

Cadet Training Aide Memoir

2008 Edition

This aide memoir has been compiled to assist in the field training and efficiency of a Army Cadet NCO. It comprises many topics of interest, ranging from First Aid to Weapons Handling, Contact Reports to CPR, and when printed should be kept in the top pocket of every conscientious senior Cadet. I hope it proves useful, and if you find any omissions or mistakes, please let me know and I will see them corrected for the next edition.

This has been compiled in good will as an AIDE MEMOIR not as a text book.

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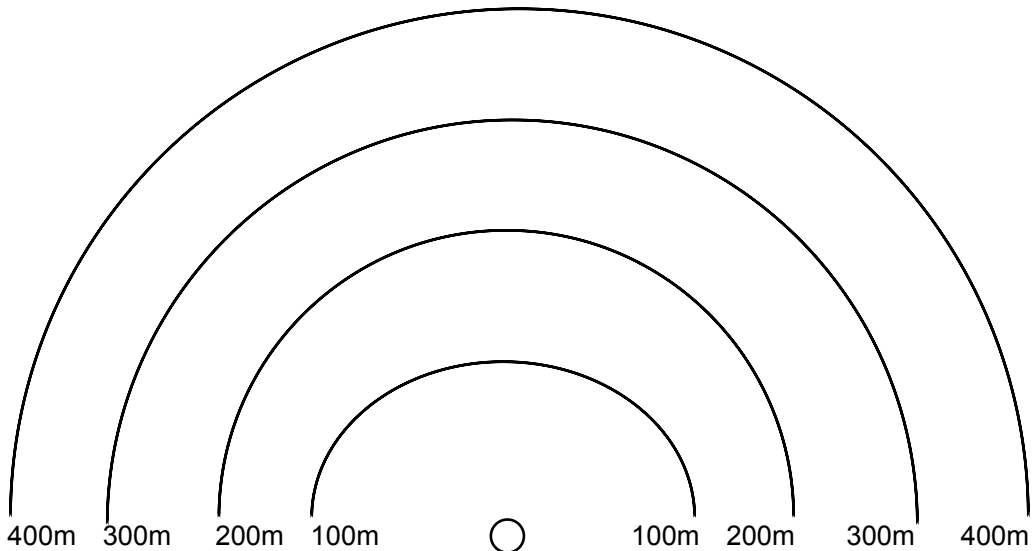
Key to Articles: Cdt. - L/Cpl Cpl. - Sgt. C/Sgt. +

BATTLE PROCEDURE

'The aim of Battle Procedure is to launch the front line soldier into battle, with minimum fuss, knowing exactly what he has to do, how he is going to do it, and what fire support he is going to get.'

Made Out From: GR _____
Made Out By: _____
Date: _____

RANGE CARD

Platoon: _____ Section: _____
Valid From: _____ To: _____

Password:

SENTRY DUTIES

[illegible]

Produced By: _____

Date Start: _____ ETD: _____ Start GR: _____

Date Finish: _____ ETA: _____ Finish GR: _____

ROUTE CARD

[illegible]

SITUATION REPORT

1. SIT REP AS AT TIME:
2. SIT REP REPEATED AT BEGINNING OF MESSAGE:
3. ENEMY - LOCATION / DIRECTION
4. OWN SITUATION - LOCATION / ACTIVITY
5. ADMIN - INCLUDING CASUALTIES
6. GENERAL - INFO NOT COVERED ELSEWHERE

PATROL REPORT

TO FROM

AIM

MAPS

SIZE AND COMPOSITION OF PATROL

TASK

TIME OF DEPARTURE TIME OF RETURN

ROUTE OUT

ROUTE BACK

TERRAIN

ENEMY

CONDITION OF PATROL

CONCLUSIONS AND RECOMMENDATIONS

DATE PATROL CMMDR SIGNATURE

CONTACT REPORT

WARNING ORDER

'HELLO THIS IS CONTACT CONTACT WAIT OUT'

DETAILED CONTACT REPORT (To be sent ASAP)

CONTACT ...

WHEN: AS AT
(TIME)

WHERE GRID
(GRID REF OF EN LOC)

WHAT IT IS
(DESCRIPTION OF EN, STRENGTHS ETC)

WHAT DOING
(DESC. OF EN ACTIONS, IE: FIRING ON MY POS.)

WHAT DOING ABOUT IT
(BRIEF DESCRIPTION, IE: I AM ENGAGING)

NB: CONTACT REPORT MUST BE SENT IN CLEAR

ORDERS PROCESS

- EXTRACTION

R - Receive
E - Extract
A - Appreciate
P - Prepare
I - Issue
- WARNING ORDERS

S - Situation
P - Probable Mission
O - Own Main Effort
T - Timings
O - O-Group
C - Combat Service Support
A - Acknowledge

QUICK BATTLE ORDERS

- 1 Task Org (changes to)
- 2 Situation (En/Ground/Fr. Forces)
- 3 Mission
- 4 Left or Right Flank
- 5 Route to FUP ("Follow Me")
- 6 Order of March
- 7 Assault Tasks (Who does what)
- 8 Details of Fire & Mment
- 9 Limit of Exploitation
- 10 H-Hour

FORMAL ORDERS

- Prelims
- Security
Admin
Ground
Weather
Task Org
Ground Orientation Brief
- Situation
- En. Forces
Fr. Forces
- Mission
- Repeat Twice
- Execution
- Concept of Ops.
Scheme of Manoeuvre
Main Effort
Mission Statements
Coordinating Instructions
Actions On
- Service Support
- SOP Variations
- Command and Signal

