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## CHAPTER 3

### EXPEDITION ORGANISATION AND PLANNING

#### SECTION 1 - EXPEDITION ORGANISATION AND PLANNING

##### 0301. General

a. Thorough planning is vital for all AT activities to be a success. Careful planning will also ensure that the correct safety measures are put in place and any allocated funding is used wisely.

b. Staff Officer Adventurous Training (SO2AT) and his assistant AT1 are situated in HMS TEMERAIRE and are available to give advice on all AT matters where Establishment and Regional AT1's cannot help. A library of Post Exercise Reports (PXR's) is held by SO2AT and access can be given to view or copy these reports.

##### 0302. Planning Guidelines

To help ensure the expedition plan receives approval and authorisation the following guidelines should be closely followed:

a. **Choice of Location.** It must be apparent from the plan that the aim of the expedition could not be accomplished at, or near to, the Unit's base location and that more than the mere opportunity to carry out training in a different setting is being sought. A high standard of activity will be expected in applications for major expeditions to justify the added expense of supporting expeditions overseas.

b. **Choice of Country.** Some countries impose a ban on visits from British Servicemen and in other cases, for political or military reasons the British Government imposes a prohibition on visits. Other restrictions may apply to travel through or over countries. SO2AT holds the up to date list, the document is dynamic and changed frequently. Expedition leaders must not assume that if clearance is obtained initially, it will automatically apply for the duration of planning and execution of an expedition.

c. **Choice of Activity.** Expeditions are expected to carry out at least one of the AT activities listed at Para 0101 [sub para a](#). Participation in other activities requires clearance from SO1AT before planning starts.

d. **Expedition Content.** Expeditions are expected to be adventurous and should adhere to the principles laid out in Para 0103 [sub para b](#).

e. **Risk Assessment.** The expedition is to be risk assessed in accordance with JSP 375, Vol 2, Leaflet 11, Annex B, Appendix 1. [Annex 3C](#) of this chapter is to be completed and accompany the JSATFA. All risks should be constantly reviewed during the expedition.

**0303. Expedition Party Composition**

The following areas are to be taken into consideration when selecting the expedition party.

a. **Expedition Leader.** It is of fundamental importance that the person responsible for the conduct and safety of the expedition should have well developed qualities of leadership and be competent to lead the party in an emergency. Qualifications held or courses attended are evidence that the leader has the training and experience relevant to the expedition. Prior to reaching such decisions, the factors to be considered include:

- (1) The age, experience and physical fitness of the party members.
- (2) The hazards eg – the height, severity of the route and remoteness of the expedition area and the degree of familiarisation the leader has with the area.
- (3) The time of year and climate conditions.
- (4) Clothing, equipment and emergency equipment available.
- (5) If not technically qualified, the ability of the appointed leader to evaluate the groups qualified technical advisors to make command decisions for the good of the group.

b. **Instructors and Activity Leaders.** For authorisation, all expeditions must comply with the instructors/student ratio laid down in JSP 419. Normally the activity leader will be the instructor although this is not mandatory, provided the instructor/student ratios are met within the group. Instructors are responsible for the safety of the group in line with their qualifications and experience. Instructors have a duty to remain current with all aspects of their activity defined within existing regulations and instructions. Once currency in a particular activity is lost, instructors have a duty to either attend formal refresher training, or to understudy a current instructor before re assuming the activity as an instructor or leader.

c. **Team Members.** Team members cannot disregard the responsibility for their own personal safety. The fact they have volunteered to take part on an AT expedition is evidence they have acknowledged that they are aware of the potential risks involved.

**0304. Authorised Participants**

The following personnel are permitted to take part in AT expeditions:

a. **Service Personnel:** Regular Royal Navy and Royal Marines personnel and personnel on Full Term Reserve Service contracts.

b. **Royal Naval Reservists:** (permission and duty status from ComMarRes).

c. **Civilians:** (including MOD Civil Servants and MOD employed Retired Officers (RO)) only in exceptional circumstances and when they meet the criteria as laid down in [Para 0305](#).

**0305. Civilian Applications**

a. There is no military requirement for civilians to participate in or accompany military AT expeditions. The term 'civilian' includes; MOD Civil Servants, RO, service dependants (or relatives), Guides and Trekking agency employees. Every effort is to be made by the expedition leader to obtain service qualified instructors prior to requesting for civilian participation. Civilians will only be authorised to join a military expedition if they satisfy the criteria listed below.

