JOINING INSTRUCTION FOR POLICE COMMANDO CONVERSION COURSE (PCCC) (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, as instructors in Unit Training Teams 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**

S No	Rank	Age (up to)	Remarks
(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.**

S No	Event	Screening Standard
(i)	2.4 km	12 Min for all age groups
(ii)	Chin Up	3 for all age group
(iii)	Vertical Rope	3rd Class Up & 3rd 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.

S No	Event	Screening Standard
(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**. (Same for male and female trainees).

S No	Type of Weapon	Range	Rounds	Qualifying Standard
(i)	Primary Weapon	25 mtrs	5	Group - 5 Cm & below

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**

S No	Subject	Periods		
		Day	Ni	Total
1.	Physical Conditioning	82	04	86
2.	Intervention Rock Climbing Training	41	10	51
3.	Weapon Training & Firing	53	06	59
4.	Tac & Skills	57	10	67
5.	Tac Ex	15	04	19
6.	Counter Terrorism	07	-	07
7.	Improvise Explosive Device	12	-	12
8.	Test	30	06	36
9.	Miscellaneous	23	-	23
Total		**320**	**40**	**360**

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 :-

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

(f) Ten passport size photographs in uniform

(g) Pre-Course certificate duly signed by Officer Commanding Unit.

12. **Clothing**. Details of the clothing and equipment required to be brought by each trainee is given below :-

(a)	Uniform Set	- Two pairs/ winter/ summer. (Depending on the weather).
(b)	Cape Water Proof	- One (During Monsoon season).
(c)	PT Shoes	- One pair.
(d)	Socks for PT	- Five pair.
(e)	Boot Ankle/ DMS	- One pair.
(f)	Jungle Boot	- One pair.
(g)	Cap Field Service and Beret	- One each.

(h) **Private Clothing**. Each trainee should carry sufficient private clothing according to prevalent weather conditions as per para 16.

13. **Welcome Kit**. All trainees would be provided with a welcome kit upon arrival, which would constitute items of basic requirement to facilitate training.

14. **Accommodation**. The trainees will be accommodated as per their respective ranks.

15. **Arrival & Departure**. Transportation (Arrival & Departure) would be catered for all the trainees as per the travels details, from IGI Airport, New Delhi to NSG Centre, Manesar. Coordination will be done once the travel details have been shared.

16. **Weather Conditions**.

S No	Month	Season	Temp	Remarks
1	Jan	Winter	7°- 20°C	Cold
2	Feb	Winter	10°- 24°C	
3	Mar	Spring	15°- 30°C	Pleasant to warm
4	Apr	Summer	21°- 36°C	Hot
5	May	Summer	20°- 40°C	Extremely Hot
6	Jun	Summer	28°- 45°C	
7	Jul	Monsoon	28°- 45°C	Hot & Humid
8	Aug	Monsoon	25°- 35°C	
9	Sep	Monsoon	25°- 35°C	Humid
10	Oct	Autumn	20°- 35°C	Pleasant
11	Nov	Winter	13°- 30°C	Cold
12	Dec	Winter	08°- 25°C	