WARNING ORDER

| | |
|--|---|
| SITUATION | TIMINGS |
| Intent | H-Hour |
| Ground | Notice to Move |
| En. Forces | No Move Before |
| PROBABLE MISSION | O-GROUP |
| OWN MAIN EFFORT | COMBAT SERVICE SUPPORT Wpns Prepared / Ammo / Rats / Water |
| ACKNOWLEDGE 1 SECT 2 SECT 3 SECT PL.SGT. SIG. | |

WARNING ORDER SKETCH MAP

LEADERSHIP PRACTICAL TASKS

| Phase | Achieve TASK | Maintain the TEAM | Develop an INDIVIDUAL |
|-------------|---|---|---|
| Planning | Define the Task Obtain information Make an appreciation Make a plan | Involve team Organise groups Appoint sub-leaders | Assess team skills Use expertise of group |
| Briefing | State Aim Issue orders | Give clear orders Explain reason for task Set standards | Delegate Check team understands |
| Controlling | Ensure all activity is directed towards the aim Monitor progress Re-plan if necessary | Coordinate the team Maintain standards | Maintain standards |
| Supporting | Provide resources | Maintain team spirit | Encourage individuals Constructive criticism |
| Informing | Keep yourself informed in all areas | Inform team of progress Ensure comms in team | Thanks and praise |
| Evaluating | Review the task Has aim been achieved? | Recognise success Learn from failure | Listen to feedback Assess performance |



PATROLLING

3 Types of Patrol:

1. Reconnaissance
2. Standing
3. Fighting

Reconnaissance Patrol: 3-5 Men

- a. Topographical features
- b. Enemy minefields
- c. Extent of enemy positions
- d. Enemy machine gun and defensive areas
- e. Enemy noises, habits, patrols, etc ...
- f. Check wire & minefields
- g. Act as listening posts
- h. Give early warning on enemy approaches

Standing Patrol:

4-8 Men. Incl LSW & Good Comms

1. Watch and listen on enemy approaches
2. Watch dead ground by friendly lines
3. Watch minefields and inform main body
4. Prevent infiltration into hides or positions
5. Secure and mark FUP start for night attack

Aims of Patrolling:

1. Disrupt and Destroy
2. Dominate No-mans land
3. Gather Information

Fighting Patrols:

Minimum 12 Men / Ratio 1:3

1. Deny enemy freedom of movement in no-mans land
2. Drive in enemy protective patrols
3. Interfere with enemy work parties
4. Distract enemy attention from friendly patrols
5. Carry out raids
6. Capture prisoners
7. Tank Hunting
8. Laying Ambushes
9. Protect RECC's and work parties
10. Escort stretcher parties

PLATOON BATTLE DRILLS ★★☆☆

Battle Drill 1: Battle Preparation

- Confirm comms to be used
 - Decide on formation to be used
 - Ensure Pl. Cdr. Can control platoon / mutual support
- Battle Drill 2: Reaction to any section coming under effective enemy fire**

- Stage 1
- Pl. Cdr. sends contact report to Coy. Cdr.
- PCdr. Observes En for depth psns
- Pl. Sgt. moves rest of Platoon close but still in cover
- Pl. Sgt. hold Section Cdr. O-Group in prep for flank
- Stage 2
- Pl. Cdr. carry out estimate on plan of action
- Send Sit. Rep. to Coy. Cdr.
- Stage 3
- Runner come from lead section then all move to RV for O-Group
- Pl. Cdr. preparing Quick Battle Orders for issue

Battle Drill 3: The Attack

- Stage 1: Orders
- Pl. Cdr. issues Quick Battle Orders to Section Cdrs.
- Stage 2: Approach
- Move to FUP for attack
- Stage 3: Assault

Battle Drill 4: Reorganisation

- Only when can advance no more and objective is secure
- Pl. Cdr. send SITREP to Coy. Cdr.
- Use the En. Psfn. or move past and establish new defences
- Establish hasty defence against counter attack
- Redistribute troops and resources
- Treat and evacuate casualties
- Search En. Position
- Evacuate Prisoners

SECTION BATTLE DRILLS ★★☆☆

PREPARATION:

- P - Protection
- A - Ammunition
- W - Weapons
- P - Personal Cam
- E - Eqpt
- R - Radios
- S - Special Eqpt
- O - Orders

- P - Preparation
- R - Reaction to EFFECTIVE En. Fire
- E - Enemy Location
- W - Winning the Fire Fight
- A - Attack
- R - Re-Org

REACTION TO EFFECTIVE ENEMY FIRE

- Return Fire - Quick Shots
- Take Cover - Dash / Down / Crawl
- Return Appropriate Fire - Aimed Shots

ENEMY LOCATION

Binos / Clock Ray / Direct / Hand Angles / Ref. Points / Tracer

WINNING THE FIRE FIGHT

- Group / Range / Indication / Type of Fire
- Clear / Loud / As an Order / With Pauses

ATTACK

- Approach -

Section IC leads.