- (1) The civilian has specialist skills unobtainable from service sources that these skills are essential to the expedition and without which the expedition could not take place.
- (2) The civilian is not displacing a service person.
- (3) The civilian is not acting as leader.
- (4) The civilian guide or Foreign Service National attachment is a local statutory requirement.

b. Any RO, IO, Civil Servant, civilian individual or company who charges a fee for his/their services on, before or after the exercise must have their own liability insurance cover up to a minimum of £3,000,000. Exercise leaders who intend to hire non military guides/instructors must ensure that they obtain written proof of insurance cover and attach this information to the JSATFA when it is submitted for authorisation through SO1AT.

c. All applications for civilian attendance on AT expeditions are to be submitted to SO1AT on [Appendix 5](#) to Annex 3C of this chapter.

**0306. 48 Hour AT Exercises**

a. The 48 hour rule is intended to support all formal AT conducted from the main unit location, generally at club level or when a window of opportunity presents itself unexpectedly. Users wishing to use the 48 hour rule, must be mandated by unit policy, comply with current regulations (BR 4024) and are to be subject to vigorous risk assessment. In all cases the unit CO or delegated Officer must formally authorise the training on the 48 hour form at [Annex 3E](#). An example would be; members of the Naval base climbing club wish to go climbing on the local crags (subject to authorised land clearance), led by a suitably qualified member.

b. Units wishing to overnight camp away from the unit's main location during a 48 hour period can be approved only if the relevant land clearance has been obtained.

c. The 48 hour rule is not intended to support AT activities where unit's/ establishments are accommodated away from their establishment or unit. It is to be noted that this type of planned activity undertaken outside a unit's main location will require the completion of a JSATFA.

**0307. Challenging Activities**

a. A common item on feedback from 2SL's Presentation Team has been the lack of availability of AT for Naval Personnel, either due to a lack of qualified personnel to lead unit level AT, or the difficulty of attaining the pre-requisites demanded for attending JSAT courses.

b. To make AT more easily accessible to all personnel, a sub-division of AT has been created for which there are few pre-requisites. This subset is known as "Challenging Activities" (CA) and the availability of CA to Service Personnel is a CAT A PFS. All Service Personnel are entitled to 2.5 hours per week in which to undertake organised sport or CA. Each period of 2.5 hours can be accrued to make 1 full day per month. This does not apply to MOD civilians.

c. In order to meet this CAT A PFS, the Challenging Activities Leader Award (CALA) has been designed to increase the number of qualified personnel within all units, detachments and squadrons. The CALA will allow qualified personnel to lead groups of up to eight on challenging activities in designated areas. These activities will be low level walking (Ratio 1:8) and low level mountain biking (Ratio 1:6) on specified routes in the areas detailed below, other activities may follow in the future.

d. **Award of the CALA.** The criteria for the CALA qualification is as follows:

(1) *RN/RM Officers:* All RN/RM Officers completing qualifying course post 31 Dec 00 will automatically qualify as a CALA holder.

(2) *RN Senior Ratings:* All Senior Ratings completing SRCC post 14 Oct 02. Senior Ratings who complete the SRCC or SRLC (Restricted Syllabus) will not qualify for the CALA.

(3) *RM Other Ranks:* All Corporals will be awarded the CALA on completion of Junior Command Course. All Corporals and above currently serving are automatically awarded the CALA.

(4) *Other Personnel:* All other personnel who wish to gain this award can do so after being validated through their Command Adventurous Training Office by a designated Mountain Leader Training (MLT) who holds an in date award. Personnel requiring validation should contact their Command Adventurous Training Office for details.

e. **Mountain Biking.** All personnel wishing to participate in Mountain Biking activities must attend a Site Specific Induction carried out by an authorised Mountain Bike Leader at their respective Establishment or Regional AT centre.

f. **Activity Areas.** The designated areas for CA exist as follows:

(1) Specified routes within 1.5 hours travelling time of the Establishment or Region.

(2) Routes outside the 1.5 hours travelling time will be considered on an individual and all requests are to be forward to the AT Policy Office at HMS Temeraire.

g. **Remote Locations/Outstations.** Personnel based at outstations who wish to establish new CA routes must carry out an initial Reece of the route. Once the route has been identified and risk assessed by an MLT/ Mnt Bike Leader IAW CA guidelines and a copy forwarded to SOAT for approval. Equipment can be obtained/loaned from the accounting region AT centre. Personnel based at outstations who hold the CALA are to contact their accounting region ATI.

h. **Application to undertake CA.** Personnel intending to proceed on a CA will be required to complete the specific CA form, which is available from their PT Staff or on the RN Web and from Naval Base/Air Station Web sites. Once this is completed it is to be signed by a DO or delegated officer, and then taken to the PT staff for final approval. The Establishment/Regional ATI will brief the leader on the chosen route(s) and issue equipment if required.

i. When organising an activity, it is recommended to liaise early with the PT staff to ensure that equipment and transport is available.

