



Ministry
of Defence

Ref: FOI2016/11197

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
Telephone [MOD]: [REDACTED]
Facsimile [MOD]: [REDACTED]
E-mail: navysef-foimailbox@mod.uk

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

5th December 2016

Dear [REDACTED]

Release of Information

Thank you for your correspondence dated 16th November 2016 requesting the following information:

*'Is sleep deprivation used as part of phase 1 and phase 2 training within the Navy?
Is trauma (pain based or mental) used when training in the Navy in their phase 1 or phase 2 training?
If so, for what reason? In detail?
How many individuals would have undergone such treatment?'*

Your enquiry has been considered to be a request for information in accordance with the Freedom of Information Act 2000. It is confirmed that the Ministry of Defence does hold information in scope of your request.

In response to your questions regarding sleep deprivation and trauma based training, I can confirm that neither sleep deprivation nor trauma is employed as a tool in Royal Navy Phase 1 or 2 training. Trainees may however experience a lack of sleep as a by-product of the training regimes at certain periods. This is due to exercises accommodating the reality of a lack of sleep that will be experienced on subsequent exercises or operations once trained. No New Entry Training regime within the Royal Navy or Royal Marines deliberately inflicts trauma on trainees.

Under Section 16 of the Act – 'Duty to Provide Advice and Assistance', I can provide a more detailed explanation of how sleep is affected during training at each of our training establishments as follows:

Commando Training Centre Royal Marines (CTCRM) - During Phase 1 and 2 training for Royal Marines Recruits and Young Officers (YOs), when they are deployed in the field for exercises, sleep patterns will be routinely disrupted for sentry duties, tactical actions etc as they would on real operations. By making the training as realistic as possible, this will result in Recruits and Young Officers experiencing a lack of sleep as they will throughout their careers on exercises or operations. However, sleep deprivation is not employed as a tool, rather it is a by-product of the

training focus. This is only relevant to the field training of Royal Marines; during all other training the Recruits/YOs need to be as alert as possible to absorb information and disruption is therefore kept to a minimum. CTCRM are currently conducting an initial study into recruit sleep patterns to ensure they get sufficient rest to optimise their learning.

Britannia Royal Naval College (BRNC) - During Assessed Basic Leadership Exercises and Maritime Leadership exercises the sleep patterns of the Royal Navy cadets is disrupted and at times reduced. Again this is not using sleep deprivation as a tool but a means of ensuring cadets experience the effects of a lack of sleep which they will need to be able to endure when on exercise or operations throughout their careers.

HMS Raleigh - Whilst RN recruits may experience reduced sleep, it is not a tool employed in the training of RN Ratings.

If you are not satisfied with this response or you wish to complain about any aspect of the handling of your request, then you should contact me in the first instance. If informal resolution is not possible and you are still dissatisfied then you may apply for an independent internal review by contacting the Information Rights Compliance Team, Ground Floor, Zone D, MOD Main Building, Whitehall, SW1A 2HB (e-mail CIO-FOI-IR@mod.uk). Please note that any request for an internal review must be made within 40 working days of the date on which the attempt to reach informal resolution has come to an end.

If you remain dissatisfied following an internal review, you may take your complaint to the Information Commissioner under the provisions of Section 50 of the Freedom of Information Act. Please note that the Information Commissioner will not investigate your case until the MOD internal review process has been completed. Further details of the role and powers of the Information Commissioner can be found on the Commissioner's website, <http://www.ico.org.uk>.

Yours sincerely

Navy Command Secretariat – FOI Section