Covered by 2IC

Assault - Fast as Pos. with Suppressive fire

Fight Through - Kill All then ARD Re-Org 20m past psn

RE-ORG

1. Allot arcs of fire to each section member
2. Post sentries
3. Check Casualties and Ammo
4. Arrange re-distribution of Ammo
5. Send prisoners and kit back to HQ
6. Report to Pl/Cmmdr for orders

AMBUSHES ★

1. Deliberate – Planned response to information
2. Immediate – Using HOT information

Principles:

- i Good intelligence
- ii Good Planning
- iii Security
- iv Control
- v Battle Discipline
- vi Fire Power
- vii Safety
- viii Well rehearsed
- ix Good Concealment

Ambush Sites:

- i Known En Routes
- ii Known En supply points
- iii Where terrain changes (wood / fields)
- iv Approaches to own psns
- v Possible En withdrawal routes

Ambush Groups:

Ambush Group - Ambush Cdr, Fire Team (Kill Gp)

Cut Off Group - Warn of En approach. Cut off withdraw

Kill Gp Ratio: 1 Fr / 3 En

Cut Off Gp Ratio: 3 Fr / 1 En

1. PLANNING - Warning Order

2. RECCE

1. Ambush Area
2. Fire Positions / Concealment
3. Withdrawl Route
4. Final RV (Routes In / Out)

3. ORDERS

As per Patrol Orders. Extra info in:
Action on FRV
Action in Ambush Area
Action on Approach of En
Withdrawl to RV

4. REHEARSAL

Test fire psns. Group psns & relative psns
Signals / Comms

Altering and Springing of Ambush. Withdrawl

5. MOVE TO AMBUSH AREA

FRV during final RECCE

6. FINAL ORDERS - Confirmation or alteration

7. OCCUPATION

RECCE Party, Section Cdrs, Sentries

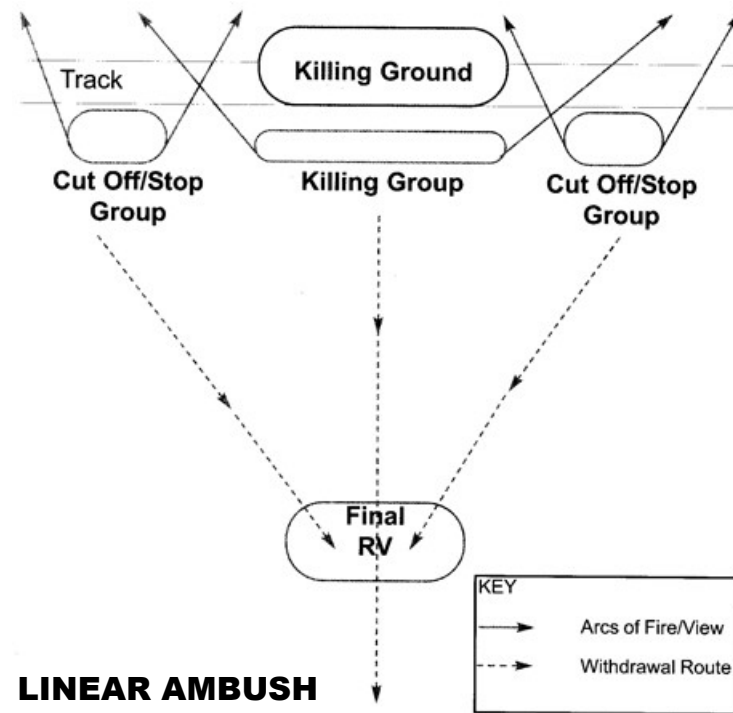
Section Cdrs guide in section main parties

8. SETTING UP AMBUSH - Comms & trip flares

9. FIRE FIGHT - Initiated by trip flare. Not 'Fire'

10. WITHDRAWAL -

As rehearsed. Min time. Final count, cas etc.



LINEAR AMBUSH

Why are things seen?

Shape

Break up your outline

Shine

Dull any shiny surfaces

Shadow

Use the shadows, but watch you dont cast one

Surface

Keep it rough & irregular

Spacing

Keep spaces irregular

Movement

M'ment catches the eye

Silhouette

Don't skyline

FIRE CONTROL ORDERS ★

SEQUENCE

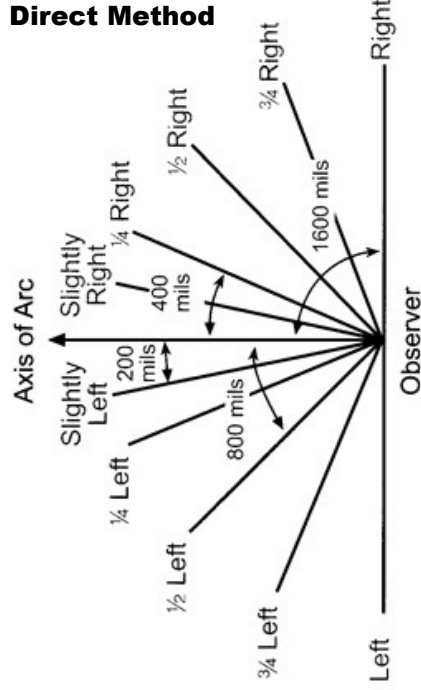
| | |
|--------------|--|
| GROUP | (RIFLE GROUP, SECTION) |
| RANGE | (300m, 1000m) |
| INDICATION | (DIRECT METHOD - USE AXIS AND ARCS / OBVIOUS TARGET) (REFERENCE POINT - FIXED OBJECT) (CLOCK RAY - WINDMILL, 4 O'CLOCK) (HAND ANGLE) (TRACER) (BINOS) |
| TYPE OF FIRE | 'FIRE' / 'RAPID FIRE' / 'BURSTS, RAPID FIRE' / 'WATCH & SHOOT / RIPPLE FIRE' |

TYPES

| | |
|------------|--|
| FULL | WHEN TIME PERMITS |
| BRIEF | OBVIOUS TARGET - 'QUARTER LEFT, RAPID FIRE' |
| INDIVIDUAL | SNAPSHOTTING - 'WATCH AND SHOOT' |
| DELAYED | READY TO FIRE - 'AWAIT MY ORDER TO RAPID FIRE FIRE' |



Direct Method



DUTIES OF A SENTRY ★

Three principles to ensure protection:

- Correct position of section
- Location of alarm posts
- Posting of sentries

Sentries to ensure they know:

- Direction of enemy
- Ground have to watch
- Position of flanking posts
- Name of landmarks in front
- Procedure for challenging
- Details of returning patrols
- Password
- Length of duty

Equipment Required:

- Range card
- Sentry List
- Notebook
- Pencils
- Torch
- Watch
- Binoculars

Challenge procedure:

Sentry: "Halt. Who goes there?"
Reply: "Friend"

Sentry: "Advance one and be recognised"

Sentry: "Halt" (Person halts until recognised)

If sentry not satisfied with persons identity, will state first half of password loud enough for first person to hear. Passwords changed daily at noon.