### **0308. Information Management**

Personnel are reminded that when organising and conducting AT all data should be handled as per normal service guidelines IAW with JSP 440 Ch 8. This includes personal photographic material, use of private IT equipment and correct use of removable media.

### **0309. Use of Commercial Organisations**

Commercial organisations should not be used to help facilitate JSAT exercises as their use detracts from the aim of AT in the Royal Navy. Expedition leaders are expected to plan, mount and conduct their own expeditions and not to purchase complete packages from commercial organisations. Any exception to this rule can only be authorised by SO1AT. If authorisation is given, it is imperative that the guide hired provides written proof of his qualifications, experience and insurance to conduct the activity concerned in the country/area chosen.

### **0310. Reconnaissance**

Reconnaissance is only permitted in exceptional circumstances with SO1AT approval.

### **0311. Work to Rest Ratio**

Expedition leaders are to maximise the time available for carrying out the aim of the expedition. Transit time to the expedition area should be as short as possible. Time spent on local leave is to be no more than the ratio of 2 days rest to 10 days activity.

### **0312. Leave**

Any period of authorised leave taken at the end or prior to the expedition period is not classed as AT and does not have duty status. No funding or emergency repatriation is normally available for leave periods and the need for the appropriate individual accident insurance to cover this period is, therefore essential.

### **0313. Conduct of Non Recognised Adventurous Training Activities**

In exceptional circumstances non AT activities may be authorised by SO1AT. If approval is given SO2AT will advise on the relevant insurance cover and a suitably qualified person is to supervise the activity.

### **0314. Leave of Absence**

Regulations regarding special paid leave and unpaid leave are laid down in BR 8587 Chapter 5.

**0315. Expedition Authority Procedures**

The JSATFA can be found at [Annex 3C](#). This is a Joint Service application form that is used by the chain of command to process an AT expedition, its use ensures that the expedition will be carried out safely and in accordance with current policy. The JSATFA has a number of supporting appendixes covering the organisation of the expedition, which as and when required are to be submitted attached to the JSATFA. The form is also used by SO1AT to:

- (1) Obtain political and diplomatic clearance from both the Foreign and Commonwealth Office (FCO) and the countries in which the expedition is to exercise and transit through.
- (2) Authorise Concessionary Non-Fare Paying (CNFP) flights (where appropriate).
- (3) Check all technical aspects on the application, ensuring that qualifications are adequate and all safety aspects are covered.
- (4) Ensure that the proposed plan meets the aim of AT iaw [Para 0103](#) and that a full risk assessment has been completed.
- (5) Assess the entitlement to AT Funds and ensure that the expedition is financially viable (correct allocation of Public, Non-Public funding, alongside a personal contribution).
- (6) Check travel arrangements and insurance considerations have been made.
- (7) Assess need for High Risk or Remote presentation to be arranged, to review the proposed expedition, incorporating SME's for the chosen activity.

**0316. Responsibility**

<b>PERSON/ DEPARTMENT</b>	<b>RESPONSIBILITY</b>
Expedition Leader	a) Plans the expedition in accordance with BR 4024. b) Identifies the potential hazards and produces a comprehensive Risk Assessment impact plan with all necessary control measures to control the risk. c) Liaise with Regional AT Centre for funding of minor expeditions.
ATO	a) Confirms expedition details. b) Liaises with Ship/Establishment/Regional PT staff as and when necessary. c) Briefs the Commanding Officer on the expedition plan.
Commanding Officer	a) Authorises release of personnel. b) Confirms that the expedition meets current policy. c) Identifies high/remote risk caveat. d) Accepts responsibility for the exercise by signing the JSATF form, note 26. e) Approves minor expeditions.

IPTRM SO2 RPD	a) All RM expeditions are to be approved by IPTRM prior to submission to SO1AT. b) All Ship/Submarine expeditions are to be approved by SO2RPD prior to submission to SO1AT.
SO1AT (SO2AT & AT1)	a) Process clearance for major expeditions. b) Initiates requirement for High Risk/Remote Exercise Presentations. c) SO2AT final approval for major expeditions. d) Authorise funding for major expeditions.

