

INFORMATION BOOKLET



Army Training Regiment (Lichfield)



This booklet provides some useful information for recruits' parents, guardians and family members; it outlines the training the recruits undergo week by week and the environment in which they train.

Milestones in the 14 Weeks of Recruit Training

Week 1: Week 1 consists of administration to induct the recruits into the ATR. Recruits also complete an initial physical fitness assessment and deploy on an over night field exercise to introduce the recruits to basic skills.



Week 2: The recruits' training focuses on learning about the SA80 5.56mm Rifle, physical training and foot drill.

Week 3: During week 3 the recruits undergo further weapons training as well as carrying out a 1 night tactical field exercise to practise the skills already acquired and to build on their knowledge.

Week 4: Week 4 sees the recruit begin firing on the ranges, a skill crucial to any soldier's role within the Army. Towards the end of the week the recruits embark on a tour of the WW1 battlefields of Ypres in Belgium to learn about the realities of war.

Week 5: This week the recruits continue to work on the rifle ranges building up confidence in weapon handling and accurate firing of the rifle. The recruits also start working on their practical map reading to ensure they are competent in basic navigation.

Week 6: The recruits concentrate on two key areas of their training, firstly practical first aid to enable them to deal with basic casualty scenarios, and secondly drill. Drill (marching), plays an important role within the recruit's training to instil discipline and foster teamwork.

Week 7: This week the recruits continue map reading lessons both in the classroom and the local area. At the end of week 7 the recruits have to pass a drill test prior to them departing for a well earned 4 day long weekend's leave.

Week 8: This is primarily a test week for the recruits. They deploy on a four day field exercise and are assessed on all the key soldiering skills.

Week 9: The recruits leave the barracks this week and depart for the Peak District to carry out adventurous training. Here they are given the opportunity to kayak, climb, mountain bike, and hill walk.



Week 10: This week consists of classroom based lessons on first aid together with practical lessons on the rifle and more drill practice. Also this week the recruits visit their Phase 2 training locations, which are situated at Minley, Hampshire for the Royal Engineers and Blandford Forum, Dorset for the Royal Signals.

Week 11: During this week the recruits are again tested in many disciplines, from live firing on the ranges, to physical fitness and chemical warfare. There is also a map reading written test.

Week 12: In week 12 the recruits undergo training in order to teach and

practice the skills necessary for a soldier to carry out protection measures against a Chemical, Biological and nuclear (CBRN) attack. Recruits are also tested on First Aid, a map reading practical and CBRN.

Week 13: The recruits deploy to Sennybridge in Wales, and conduct a demanding 6 day tactical field exercise to confirm all the skills they have learnt during their training. The soldiers are put under more pressure to prove they can soldier when mentally and physically fatigued. It is one of the biggest challenges of the Phase 1 training, but invariably the most enjoyable and memorable for the recruit.

Week 14: This is the last week of training where the recruits are finally assessed for their readiness to pass out of the ATR and move on to their second phase of training (their special to arm trade training). Much of the week is spent in preparation for their pass off parade when we hope to see you.

Ethos of ATR Lichfield

The ethos of the ATR is to “TRAIN IN” not “SELECT OUT” recruits will be given every opportunity to complete Phase 1 Training.

Accommodation



A typical barrack room

Recruits are accommodated in barrack rooms with about 10 bed-spaces. They will have a locker for their military uniform and equipment. This locker will be inspected for cleanliness and general appearance. Their personal clothing and possessions are kept in a separate secure box which would only be checked if there are any hygiene problems.

Toilet and shower facilities are shared. Day to day cleaning is being managed by contract cleaners.

Working Hours

Reveille is at 6am

Lights out / Bed check 11pm

Training will normally start around 8am and conclude by 8pm on weekdays. Some training will also occur over the weekend. However, weekend activities are organised and may include the opportunity to watch sports matches in the local area or go shopping.

Financial Management

During the first 8-11 weeks the recruits are cash paid. To ensure those recruits who already have a bank account with standing order obligations are not penalised, the Administration Office arranges to pay sufficient cash into those accounts. This occurs until such a time as they are bank paid.

Kit

Recruits are issued with all the equipment they require to complete training. All recruits will be expected to purchase a corps tracksuit; they will also be given the opportunity to purchase UK Pt03 trainers if they wish, these are Army approved trainers and superior to the issue ones. The recruits are not allowed to wear their own training shoes due to health and safety reasons.

Compassionate Leave

If there is any requirement for you son to return home on compassionate grounds i.e. serious illness of an immediate family member, then you should contact his squadron.

If there is a requirement for your son to travel home then the unit will issue your son with the appropriate travel warrants/tickets, if necessary this will include flight tickets.

For those soldiers from foreign or commonwealth countries the decision to pay for the travel at Ministry of Defence Policy (MOD) expense or whether the soldier will be required to pay will be made on a case by case basis in line with current MOD policy. If it is decided that your son will have to pay for travel the unit will pay for the tickets and the cost will be recovered through your son's pay in affordable payments.