Sentry: "Foxtrot Oscar"
Reply: "Oscar Delta"
Sentry: "OK"

JUDGING DISTANCES ★

Appearance Method

- 100m – Clear in all detail
- 200m – Clear in all detail, colour of skin and equipment identifiable
- 300m – Clear body outline, face colour good remains detail is blurred
- 400m – Body outline is clear, remaining detail is blurred
- 500m – Body begins to taper, head becomes indistinct
- 600m – Body becomes wedge shaped, no head is apparent

Aids to Judging Distances

- Key Ranges - Using distance you already know
- Bracketing- Estimate further and shortest distance, then average
- Halving - Estimate distance to a mid point, then double it
- Appearance Method - As above
- Unit of Measure - Use a known length like football pitch 100m

Conditions Affecting Appearance

Objects seem closer when:

- The light is bright or the sun is shining from behind the observer
- They are bigger than the objects around them
- There is dead ground between them and the observer
- They are higher up than the observer

Objects seem further away when:

- The light is bad or the sun is in the observers eyes
- They are smaller than the objects around them
- Looking across a valley or down a street
- The observer is lying down

SECTION RESPONSIBILITIES ★★

Section Commander Duties (Charlie Fireteam):

Ensure all tasks carried out efficiently
Has thorough knowledge of Battle Drills
Highest standard of discipline is maintained
He knows strengths and weaknesses of section
Commands Charlie Fireteam
His section maintains equipment and weapons in good order
Section duty roster is carried out

Section 2/C Duties (Delta Fireteam):

Command section in absence of I/C
Deploy Delta Fireteam as ordered

LSW Gunner Duties:

Ensure the gun is properly maintained
Carry the gun and ammunition as ordered
Fire the gun as ordered

Rifleman Duties:

Carry out tasks allotted to him
Be proficient at:
Weapon handling
Fieldcraft
Navigation
Keep weapon and ammunition in good order
See that clothing and equipment is in good order
Be alert at all times and watch I/C for orders

Scouts Duties:

Normally operate in pairs and move in bounds using cover
Move ahead of the section to prevent it being fired upon
Normally deployed in close country – not an advance to contact

HARBOUR AREAS ★★

1. Selection

Good cover / good route in and out / water supply /
away from habitation / good comms / not on a hill /
avoid an old enemy positions / near a heli landing site

2. Occupation

- Break track into ARD / snap ambush
- REECE party (Pl. Cdr. & Sect. Cdrs & runner) depart
- Apex pstns marked & comms cord laid
- Section cdrs mark their LSW pstns and basha areas
- Runner collects remainder. Enter harbour & stand to
- Arcs of fire issued by section cdrs

3. Clearance Patrols

- Exit through opposite LSW pstn, return through own
- Move to limit of sight and sound. No patrols at night
- Look for old enemy positions / HLS /water / etc
- Report to Pl. Cdr. with report

4. Sentries

- 1 man during day (1hr duty)
- 2 men during night (1hr duty, staggered by 30mins)
- Limit of sight (day) and sound (night)
- See Duty of Sentry notes

5. Work Routine

- Track plan laid and cleared
- Bashes built (raised up during night only)
- Only half section clean wpns at a time
- Food cooked and eaten
- Personal admin (sleep, shave, wash, etc)
- Set up latrines connected by comms cord to sentry
- Pl. Cdr. Prepares orders for future patrols

BADGES OF RANK ★



NON-COMMISSIONED OFFICERS (L-R)

Lance Corporal (L/Cpl)
Corporal (Cpl)
Sergeant (Sgt)
Staff Sergeant (S/Sgt) also called Colour Sergeant in Infantry Units (C/Sgt)
Warrant Officer Class 2 (WO2) Can have appointment of Company Sergeant Major (CSM)
Warrant Officer Class 1 (WO1) Can have appointment of Regimental Sergeant Major (RSM)



OFFICERS (L-R)

2nd Lieutenant (2/Lt)
Lieutenant (Lt)
Captain (Capt)
Major (Maj)
Lieutenant Colonel (Lt. Col)
Colonel (Col)

SECTION FORMATION ★

Formations will depend on:

Ground
Visibility
Direction of Enemy threat
Need for control by the Section I/C
Need for producing maximum fire within minimum delay

Single File

Least vulnerable to fire from a flank
Useful for moving along cover
Good control for very dark night
Bad fire protection from front
Vulnerable to frontal fire
Bad observation to the flanks
Passage of information is slow