**0317. Expedition Code Name**

All expeditions are to be given a codename consisting of 2 words. The expedition will be identified by codename from initiation to conclusion. N.B: it is therefore important that the codename is suitable to use on all correspondence.

**0318. Application for Training over Private Land in the United Kingdom**

Reference: LANDSO 1401.

Private land is defined as all land other than recognised military training areas and ranges owned, leased or licensed by the MOD. The following should also be considered as private land for the purposes of this instruction:

- a. National Trust land.
- b. Forestry Commission land not licensed or leased by the MOD. Where training takes place over Forestry Commission land it is mandatory that the Commanding Officer refers to the Forestry/MOD Master Agreement dated 9 Nov 95. This is held by the Defence Estate Organisation (Land) DEO(L). Negotiations will normally be done by the relevant Defence Land Agent (DLA).
- c. National Parks land not licensed or leased by the MOD.
- d. Common or unfenced land.
- e. Nationalised Industrial land or past Nationalised land eg Development Agency, Railtrack etc.
- f. Local Water Authority land or Local Authority land.

**0319. Applications for the Use of Private Land**

Applications for AT on private land fall into 2 types:

a. **Exercises Arousing Public Interest.** Those exercises, which, because of their scale or type, may arouse more than the usual media interest. Such exercises should be cleared at least 3 months in advance through SO1AT for example:

- (1) High profile or involving a large size group.
- (2) Likely to generate political interest.
- (3) Planned on National Park land.

b. **Little or No Public Interest.** Those expeditions that are unlikely to raise undue public interest. Applications should be made through the relevant Division/District found at [Annex 3D](#) to this Chapter. Applications must be sent at least 2 months (3 months for Forestry Commission land) prior to the expedition giving full details including:

- (1) The area of the exercise, the type of terrain and a marked map of the intended area. Marked maps are to be used in Scotland.
- (2) The type of expedition including any unusual aspects which might attract media attention.
- (3) The dates/times and duration of expedition, highlighting any public holidays which fall in the exercise period.
- (4) Numbers involved.
- (5) An expedition on Forestry Commission land the frequency of radios in order not to interfere with Forestry Commission communications.

c. Applications for both types of expeditions are to be made on 'Land Command Standard Application for Training on Private Land' at [Annex 3D](#) to this Chapter. Completed applications must be sent to the Division/District controlling area of expedition. A copy of the JSATFA and approval for land clearance should then be sent to the Regional AT centre, in the area which the expedition is taking place.

#### **0320. Processing of JSATF's**

If the JSATFA is to be processed quickly in order that plans may proceed it is important that it contains accurate, clearly expressed information with all the relevant details. Omissions, plans which are too sketchy, and photocopied maps that do not show clearly marked routes and relevant place names, may mean the JSATFA will be returned. Expedition leaders are therefore advised to do as much background work and reading as possible before filling in the JSATFA and to contact their PT Office for early advice. Completed JSATF's should be kept on file for 5 years for litigation and financial audit purposes.

#### **0321. Post Expedition Reports (PXR's)**

PXR's are to be submitted in electronic format, to the Regional AT centre funding the expedition, or SO2AT for major expeditions, 3 weeks from the end of the exercise. The PXR is to include a financial breakdown of all funding against expenditure.

## SECTION 2 - SAFETY

### 0322. High Risk and Remote Risk Expeditions

Expeditions involving high risk, or that are being conducted in remote areas, must be additionally scrutinised to ensure that the expedition is achievable, and if it is, that all safety aspects have been addressed. This is to include an assessment of contingency plans, which are to be prepared in the case of potential accidents or circumstances which require rescue. Commanding Officers should assess the status of the planned expedition and ensure that the JSATFA is highlighted High Risk and/or Remote. To assist in deciding the level of risk, definitions are given below:

a. **High Risk.** A High Risk expedition is one in which the physical risk to life and limb is high and where the expedition members may be operating at the upper limit of their qualifications and experience. The following factors should be considered before deciding upon classification:

- (1) Ability of the group members.
- (2) Experience of the expedition leader and activity instructors/leaders.
- (3) Technical difficulty of the activity.
- (4) Condition of the ground/river/sea/cave/ice pack etc.
- (5) Time of year.
- (6) Weather conditions.
- (7) High Altitude (generally above 2500 metres).

b. **Remote.** A Remote expedition is one that takes place in an area where rescue is made difficult due to hostile terrain or limited communications. Equally, it could also apply to any region that is untested. As a guide, where a rescue could not be initiated within 8 hours, it would be considered remote. The following factors should be considered before deciding upon classification:

- (1) Communications.
- (2) Medical.
- (3) Rescue availability.
- (4) Accessibility.
- (5) Environmental hazards.

