

Annex A
to 2013DIN07-102

Rules for the use of Service PTIs and Civilian Instructional Staff

	RN PT	RM PT&SO&PTI	RAPTC	Army All Arms PTI (AAPTII)	Territorial Army PTI			RAF PE&O & PTI (1)	Senior Instructional Officer (SIO)(2)		Contractors Instructional Staff (2)	Source References/Remarks
					Basic (B)	Intermediate (I)	Advanced (A)		IO PT	IO SPS		
RN					(B)	(I)	(A)					
RN Maximal Tests	Y	Y(3)	Y(3)	Y(3)	N	N	Y(3)	Y(3)	N	N		
RN Rockport Walk	Y	Y(6)	Y(6)	Y(6)	N	N	Y(3)	Y(6)	N	N		2010 DIN01-024
RN Remedial Training	Y	Y(6)	Y(6)	Y(6)	N	N	Y(3)	Y(6)	N	Y(3)		
Military Swimming Test (Phase I only)	Y	Y	N/A	N/A	NA	NA	NA	Y	N	N		BR 51Ch 7 Art 0702
Phase 1 Formal Trg	Y	Y(4)	Y(4)	Y(4)	N	N	N	Y(4)	N	N		
Phase II & III Formal Trg	Y	Y(3)	Y(3)	Y(3)	N	N	Y(3)	Y(3)	N	Y(3)		
RM												
Basic FT	Y(3)	Y	Y(3)	Y(3)	N	N	Y(3)	Y(3)	N	N		
Combat FT	Y(3)	Y	Y(3)	Y(3)	N	N	Y(3)	Y(3)	N	N		Contained within MATT 2
RM Battle Swimming Test	Y(3)	Y	Y(3)	Y(3)	N	N	Y(3)	Y(3)	N	N		
RM Remedial Training	Y	Y	Y(3)	Y(3)	N	N	Y(3)	Y(3)	N	N		
Phase II & III Formal PT	Y(4)	Y	Y(4)	Y(4)	N	N	Y(N)	Y(4)	N	N		
Army												
AFT	Y(3)	Y(3)	Y	Y	Y	Y	Y	Y(3)	N	Y(3)		
AFT(TA)	Y(3)	Y(3)	Y	Y	Y	Y	Y	Y(3)	N	Y(3)		AGAI Vol 1 Chap 7 – PT
OFT	Y(3)	Y(3)	Y	Y	Y	Y	Y	Y(3)	N	Y(3)		
PFA	Y(3)	Y(3)	Y	Y	Y	Y	Y	Y(3)	N	Y(3)		MATT 2 Pam 1 & 2
MST	Y(3)	Y(3)	Y	Y	Y	Y	Y	Y(3)	Y(3)	Y(3)		

	RN PT	RM PT&SO& PTI	RAPTC	Army All Arms PTI (AAPTI)	Territorial Army PTI Basic (B) Intermediate (I) Advanced (A)	RAF PEdO & PTI (1)	Senior Instructional Officer (SIO)(2)	Contractors Instructional Staff (2)	Source References/Remarks
CMST	Y(3)	Y(3)	Y	Y	N Y Y	Y(3)	Y(3)	Y(3)	(AC 71082)
Phase I and JE PT	Y(3)	Y(3)	Y	Y	N N	Y(3)	Y(3)	Y(3)	
Phase II & III Formal PT	Y(4)	Y(4)	Y	Y	N Y Y	Y(4)	Y(3)	Y(3)	SIOPT MPD
RAF									
RAF FT (MSFT)	Y(3)	Y(3)	Y(3)	Y(3)	N N	Y	Y(3)	N	
RAF FT (Rockport Walk)	Y(3)	Y(3)	Y(3)	Y(3)	N N	Y	Y(3)	N	AP 3342 Lt 301 and RAF SofPT Training Manuals
RAF Conditioning Programme	Y(5)	Y(5)	Y(5)	Y(5)	N N	Y	N	N	
ROFA	Y(3)	Y(3)	Y(3)	Y(3)	N N	Y	Y(3)	N	AP 3342 Lt 505
RAF Swimming Test	Y(3)	Y(3)	Y(3)	Y(3)	N Y(3)	Y	N	N	AP 3342 Lt 503
Phase I, II&III Formal PT	Y(4)	Y(4)	Y(4)	Y(4)	N N	Y	N(7)	N	AP 3342 Sec 2 QR 430

NOTES:

1. Legacy PEd staff with appropriate qualifications only.
2. 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 SIOs as detailed in this DIN, formal Physical Training, Physical Development and Military Fitness Testing are to be conducted exclusively by PTIs.
3. Only after a formal brief from a RN/RM/Army (RAPTC)/RAF PTI/PEdO from the appropriate single 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 the 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.
4. Only after a formal briefing by the appropriate authority from RN/RM/Army/RAF S of PTs. This briefing can be delivered at the respective unit or at the appropriate PT School. Single Service PT Schools must develop appropriate briefing protocols for delivery and recording.

5. Only on completion of RAF Fitness Strategy Course delivered at the RAF S of PT.
6. Only on completion of the RNFT Polar Heart Rate Course delivered by ARNFTO.
7. Less Civil Servants (IOs) employed in Joint Service Units to deliver PT.

Rules for the use of Service PTL and ETLs (1)

	RN ETL/PTL	RM (3)	Army ETL	RAF ETL	RAF PTL	Source Documents
RN						
Conduct Section Voluntary PT	Y	Y	Y	Y	Y	
Conduct Section Directed PT	N	Y	Y	Y	Y	
Assist with Formal Training	N	Y(2)	Y(2)	Y(2)	N	
Assist with Fitness Testing	N	N	N	N	N	
RM (3)						
Conduct Section Voluntary PT	Y	Y	Y	Y	Y	
Conduct Section Directed PT	N	Y	Y	Y	Y	
Assist with Formal Training	N	Y(2)	Y(2)	Y(2)	N	
Assist with Fitness Testing	N	N	N	N	N	
Army						
Conduct Section Voluntary PT	Y	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	

RAF									
Conduct Section Voluntary PT	Y	Y	Y	Y	Y	Y	Y	Y	ETL Cse No 2347
Conduct Section Directed PT	N	Y	Y	Y	Y	Y	Y	Y	PTL Cse No 2348
Assist with Formal Training	N	Y(2)	Y(2)	Y(2)	Y(2)	Y(2)	Y(2)	N	
Assist with Fitness Testing	N	N	N	N	N	N	N	N	

NOTES:

1. ETL = Endurance Training Leader. PTL = Physical Training Leader. Any training conducted by ETL/PTL is to be law and limited to the scope of their qualification.
2. Personnel (**NCO and above only**) qualified as ETLs may **assist** fully qualified PT staff during formal PT training. This assistance is **limited** to adding the required staff:student ratios for **endurance runs/speed marches/load carries** but for no other purpose. Fully qualified PT staff are always to be present and in charge of a given activity.
3. All RM Cpls are qualified (via promotion courses) to conduct free standing circuits and runs and all RM Sgts are qualified to conduct Speed Marches within RM units for respective personnel.