Recreational Facilities

During the little spare time available outside the training programme recruits have access to many of the facilities on camp:



The Spar shop



The NAAFI bar

Spar Shop – Provides the basic ‘convenience store’ provisions for the recruits.

PRI Shop – Sells military, non-issue equipment and memorabilia.

Red Shield – Run by the Salvation Army providing café facilities and internet.

WRVS – Womens’ Royal Voluntary Service provide welfare support to recruits.

Church – For spiritual and pastoral support, the church also has a quiet room to provide a sanctuary from the rigours of training.

Prayer Room – A multi faith prayer room.

ALC – Army Learning Centre provides internet and learning facilities.

Welfare

The general welfare of all recruits is of the utmost importance to the training teams and the chain of command. Recruits are encouraged to keep their Troop NCOs and Commander informed of any problems they may have, be they, of a professional or personal nature. If they feel they need to speak to anyone outside their training team they have full access to the Padre, WRVS, the Confidential Helpline or the Unit Welfare Officer. In their first week of training the recruits are issued with a small information card listing the contact numbers for all of these agencies.

If you have any queries or concerns and wish to speak to someone outside your son’s chain of command or the welfare agencies the numbers are:

Unit Welfare Officer
01543 43 4254
Mob 07745 115239

Padre
01543 53 4212

WRVS
01543 43 4369
Mob 07761 488967

Salvation Army
01543 43 4370

If you are unable to contact any of these numbers then the Guardroom staff will be able to provide you with the number for the Duty Officer.

Guardroom
01543 43 4203

Back Trooping

The course here is very demanding both physically and mentally. The majority of recruits are successful on the course; however some of these do need to take longer than the standard 14 weeks. Some find difficulties with the physical and tactical demands and are 'back-trooped' to an earlier stage of training to give them more time to assimilate the necessary skills. This can of course be a disappointment to a recruit, and it is a time when parental support and encouragement is particularly important and welcomed. We want your son to succeed and will give him every encouragement to do so.

Leaving the Army during training

Should your son decide during his training that he wishes to leave, then he is entitled to apply to do so between 5th and 12th week if he is over 18 years old. If he is under 18 on joining, he can leave between his 5th week of training up to his 6th month in the Army.

Recruits are discouraged from making a hasty decision to leave. There is a counselling system in place which encourages a recruit to carefully consider his decision to leave and guides him to understand his prospects outside of the Army. If your son wishes to leave and is under 18, then his squadron will contact you as a matter of course to discuss his intentions. The time taken to effect a discharge from an application date (the earliest opportunity for which is after 28 days) is approximately 3 days. If your son does decide that he wishes to leave your fullest support is required in ensuring that he makes the right decision.

Rehabilitation and Physiotherapy



The Rehabilitation Room



The Physiotherapy Room

The ATR has an excellent rehabilitation centre which is manned by both military and civilian staff. The centre provides both physiotherapy and rehabilitation for soldiers who have sustained injuries. Recruits are rehabilitated if they are expected to return to training in a reasonable time frame. Those recruits who sustain serious injuries and would not be expected to return to training quickly will normally be medically discharged and given the opportunity to rejoin once they have fully recovered from their injury.

Pass Off Parade and Parents' Day



The Inspection



The Prize giving

The Pass Off Parade will take place on the Thursday of week 14. Recruits will be asked to provide a list of all those family and friends that will be attending. This list has 2 purposes: Firstly, to ensure only those people expected are given access to the barracks and secondly, for catering reasons, to help account for those who may wish to attend the lunch in the Regimental Restaurant. Should you decide to stay for the lunch you will be charged a nominal fee, which will then be taken from your son's wages.

The day will start with an introduction by the training team followed by a number of demonstrations. After which, the main event, the Pass Off Parade will occur followed by a church service. You are most welcome to attend all of the activities during the day.

This is a proud day for the recruit, family and friends. Your support is very much appreciated and a large audience adds greatly to the atmosphere of the day. If you are serving military personnel you may attend in uniform, Service Dress and leather or No 2 Dress as appropriate to your Service or Corps Dress Policy.

Gifts for Training Staff

Please be aware that the Training Staff are forbidden from accepting any sort of gift from the recruits or parents. The receipt of gifts is against MOD Policy.

After Lichfield - Phase 2 Training

After a well earned 2 weeks leave the now 'trained soldiers' are required to report to their Phase 2 training units to start the next part of their preparation for the field army; their 'trade training'. Each of the Corps and Regiments has its own training unit.

Royal Corps of Signals – Defence College of Communications and Information Systems in Blandford, Dorset.

Corps of Royal Engineers – Combat Engineer School, 3 RSME in Minley, Surrey.

Royal Electrical and Mechanical Engineers - School of Electrical and Mechanical Engineers in Borden, Hampshire.

Royal Logistics Corps - School of Logistics in Deepcut, Surrey.

Further information on these Corps or any other Corps trained at ATR (L) can be found using the links set up in the ATR website.

Further information on Phase 2 Training Establishments will be handed out by the HIVE representative during the Pass Off/Parents' Day.

Website

For further information please visit our website:

http://www.army.mod.uk/atr/atr_lichfield/index.htm



Location of ATR Lichfield

