

The Marine Society & Sea Cadets

HMS TEMERAIRE

NATIONAL ADULT/CADET PHYSICAL TRAINING COURSE INFORMATION

WELCOME TO PORTSMOUTH.

The National Instructor/Advanced Instructor Adult /PT1/PT2 Cadet Training course for which you have applied will be conducted by Sea Cadet PT Staff at HMS TEMERAIRE. Cadets accommodation is on board HMS BRISTOL. *In order for the course to be of benefit to you, it is important that you are prepared before you arrive.*

UNIFORM/CLOTHING (Onboard - HMS NELSON/HMS BRISTOL).

Your uniform and other clothing requirements are: **NO UNIFORM IS REQUIRED< WITH THE EXCEPTION OF OVERNIGHT ACCOMMODATION STAFF.**

Course tops and track suit bottoms will be worn around HMS NELSON/TEMERAIRE. Smart casual wear is required for the evenings. No clothing with offensive logos is to be worn.

UNIFORM/CLOTHING (at the Gym - HMS TEMERAIRE). Minimum requirement:

2 PT Singlet/T Shirt	2 White PT Shorts
2 pairs white socks	1 pair white gym shoes (extra laces)
Black or Dark Blue Track Suit	Swim Wear (1 piece for females)
Females - Sports Bra	White underwear (Males - not boxer shorts)
Shoe Whitener	Washing Powder
Towel & Wash gear	Water Bottle & Mug
Stop Watch & Whistle	Notebook & pen/pencils and Stance Cards
PT Task Book	2 Passport Photographs

FOOD, ACCOMMODATION AND OTHER CHARGES. You will be accommodated in HMS BRISTOL, all meals will be taken in HMS NELSON and special dietary needs must be notified to the HQSO(PT) at vmarson@ntlworld.com as soon as possible. Additional PT kit will be on sale during the course if required.

SHORE LEAVE. Cadets are not permitted Shore Leave for any reason.

MOBILE PHONES, AEROSOLS (of any kind) and PORTABLE RADIOS are not to be brought to the course. Any of these items found on arrival will be locked away for safe keeping until departure from the course. The use of Mobile Phones is restricted in HM Establishments and should be switched off while under training.

PAY & TRAVEL (Uniformed Adults only). Remuneration commensurate with your role on the course will be awarded and paid direct into your bank account. If you have travelled by your own transport, a claim may be made for expenses incurred on a T17C.

PERSONAL CONDUCT. Your conduct and behavior whilst on course is important to maintain the excellent relationship the SCC has with the Royal Navy. Anybody whose conduct is brought into question will be discharged home, followed by a full report to the Director of Training for action.

SECURITY AT RN ESTABLISHMENTS AND NAVAL BASES. Security at RN Establishments and Naval Bases is at a constant state of alert, the current state of alert is displayed at the Main Gate. Enter the establishment only by the authorised routes. Should your vehicle be searched, please co-operate with the security personnel. Anyone who is found to be in breach of Security Regulations will be discharged from the establishment and a full report made to Sea Cadet Headquarters.

TRANSPORT: Cadets arrive at Portsmouth & Southsea train station, transport will be available to collect you at 1830 to take you to HMS BRISTOL, (taxi fare is approx £5 at your expense).



The Marine Society & Sea Cadets
Registered charity numbers: England & Wales 313013, Scotland SC037808

