



**We request that you please read and initial all of the below points:**

1. Do you understand that there will be NO REFUND if you leave the course?
2. The ration packs that are issued will be the only food allowed on the course. The ration packs consist of the following: Maize meal, soya, rice, tin beans, tin pilchards, potato, onions, coffee, sugar, salt, cayenne pepper, barbeque spice, chicken spice and matches. There will be 2 meals a day and both meals are cooked by you on an open fire. Meals will be supplemented from time to time.
3. Do you understand that you will be sleeping on the hard ground with your boots on?
4. Do you realize that you WILL get blisters on your feet and will continue to train even so? Your feet are your responsibility and in the first aid kit that you bring please make sure that you have plasters, antiseptic cream and foot powder, also make sure to bring thick socks with you. It is your responsibility to inform us of any injuries or wounds that you may experience - we cannot treat them if we do not know about them.
5. Showering will consist of a bucket and COLD water.
6. Do you understand the extent of the physical training you will be going through? You will be doing push-ups, pull-ups, frog jumps, running, a lot of walking, obstacle courses and the carrying of heavy weights. The obstacle course may be hazardous as there are high areas.
7. If you are overweight and cannot complete the course there will be NO refund.
8. Discipline will be EXTREMELY strict, your instructors will shout, scream and possibly swear at you during your training, this is due to the fact that once you are doing your patrols in the bush you might at some stage come under fire and this can put a tremendous amount of strain on you - if you are unable to handle the screaming and shouting during training you will not be able to remain calm under stressful situations.
9. Your first exercise will be a 5km march with ALL your kit from the training office to your camp. Thereafter you will start with a 2.4km run and progress to a 25km run.
10. Do you understand that during the training that you will complete a basic survival course, this means living off the land only, drinking water from rivers and holes that you have dug, eating grubs and scrubs and the intestines of an animal?
11. Do you understand that you will be walking long distances EVERY day due to the tracking training that you will be doing? The duration of the walks is +/- 6 hours long.
12. There will be a 1 hour drill every day.
13. Do you understand that if one member of your group errs, that the whole group will have to do the physical exercise given to that member?
14. Part of the training includes sleep deprivation.
15. Do you understand that you are not allowed any extra form of food on the course?
16. Do you understand that during the summer months that you will be training in extremely hot conditions and that during the winter months that you will be sleeping in very cold conditions?

17. Do you realize that your fitness level does not exclude you from any part of the training? Please  be aware that we are training you to survive 16 day patrols in the bush with the possibility of coming under fire - the course is serious and it takes a lot of self-discipline.

**Some information that may be of use:**

If possible buy a pair of leather boots from the army surplus store and wear them in, this will make things a lot easier on your feet. We do supply you with boots but it will make your life a lot easier to have your own pair that you have already worn in.

Bring a pair of running shoes with you.

Try get into the habit of waking up at 04H00 in the morning.

Start getting fit as soon as possible.

Bring lots of THICK socks with.

Take CARE of your feet.

Please sign and date: \_\_\_\_\_

Full name and Surname in BLOCK letters:

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