

JOINING INSTRUCTION FOR PERSONNEL SECURITY OFFICER (PSO) COURSE
(FOREIGN TRAINEES)

Aim

1. The course aims to train personnel from Friendly Foreign Course (FFC) as Commandos capable of operating as part of their respective Counter Terrorism units or as instructors in their respective training establishments.

Training Aspects

2. **Course duration.** 06 weeks

3. **Pre Course training.** All trainees should have undergone two weeks pre course training at their respective units/ institutions to achieve requisite standards.

4. **Work Schedule.** There will be six working days in a week with nine periods each of 40 minutes, which include two periods of physical conditioning and two periods for evening classes. Night training will be in addition to this schedule and will be held thrice a week.

5. **Requirements.** Trainees should fulfil these qualitative requirement (QRs) to attend this course.

(a) **Age and Service**

<u>S No</u>	<u>Rank</u>	<u>Age (up to)</u>	<u>Remarks</u>
(i)	Officer Cadre	40 Yrs.	Volunteers nominated should have completed a minimum of two years of physical service and preferably deployed in active or field service.
(ii)	Sgt/ Constable		
(iii)	Other Ranks		

(b) **Educational Qualification.** Minimum high school graduate, with ability to speak and comprehend English/ Hindi.

(c) **Discipline.** The trainees should display a high degree of discipline

6. **Screening Test.** An initial screening test will be conducted on arrival at NSG Training Academy to grade the physical fitness and firing standards of trainees followed by medical examination :-

(a) **Male.**

<u>S No</u>	<u>Event</u>	<u>Screening Standard</u>
(i)	2.4 km	12 Min for all age groups
(ii)	Chin Up	3 for all age group
(iii)	Vertical Rope	3 rd Class Up & 3 rd Class Down
(iv)	Horizontal Rope	9 Mtrs Traverse with one time legs up & down
(v)	Firing	5 Cm Grouping from 25 mtrs with INSAS Rifle

(b) **Female.**

<u>S No</u>	<u>Event</u>	<u>Screening Standard</u>
(i)	2.4 km	16 Min for all age groups
(ii)	Sit Ups	15 for all age groups
(iii)	Firing	6 Cm Grouping from 25 mtrs with INSAS Rifle

(c) **Firing.**

<u>S No</u>	<u>Type of Weapon</u>	<u>Range</u>	<u>Rounds</u>	<u>HPS</u>	<u>Qualifying Standards</u>
(i)	Primary Weapon	25 mtrs	5	Grouping	5 Cm & below
(ii)	Secondary Weapon	10 mtrs	5	25	40%

7. **Methodology of Training.** The curriculum will tactics, various intervention, techniques, rock craft training, Unarmed Combat and physical training, all framed to suit requirements of Counter Terrorism Operations. Training will be imparted as lectures cum demonstrations and field exercises. To facilitate realism, night training will also be conducted.

8. **Medium of Instruction.** All the classes, lectures and demonstrations would be carried out in English for better assimilation.

9. **Block Syllabus.**

<u>S No</u>	<u>Training Event</u>	<u>Total Pds During Course</u>	<u>%</u>
(a)	Physical Conditioning	26	11.81
(b)	Combat Fitness Training	20	9.47
(c)	(i) MP-5	43	20.37
	(ii) Glock Pistol	32	14.05
(d)	Lecture/ Practice/ Discussion	25	11.84
(e)	Proximate/ Mobile Security Drills	24	10.94
(f)	Tests	30	14.21
(g)	Miscellaneous	20	9.47
		220	100%

10. **Grading System.** All foreign trainees who successfully complete and qualify the course will be awarded 'QUALIFIED' grading.

Administrative Aspects

11. **Documentation.** All trainee will carry the following :-

- Passport
- I-Card (Letter by the organisation if submitted)
- Medical fitness certificate signed by Medical Officer
- Willingness certificate
- Movement order