File

Easy to control
Useful at night
Presents a concentrated target

Arrowhead

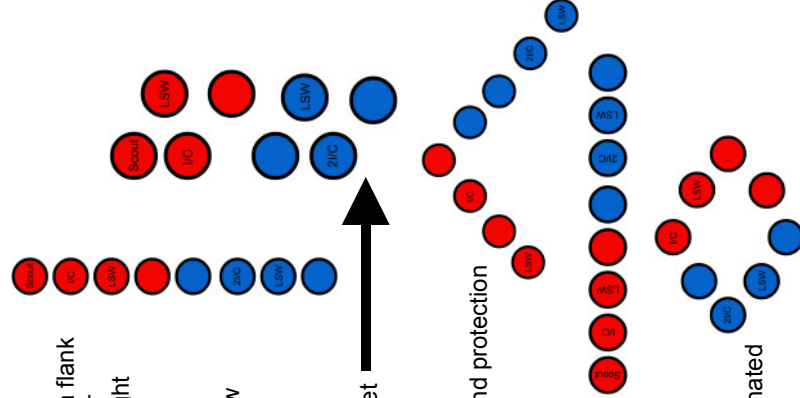
Easy to control
Good all round observation and protection
Present vulnerable target

Extended Line

Maximum firepower to front
Difficult to control

Diamond

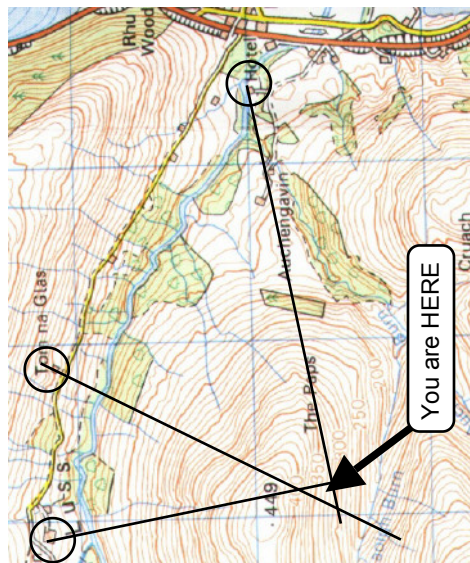
All round defence
Good control
Vulnerable target when illuminated



TAKING A RE-SECTION

- STEP 1: Find Grid Magnetic Angle (GMA See previous page).
- STEP 2: Establish location of up to 3 prominent landmarks on the landscape, and find them on the map.
- STEP 3: Take a MAGNETIC bearing from each of the landmarks of which you have found on the map, and convert that bearing to a GRID bearing. (See box below).
- STEP 4: Plot a straight line from the landmarks on the map using the GRID bearing.
- STEP 5: Where the three plotted lines meet, is your location.

**GRID to MAGNETIC conversion, ADD the GMA
MAGNETIC to GRID conversion, SUBTRACT the GMA**



Magnetic Bearings: Needle points to MAGNETIC NORTH

1. Point compass direction of travel arrow in direction of desired travel.
2. Rotate bezel so as to align red arrow of needle over arrow in compass housing.
3. Read off the **magnetic bearing**.

Grid Bearings: Needle points to GRID NORTH

1. IGNORE COMPASS NEEDLE THROUGHOUT
2. Point long edge of compass in direction of desired travel.
3. Rotate bezel so as to align north lines on bezel body with northings on map.
4. Read off **grid bearing**.

Calculating the GMA

1:20,000
Series M826
Sheet K3
Edition 5-GSGS



Magnetic Information (1998)
152 mils (8' 30")
Annual Change 2.5 mils (8" E)

Required Info:

1. Today's Date (2007)
2. Date of Map Info (1998)
3. Difference (9 Years)
4. GMA in 1998 (8° 30" West)
5. Annual Change (8" East)

Notes:

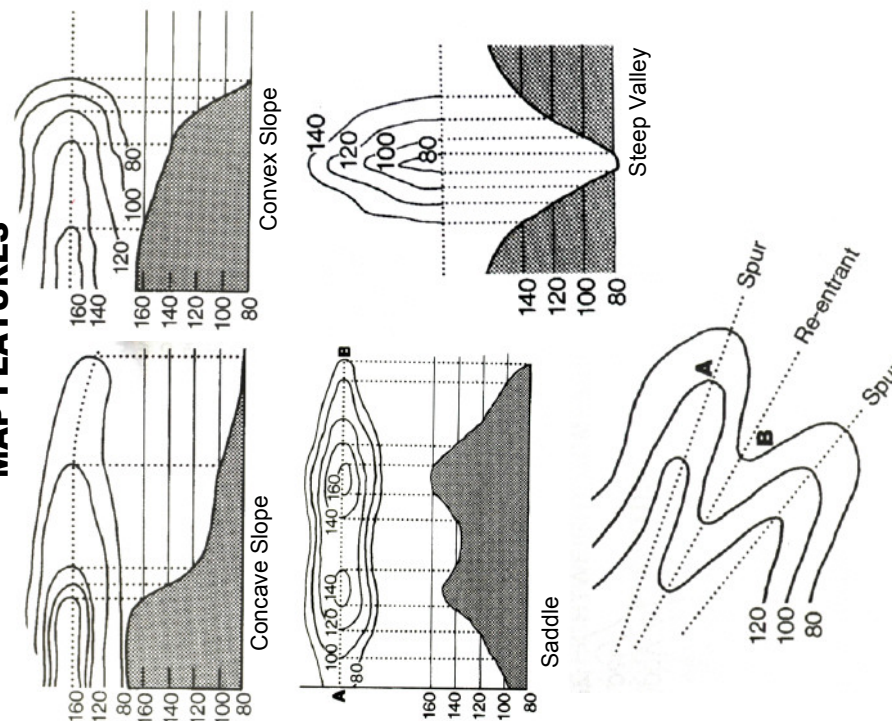
- If Annual Change is East then subtract the difference, or add if it is West
- There are 60 Minutes (") in a Degree (°)

Example: (using map info above)

