

**Reference No**

005/034

Duration

30 weeks

Location

Britannia Royal
Naval College,
Dartmouth

Frequency

4 courses
per year

Age

18 – 24

INITIAL NAVAL TRAINING (OFFICER) (INT(O))

AIMS OF COURSE

To ensure that the young officer is ready for subsequent phases of specialist training, having completed initial training to prescribed standards and gained an appreciation of the seagoing environment.

To stimulate, inspire and teach a new generation to act and react instinctively as Naval Officers in the front line.

OUTLINE SYLLABUS

INT(O) is delivered to both Royal Navy and International Young Officers. The course is common to all specialisations and lasts for 30 weeks. It is split into 3 phases of 10 weeks with 4 entries a year. The 3 phases are:

- ♦ Militarisation – Induction, seamanship, navigation and leadership, culminating in the Assessed Basic Leadership Exercise (ABLE), a 4 day exercise on Dartmoor.
- ♦ Marinisation – Maritime operations, academics, further navigation, twin screw boat handling, Basic Sea Survival Course (BSSC) and maritime leadership, culminating in the Maritime Leadership Exercise (MARL), a 4 day exercise on the River Dart.
- ♦ Initial Fleet Time (IFT) – 9 weeks at sea on a capital ship culminating their Initial Fleet Board. ABLE, MARL and IFT are all Pass/Fail assessments.

Other elements covered on INT(O) include – Social/Etiquette, Ceremonial, PDev/ Sport/AT, Duties, Strategic Studies, Computing, Presentation Skills.

ENTRY STANDARDS

All applicants are subject to the following personal standards:

- a. **Age** – Each Young Officer must be over 18 and under 25 years old at the start of the course. Exceptionally, candidates up to the age of 34 may be accepted if they meet the medical and fitness requirements, although experience indicates that older candidates have difficulty with the physical aspects of the course.
- b. **Medical standards** – The course contains a significant amount of physical and mental pressure. As a result all Young Officers entering BRNC are required to be medically, dentally and physically fit on joining with reasonable reserves of stamina.
 - (1) **Pre-Course Medical** – All potential Young Officers are to have full medical and dental examination no more than 3 months before joining. Candidates must be in good general health with no evidence of chronic or current illness or disease. Only candidates assessed as being “Fit for



INITIAL NAVAL TRAINING (OFFICER) (INT(O))

Reference No

005/034

Duration

30 weeks

Location

Britannia Royal Naval College,
Dartmouth

Frequency

4 courses
per year

Age

18 – 24

full sea service in any part of the world and able to withstand exposure and fatigue for normal periods” are acceptable. Documentary evidence of a recent medical and results of any investigations must accompany the candidate.

- (2) **Chest X-ray** – The examination is to include a full plate chest X-ray which must be normal.
- (3) **Haematological Screening** – Haematological screening for Sickle Cell trait is mandatory. Candidates with a positive trait are not acceptable.
- (4) **Eyesight** – Glasses and contact lenses are acceptable. Visual Acuity is to be measured using the Snellen’s Chart system. Candidates must not have Visual Acuity and Near Vision assessment (N), achieved with or without correcting lenses, less than:

	BETTER EYE		WORSE EYE	
Either	6/6	N5	6/24	N10
or	6/9	N5	6/18	N10
or	6/12	N5	6/12	N10

- (5) **Hearing** – Candidates are to have an audiometric assessment and must not have hearing loss in either ear, measured in decibels (dB) over 6 frequencies. The hearing standard is derived from a sum of the total hearing loss (dB) within the low and high frequencies as measured by ‘pure-tone air conduction’ audiometry. Hearing standard profiles are to be at least H2 in each ear.

Hearing Standard	Low Frequency Sum (0.5, 1 & 2 KHz)	High Frequency Sum (3, 4 & 6 KHz)
H1	<45 No single level to be more than 20dB	<45 Level not to be more than 30dB at 6kHz or at 20dB at any other frequency
H2	<84	<123
H3	<150	<210
H8	>150	>210

- (6) **Physique** – Candidates must have a normal physique and be within normal height/weight ratios for their age, maximum Body Mass Index (BMI) of 28.



INITIAL NAVAL TRAINING (OFFICER) (INT(O))

Reference No

005/034

Duration

30 weeks

Location

Britannia Royal
Naval College,
Dartmouth

Frequency

4 courses
per year

Age

18 – 24

- (7) **Dental Standards** – Dental treatment is costly both in terms of time and money. Candidates whose dental health is assessed as likely to cause problems will not be allowed to proceed to sea. As a result all candidates are to be in good dental health before joining and have no evidence of dental disease, decay or need for ongoing dental treatment.
- c. **Medical and Dental Checks** – Candidates must complete a medical questionnaire prior to joining BRNC and will undergo a full medical screening on arrival. Those outside the above requirements will be considered unfit and returned to home. Any queries concerning an individual's fitness to commence training should be directed to the Principal Medical Officer, BRNC.
- d. **Physical Standards** – Young Officers undertake a rigorous physical fitness programme and arduous leadership exercises whilst at BRNC. They are expected to participate fully in each session involving a variety of activities such as rope climbing, vaulting and circuit training. The physical training syllabus is designed to produce a progressive development in cardiovascular fitness and endurance. Potential candidates must have a reasonable level of fitness before joining BRNC, and on joining must be capable of:
- (1) Passing Swimming Test (includes swimming 100m in pair of overalls).
 - (2) Running 2.4 Km in 11 minutes 13 seconds
- If unable to swim or unable to achieve a 2.4 Km run within 10% of the required time, candidates will be considered unfit and returned to their national authorities. These are the minimum physical standards required to successfully complete the course at BRNC and candidates undertake a 30 week PT syllabus based on this minimum level of fitness at entry. In addition to the PT syllabus, all Young Officers will be expected to participate in at least two difference sports per week. These sessions are compulsory and form part of the overall syllabus. In general, each person participates in a team sport, relevant to the time of year, on Mondays and another sport on Wednesdays.
- e. **Academic Standards**
- (1) Educational standard to UK GCSE passes of minimum Grade C in English Language and Mathematics of equivalent standard. Desirable to have GCSE pass (Grade C) in Physics or acceptable equivalent standard.
 - (2) English Language Standards – Minimum IELTS level 5.5 in all 4 disciplines (speaking, reading, writing and listening). Achievement of IELTS 6 in all 4 disciplines gives greater indication of success on INT(O).