



ARMY DEVELOPMENT AND SELECTION CENTRES (ADSC)

EXAMPLE PROGRAMME

As a potential recruit, your 2 days at an ADSC will follow a similar programme to this:

DAY 1

0900 - 1200	Arrive at ADSC. Collected from rail station. Medicals begin
1200 - 1230	Administration and Briefing from Officer Commanding ADSC
1230 - 1300	Lunch
1300 - 1800	Medicals continue, Technical Selection Test, Physical Tests (PSS(R)), Interest Briefs, Videos and Equipment Displays. Icebreaker (each applicant to introduce him/herself in 2-3 minutes).
1830 - 1900	Evening Meal
1900 - 2045	Military lesson (Grenade). Sports session in the gymnasium
2100 - 2200	Meet adult recruits in training, or junior non-commissioned officers at ADSC. Group discussion
2200 - 2230	Briefing for Day 2
2300	Lights out

DAY 2

0530	Reveille
0600	Breakfast
0700 - 0715	Pack bags. room inspection, strip beds, sheet exchange
0730 - 0745	Physical training brief
0815 - 0830	Warm-up for the run
0830 - 0845	1.5 mile run best effort
0900 - 0945	Talk on Army life and Terms of Service
1000 - 1115	Outdoor Activities. Practical military lesson. Team tasks
1115 - 1145	Return equipment, shower, change into clothes for interview
1200 - 1230	Lunch
1230 - 1700	Interviews
by 1730	All at departure rail station