- If annual change is **8" East** per year over **9 years** the total change is $8 \times 9 = 56"$ **East**
- The GMA in 1998 was 8° 30", but it has since changed 56" East. so $8^{\circ}30' - 56' = 7^{\circ}34'$
- The NEW GMA is now **7°34" West**

MAP READING

MAP FEATURES

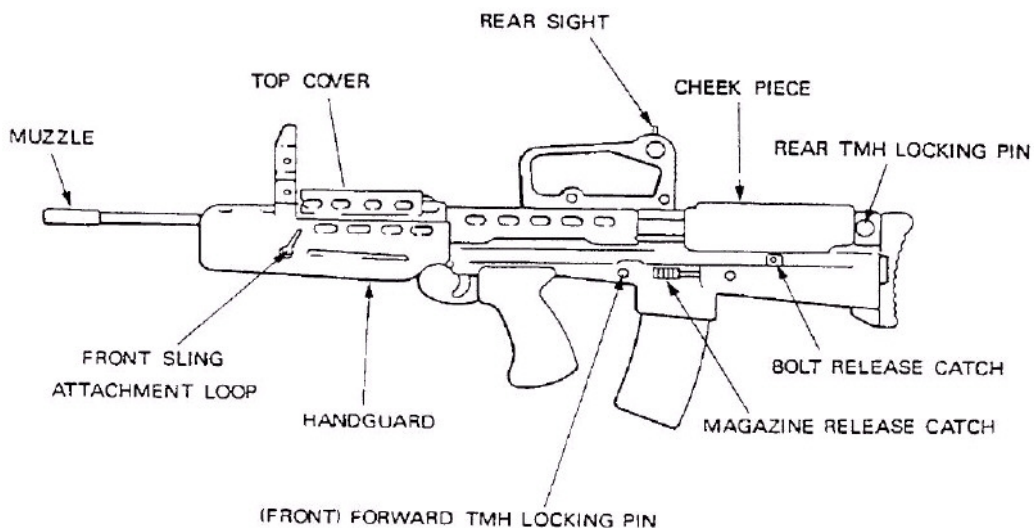
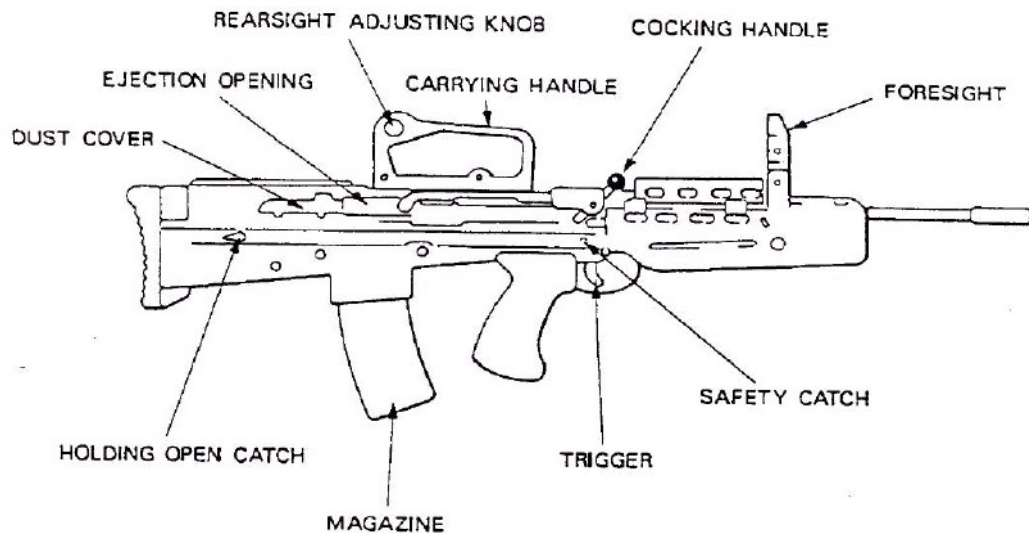


Marksmanship Principles

1. The position and hold must be firm enough to support the weapon.
2. Weapon should point naturally at target without any undue physical effort.
3. The sight alignment (aiming) must be correct.
4. The shot should be fired and followed through with no undue disturbance to the firers position.

THE CADET RIFLE

Name: L98A1 Cadet GP Rifle
Magazine: 30 round capacity
Calibre: 5.56mm (.223 inch)
Types of Round: Ball / Tracer / Drill / Blank



Normal Safety Procedures (NSP's)

Must always be carried out:

1. At the beginning of a range period, practice or lesson.
2. On return to the armoury.
3. When handing over/receiving a weapon.

To Carry Out NSP's

1. Take control of weapon (see note 1).
2. Check the safety catch is applied.
3. Pull back and hold open working parts.
4. Carry out checks (see note 2).
5. Release working parts.
6. Set safety catch to fire and fire off action.
7. Set safety catch to safe.
8. Raise dust cover.

Notes:

1. If magazine fitted - Prone position.
If no magazine fitted - Low port position.
2. If magazine fitted - 7 point check.
If no magazine fitted - 3 point check.

Handing over a weapon

1. Check safety catch.
2. Remove magazine.
3. Pull and hold the working parts to the rear.
4. Cock, hook, look. (7 Point Check)
5. Pass weapon butt first, ejection opening facing up, demonstrating that body, chamber and bolt face are clear.

Taking over a weapon

1. Demand to be shown that the weapon is clear visually as shown above.
2. Ensure safety catch is on.
3. Point weapon in a safe direction.
4. Working parts forward.
5. Safety catch to fire.
6. Take an aimed shot in a safe direction.
7. Safety catch to safe.
8. Close dust cover.

