1)	MATT 2 Pam 1 & 2 (AC 71082)
PFT	Y(1)	Y(1)	Y	Y	Y	Y(1)	N	Y(1)	
MST	Y(1)	Y(1)	Y	Y	Y	Y(1)	Y(1)	Y(1)	IOPT MPD
CMST	Y(1)	Y(1)	Y	Y	Y	Y(1)	Y(1)	Y(1)	
Phase I and JE PT	Y(1)	Y(1)	Y	Y	Y	Y(1)	Y(1)	Y(1)	
Phase II & III Formal PT	Y(2)	Y(2)	Y	Y	Y	Y(1)	Y(1)	Y(1)	
RAF									
RAF FT (MSFT)	Y(1)	Y(1)	Y(1)	Y(1)	Y(1)	Y(1)	N	N	AP 3342 Lft 301 and RAF S of PT Training Manuals
RAFFT (Cycle Ergometre)	Y(1)	Y(1)	Y(1)	Y(1)	Y(1)	Y(1)	N	N	

Matrix Table I: Rules for the use of service PTIs and civilian instructional staff	RN PT	RM PT&SO & PTI	APTC	Army All Arms PTI (AAPTII)	RAF PEdO/PTI	Instructional Officer (6)	Contractors Instructional Staff (6)	Source References
RAF Remedial Programme	Y(3)	Y(3)	Y(3)	Y(3)	Y	N	N	
RAF Regiment Operational Fitness Assessment (ROFA)	Y(1)	Y(1)	Y(1)	Y(1)	Y	N(5)	N	AP 3342 Lft 505
RAF Swimming Test	Y(1)	Y(1)	Y(1)	Y(1)	Y	Y(1)	N	AP3342 Lft 503
Phase II & III Formal PT	Y(2)	Y(2)	Y(2)	Y(2)	Y	N	N	AP 3342 Sec 2 QR 430

NOTES:

1. Only on receipt of formal brief from a RN/RM/Army (APTC)/ RAF PTI/PEdO from the appropriate service. This brief is to be delivered in strict accordance with the appropriate single-Service protocols; it is to be conducted on arrival at the unit as part of Pre-employment training and is to be formally recorded as having taken place. Personnel must demonstrate a personal ability to pass the respective tests before being allowed to administer them.
2. Only on receipt of a formal briefing by appropriate authority from RN/RM/Army/RAF S of PT. This briefing can be delivered on unit or at appropriate PT School. Single Service PT Schools are to develop appropriate standard briefing and protocols for delivery and recording.
3. Only on completion of RAF Fitness Strategy Course run at the RAF S of PT.
4. Only on completion of the RNFT Polar Heart Rate Course at RNSPT
5. Only to be used to assist competent individual (RN/RM/APTC/RAF PTI)
6. Formal Physical Training, Physical Development and military fitness testing are powerful mediums for the inculcation of war fighting spirit and military ethos and, as such, they are considered to be core military training. With the exception of IOs as detailed in this instruction, formal Physical Training, Physical Development and military fitness testing are to be conducted exclusively by military PTIs.

Matrix Table 2: Rules for the use of service PTLs/ETLs (1)	RN (Not Currently Applicable) (2)	RM (3)	Army ETL	RAF ETL	RAF PTL	Source Documents
Conduct Section Voluntary PT	N	Y	Y	Y	Y	
Conduct Section Directed PT	N	Y	Y	Y	Y	
Assist with Formal Training	N	Y(4)	Y(4)	Y(4)	N	
Assist with Fitness Testing	N	N	N	N	N	
RM						
Conduct Section Voluntary PT	N	Y	Y	Y	Y	
Conduct Section Directed PT	N	Y	Y	Y	Y	
Assist with Formal Training	N	Y(4)	Y(4)	Y(4)	N	
Assist with Fitness Testing	N	N	N	N	N	
Army						
Conduct Section Voluntary PT	N	Y	Y	Y	Y	
Conduct Section Directed PT	N	Y	Y	Y	Y	
Assist with Formal Training	N	N	Y	N	N	
Assist with Fitness Testing	N	N	Y	N	N	

Matrix Table 2: Rules for the use of service PTLs/ETLs (1)	RN (Not Currently Applicable) (2)	RM (3)	Army ETL	RAF ETL	RAF PTL	Source Documents
RAF						ETL Course No 2347 PTI Course No 2348
Conduct section Voluntary PT	N	Y	Y	Y	Y	
Conduct section directed PT	N	Y	Y	Y	Y	
Assist with Formal Training	N	Y(4)	Y(4)	Y(4)	N	
Assist with Fitness Testing	N	N	N	N	N	

Notes:

- (1) ETL = Endurance Training Leader PTL = Physical Training Leader
Any training conducted by ETLs/PTLs is to be iaw and limited to the scope of their qualification.
- (2) RN Currently Looking at developing an ETL/PTL Course
- (3) All RM Cpls are qualified (via promotion course) to conduct free standing circuits and runs. All RM Sgts are qualified to conduct Speed Marches.
- (4) Personnel (NCO & ABOVE ONLY) qualified as ETLs may assist fully qualified PT staff during formal PT training. This assistance is limited to adding to the required staff/student ratio for endurance runs/speed marches/load carries and for no other purpose. Fully qualified PT staff are always to be present and in charge of the activity.