### 0323. Clearance Procedures for High Risk and Remote Expeditions

The JSATFA is to be processed through the normal channels, but the leader is to contact SO2AT for advice prior to submitting a JSATFA for signature by Commanding Officer. A High Risk and Remote assessment panel will be held using Subject Matter Experts (SME's) prior to final authorisation being given by SO1AT.

**0324. Overdue Expeditions**

If an expedition is overdue or misses a reporting check in time, the Commanding Officer must notify SO1AT in order that follow up action through the BRITMILREP in the country concerned can be initiated. A period of 24 hours out of contact after an ETA or reporting check in time is considered to be appropriate for action to be initiated to discover the whereabouts of the group.

**0325. Changes of Plan**

Alternative plans put into practise after authorisation or during the exercise must follow the same regulations and guidelines given in this chapter. SO1AT must be informed of any major changes during the expedition. Duty status and funding may be withdrawn should the expedition conduct unauthorised activities.

**0326. Non Approved Expeditions**

If a proposed expedition is refused authority on political grounds it must be cancelled. If a proposed expedition is refused authority for any other reason the leader will be advised on the way ahead by the authority refusing authorisation. Expedition leaders or individuals who have had an expedition refused may not carry out the same activity on leave.

**0327. Cancellation Procedure**

If it becomes necessary to cancel a proposed expedition overseas the expedition leader must inform SO1AT immediately so the relevant authorities can be informed.

**0328. Political Clearance**

All major AT expeditions require diplomatic and political clearance which is to be obtained from either or both the FCO and the authorities in any country to be visited or passed through. All clearance is applied for by SO1AT on receipt of a fully authorised JSATFA. It must be appreciated that each country will impose its own restrictions on clearance procedures, in addition to SO1AT staffing procedures and the time taken to obtain such clearances can be lengthy. To provide a guide to clearance procedure times see tables at [Annex 3A](#) to this chapter. The minimum time scale is the latest the fully authorised JSATFA's must be received by SO1AT.

## SECTION 3 - FINANCE

### 0329. General

Duty status is granted to all personnel taking part on authorised AT expeditions. These exercises are therefore eligible for financial assistance from the AT Fund.

### 0330. Public Funding

Public funding is available from Unit/Establishments AT Fund to support expeditions as follows:

- a. A maximum of £100 per person.
- b. Units/Establishments may with prior approval from SO2AT/AT1 approve an uplift to a maximum of £200 per head for particularly prestigious expeditions.

### 0331. Ships

HM Ships apply for AT funding to CPOPT/POPT in their Regional AT centre by letter, email or JSATFA.

### 0332. RM Units

All funding for RM Units will be allocated directly by IPTRM.

### 0333. Personal Contributions

Personnel are required to make a personal contribution towards all AT Expeditions. This must at least match the grant from public funds and should take the form of one of the following:

- a. One half personal contribution one half public iaw [Para 0330](#).

#### Example 1- Rule of Halves

Total cost - £200 pp.  
Public - £100.  
Personal - £100.

- b. One third personal contribution one third other one third public iaw [Para 0330](#).

#### Example2 - Rule of Thirds.

Total cost - £300 pp.  
Public - £100.  
Non-Public - £100.  
Personal - £100.

- c. With the total cost of an exped exceeds the rule of Halves or thirds the following example can be used as a guide.

#### Example 3 (Mainland Europe)

Total cost - £1200pp.  
Public - £100 or £200 dependant on profile. £200 for this example.  
Non-Public - Sports Lottery £350 max (see geographical limits ref SL Web and BR4024).  
Personal - £650.  
Other non-public funding from Welfare and CAF can assist in bringing down the personal contribution, however this may affect the Sports Lottery grant.

**0334. Other Sources of Finance**

The following is a list of other possible sources of finance:

a. **Welfare, Leisure Amenities Funds** – apply direct to parent Unit/Establishment Fund Manager.

b. **Sports Lottery** – Non-public funding for RN Sport is jointly provided as a single grant sourced from the RN Sports Lottery and the Sailors' Fund /Fleet Amenities Funds (SF/FAF). The following guidelines have been compiled by the Sports Control Board to control the disbursement of these funds.