Loading

1. Check safety catch is set to Safe.
2. Take hold of magazine and check the rounds and for dirt.
3. Insert magazine and check to make sure it is secure.
4. Check Safety.

Making Ready

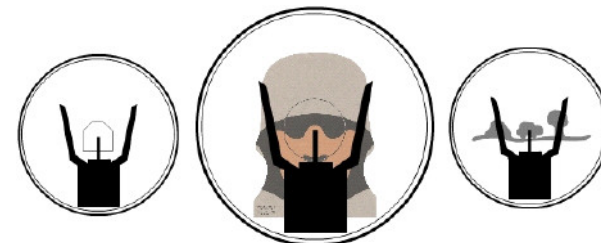
1. Safety catch to safe.
2. Set sights range as required.
3. Cock the weapon.

Unload

1. Apply safety catch.
2. Remove magazine.
3. NSP's
4. Check safety catch.
5. Reset sights range and lower.

Make safe (unload followed by load)

1. Safety catch.
2. Remove magazine.
3. NSP's
4. Safety catch back on.
5. Close dust cover.
6. Battle sights.
7. Safety catch.
8. Load procedures-see above.
9. Safety catch.



Correct Sight Picture (Aiming)

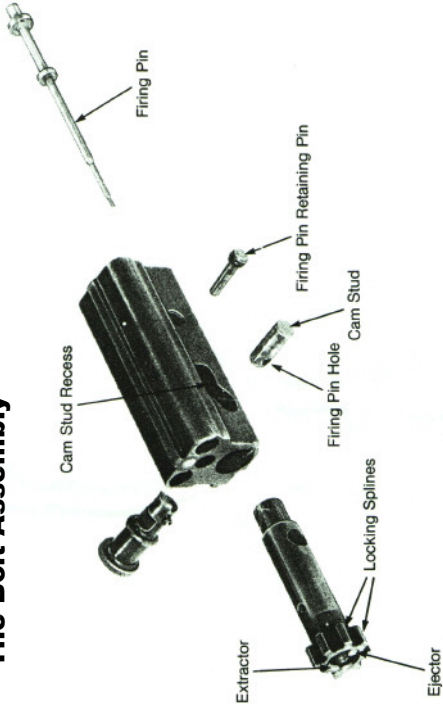
C: Live rounds or empty case obstructing the chamber:

- 1. Apply safety catch
- 2. Pull and hold working parts to the rear

“Rounds in chamber, rounds in magazine. There is an obstruction.”

- 3. Attempt to dislodge round by shake
- 4. If not move, remove the magazine
- 5. Remove the obstruction
- 6. Replace the magazine
- 7. Release the working parts
- 8. Safety catch off and carry on firing

The Bolt Assembly



Weapon stoppage drills

“Weapon firing - weapon stops”

A: No rounds in the chamber, No rounds in the magazine:

- 1. Apply safety catch.
- 2. Pull and hold working parts to rear
- 3. Turn the rifle onto its side and inspect.

“No rounds in chamber, no rounds in magazine.”

- 4. Remove magazine.
- 5. Replace with loaded magazine.
- 6. Check magazine is secure.
- 7. Operate bolt release catch.
- 8. Re-aim, safety to fire, continue firing.

B: No rounds in the chamber, Rounds in the magazine:

- 1. Apply safety catch
- 2. Pull and hold working parts to rear
- 3. Turn the rifle onto its side and inspect.

“No rounds in chamber, rounds in magazine.”

- 4. Push magazine firmly into housing
- 5. Check magazine is secure
- 6. Operate bolt release catch
- 7. Re-aim, safety off, continue firing

Reassembling

- 1. Replace the cocking handle by sliding it onto its rails
- 2. Insert bolt by slowly sliding it into the main body of weapon and insert the cocking handle into the bolt. Then slide forward.
- 3. Replace the recoil rod and lock it into place using the rear locking pin to first click.
- 4. Insert the TMH into position
- 5. Fully home the front and rear locking pins.

Post Stripdown Checks

- 1. Check safety catch.
- 2. Pull back and hold working parts open.
- 3. Operate bolt release catch.
- 4. Attempt to fire the weapon with safety catch to safe.
- 5. Remove safety and fire an aimed shot.
- 6. Safety catch.
- 7. Dust cover.

Weapons Stripping and Cleaning

Stripping

- 1. Safety catch
- 2. NSPs
- 3. Ensure safety catch on.
- 4. Cock the weapon and allow working parts to go forward. DO NOT fire off the action.
- 6. Withdraw TMH rear locking pin to the first groove/click.
- 7. Withdraw the forward TMH locking pin fully.
- 8. Cup one hand over end of the rifle, remove the TMH by pulling the but upward and outward, ensuring that the spring/recoil rod does not fire out using cupped hand.
- 9. Remove the rear locking pin fully. Remove the recoil rod.
- 10. Slide cocking handle assembly to the rear.
- 11. Slide out the bolt carrier assembly by placing one hand over the rear of the weapon and raising the muzzle.
- 12. Remove the cocking handle.

Cleaning

- 1. Use nylon brush to remove any loose particles from components.
- 2. Use lightly oiled flannelette to clean the outside of the weapon.
- 3. Clean barrel first with bore brush, then pull through a dry clean flannelette, 45mm x 45mm (1 square).
- 4. Pull through clean lightly oiled flannelette to (same size) to oil barrel.
- 5. Clean working parts by removing any carbon fouling (dirt).
- 6. Examine component parts for damage or wear.
- 7. Lightly oil friction bearing surfaces.