(1) *Training Camps, Expeds.* Regions, Establishments, Ships, Submarines and Commando Units are normally the only organisations for which expeditions and AT activities will be approved and RN Sports funding granted. Units include both Regular and Reservists. Applications from Ship's, Establishments and RM units are to be authorised and signed by either the CO or XO. Applications on behalf of Regional teams are to be authorised and signed by the Regional WOPT.

(2) Grants to individuals undertaking expeds to the following geographic areas are for up to a maximum of:

(a) Mainland Europe: £350.

(b) Eastern Mediterranean (includes Cyprus and Turkey): £400.

(c) USA and Middle East: £500.

(d) South Africa, South America, Far East and Australia: £800.

The maximum figure is by no means guaranteed and will depend on the level of contribution made to the SC B by the Lottery and SF/FAF and whether the SCB considers that the aims of the Exped could be achieved at lesser expense. These figures may be increased, but only in exceptional circumstances. It is expected that recipients of grants will be members of the RN Sports Lottery.

(3) Personal contributions should be no less than 30% of the total cost. This criterion, together with the maximum grant above will assist in setting the upper limit for the cost of the Exped. Further contributions may be sought from Corps funds for RM, Unit welfare funds, and sponsorship.

(4) When putting together a bid for an expedition, the application should not include requests for funding for promotional or leisure clothing, expensive up-market hotels, taxis, formal dinners, presents, parties and the like.

(a) *Timing of Applications.* All combined Lottery/SF/FAF bids must be received by the Lottery Manager in HMS TEMERAIRE, 3 months prior to the start of an expedition. Late applications will not be considered. The initial application will not necessarily contain full nominal lists or finalised financial statements. These details can be supplied later. Exceptions will be made for deployed ships and RM units, but it is still essential to have your bid in as early as possible and at least 2 weeks prior to the planned event.

(b) *Advice on Sports Grant Applications.* The RN Sports Lottery Manager is always available to give advice on Sports Grant applications (Tel 9380 23806), but cannot say whether an application will be successful. Decisions on grants are made by the SCB, or by personnel with delegated responsibility from the SCB who look at a range of factors in reaching their decision.

c. **Joint Service Expedition Trust (JSET)** – The regulations regarding this Trust may be found in the current DIN. Proposals are considered by the JSET at its twice-yearly meetings. Applications for sponsorship or endorsement are to be made to SO1AT.

d. **Nuffield Trust (equipment only)** – Grants may be applied for as laid down in BR 8588 Chapter 21 Section III.

e. **Sponsorship** – Regulations referring to sponsorship in AT can be found in QRRN J8306, but the general rules as outlined in J8301 to J8303 are to be adhered to.

f. **The Cunningham Initiative Award Scheme** - The Cunningham Initiative Award Scheme was introduced to give financial assistance to young officers and ratings of the Royal Navy and QARNNS, and Royal Marines Officers and other ranks in defraying the cost of schemes of an adventurous or unconventional nature, planned on their own initiative and which will result in the recipients of the awards being more useful members of their service. The total amount available in any one year for these awards is about £1000. Applications may be forwarded at any time, but well in advance of the commencement of the venture, to SO1AT.

## **SECTION 4 - MEDICAL**

### **0335. Health and Hygiene**

Expedition leaders are to ensure that appropriate health and hygiene protective measures have been taken (for High Risk and Remote Expeditions it is highly recommended that team members have specialist medical training in altitude sickness, drug administration and casualty management for remote environments) as a result of full risk assessment. This is especially important when a tropical, developing or remote country is to be visited. Travel medical advice (including appropriate immunisations and other protective measures against such diseases as malaria) is to be sought from an appropriate Service Medical Centre at an early stage in the expedition planning process.

### **0335. Reciprocal Cover**

Reciprocal emergency medical cover agreements exist between UK and over 400 countries, in addition to members of the EC. However, no such arrangement exist for over 100 countries, including USA, Canada, India, the Far East, the whole of Africa and Latin America. Advice on how to obtain reciprocal cover when travelling to and through EC member states (using European Health Insurance Card) may be found at [www.nhs.uk](http://www.nhs.uk). It must be noted that these types of reciprocal arrangements do not necessarily cover all expenses involved in medical treatment. It is therefore recommended that personnel obtain either group or individual insurance to meet any hospital or related expenses that may arise. Attention is also drawn to the current DIN on Insurance for Adventurous Training Expeditions.

### **0336. Medical Standards**

- a. There are no medical standards for AT however individual assessment on a case by case basis may be required dependant on the risk.
- b. Pregnant women are not to take part in AT.