PHONETIC ALPHABET

| | | | |
|---------|----------|---------|-------|
| Alpha | Lima | Whiskey | Wun |
| Bravo | Mike | X-Ray | Two |
| Charlie | November | Yankee | Three |
| Delta | Oscar | Zulu | Four |
| Echo | Papa | | Five |
| Foxtrot | Quebek | | Six |
| Golf | Romeo | | Seven |
| Hotel | Sierra | | Eight |
| India | Tango | | Niner |
| Juliett | Uniform | | Ten |
| Kilo | Victor | | Zero |

COMMON RANGE COMMANDS

'In the prone position, DOWN!'

Move onto the firing point, lie down behind the weapon, and take control of the weapon. Ensure the safety catch is set to 'S' and ALWAYS POINT THE WEAPON DOWN THE RANGE.

'Detail, with a magazine of (X) rounds – LOAD!'

Check the safety catch is set to 'S'. Pick up the magazine with your left hand, and look inside. Ensure the rounds are correctly fitted, and push the magazine into the magazine housing until it 'clicks' into place.

'Detail READY' or '300m'

Check the safety catch is set to 'S'. Raise the rear sight, and ensure the sight is correctly set to the range required. Cock the weapon using your right hand.

'... Go On!' or 'Watch and Shoot, Watch and Shoot'

Take aim on the target to your front, move the safety catch to 'F' and commence the required shoot. This is the ONLY time your finger should be on the trigger.

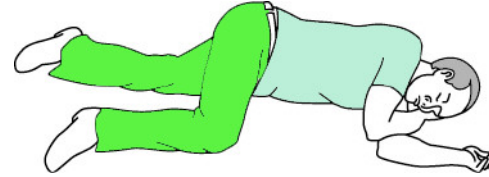
'STOP!'

Stop firing, put safety catch to 'S' and await further instructions. This is one of the most important commands, as it is only used in the event of problems or an emergency.

'Detail, UNLOAD'

Safety catch to 'S'. Remove the magazine from the weapon using the magazine release catch. Pull the working parts to the rear, and hold open using the 'holding open device.' Check inside the breech for any rounds using NSP's. Once weapon is clear, allow working parts to go forward using the bolt release catch. Put safety catch to 'F' and fire off the action in an aimed shot. Close the dust cover.

FIRST AID - RECOVERY POSITION



1. Kneel beside casualty
2. Place their NEAR arm at right angles as in picture
3. Lift their FAR hand and hold it against near cheek
4. Lift their FAR knee and use as lever
5. Pull casualty towards you to roll them over
6. Bring the lever knee up towards their body
7. Make sure head tilted back and they still breathing

TO MOVE CASUALTY ONTO BACK

1. Kneel beside casualty
2. Place their NEAR arm straight out away from them
3. Hold their FAR hand against their FAR hip
4. Using HIP and SHOULDER roll them towards you
5. Catch and support their head as you roll them over
6. Place both their hands by their sides
7. Straighten their legs

NB: Use two hands to move their limbs

SHOCK

"A reduction in circulating body volume"

Symptoms:

- Cold, clammy skin, blue tinge
- Rapid, weak pulse
- Nausea, confusion

Treatment:

- Keep warm
- Rest and reassure the casualty
- Stop any bleeding
- Lay the casualty down
- Raise the legs slightly
- DON'T give them anything to drink

SEVERE BLEEDING

1. Pressure applied direct to wound
2. Elevate the limb above heart level
3. Examine wound for obstructions
4. Position the casualty out of danger
5. Treat for shock

FIRST AID - CPR ADULT CASUALTY

Assess for any Danger

Is it Safe?

Yes No = Get Help

Check for Responses

Talk / Squeeze Shoulder / Pinch Earlobe

Do they respond?

No Yes = Recovery Position

Establish the Airway

Tilt the head, lift the chin

Listen for NORMAL breathing

Look, listen and feel for up to 10 secs

Are they breathing normally?

No Yes = Recovery Position

GET HELP (999/112)

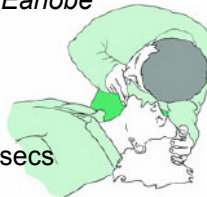
Give 30 Chest Compressions

Centre of Chest, 4-5cm Deep, Rate 100 per min

Give 2 Rescue Breaths

Tilt head, lift chin, seal around mouth, pinch nose

Rotate 30 : 2



CHOKING

ADULT CASUALTY

1. Encourage to COUGH
2. Give up to 5 BACK SLAPS
3. Give up to 5 ABDOMINAL THRUSTS
4. Repeat steps 2 - 3
5. If collapse start CPR with 30 COMPRESSIONS

BURNS

1. Hold under cool water for 15 mins
2. Apply clean, lint-free, sterile dressing
3. Do not remove clothing from wound if stuck
4. Treat for shock

BREAKS

- Loss of movement, swelling, pain

1. Immobilise limb (splint, sling or own support)
2. Splint above and below break and at joints
3. Pad between bony surfaces

HYPOTHERMIA

Symptoms:

- Shivering, cold, pale, dry skin
- Disorientation, lack of interest
- Irrational behaviour
- Lethargy and impaired consciousness
- Slow shallow breathing
- A slow a weakening pulse

Treatment:

- Move into shelter
- Remove and replace wet clothing.
- Foil blanket to re-circulate heat
- Lie down and insulate from the ground
- Do not give alcohol
- Do not rub the skin, use own body heat

DEHYDRATION

- Dry mouth and tongue, thirsty
- Dizzy, Headache, Dark Urine
- Weakness, Nausea, Vomiting
- Symptoms of shock if serious
- Can lead to unconsciousness