



## INFORMATION LEAFLET

### YOUR MEDICAL AT THE ARMY DEVELOPMENT AND SELECTION CENTRE (ADSC)

#### **Why do I need a medical as part of the selection process?**

The current regulations state that:

“New entrants must be fit to serve anywhere in the world, in all environments and in locations where medical care may be limited, or remote and medical re-supply uncertain, or impossible.”

This means that Army recruits must be of a robust constitution and free from disease or pre-existing injury to undertake the physically and mentally demanding challenges of training and future service. You will be required to pass a full medical examination and you will be rejected or deferred if you fail to meet the minimum standards.

Before a doctor examines you, you are asked to declare certain information about your medical history. At the medical you will be asked to confirm that your history is true and remains unchanged from when you originally submitted the form. Non-disclosure of a significant medical condition that would cause you to be considered unsuitable for military service will result in you being discharged during training, once discovered.

The standards are set on medical evidence of conditions that do cause individuals difficulty during their military training and subsequent service and are regularly reviewed as medical treatment improves. It should be noted that some standards are applicable to the Army only, rather than all three services, due to the different tasks required for the particular job. In some cases, standards vary depending on what job you wish to do in the Army. For example, if you wish to be a driver you have to meet the visual standards for obtaining an HGV licence.

#### **What do I need to bring with me?**

You should wear suitable clothing to your medical such as shorts and tee-shirt, and suitable underwear as you will be asked to undress down to your underwear for the examination.

**You will need to bring with you any current medication that you are taking and glasses/contact lenses if you wear them.**

You will be asked to provide a urine specimen and given a container in which to collect the sample. You should ensure that you are well hydrated by drinking water and avoid drinking high sugar drinks such as energy drinks, or isotonic sports drinks; also do not eat high-sugar snacks eg chocolate bars, as this may affect the urine test, despite you being medically fit and result in you being deferred.

### **What happens during the medical?**

The medical will start with basic screening. This will involve measuring your height and weight, an eye test including colour vision, a hearing test and a breathing test. Those individuals who are heavier than predicted will have a further clinical measurement carried out to ensure that you are muscularly built rather than fat.

The doctor will confirm your medical history and ask you to undress down to your underwear. A chaperone will be made available during your medical examination if requested. This is normally a member of the ADSC medical wing. A female chaperone is provided to any female applicant who is examined by a male doctor.

The doctor will carry out an extensive examination including an assessment of your joints and muscles. You will be asked to perform functional tests such as hopping, jumping, squats and press-ups to ensure that you are medically fit for arduous training. Male applicants will have their scrotum checked to ensure that they do not have a hernia or testicular swelling that requires investigation. This is because significant scrotal swellings can cause pain and discomfort if performing a large amount of physical exercise and therefore such conditions need to be treated before starting training. Any body markings covered by clothing will be checked. Male applicants will be checked for current or past urethral piercing (such as a Prince Albert).

Female applicants will not have a breast examination as part of the medical and no applicant will have an internal examination of any form. There is no requirement for blood tests or vaccinations during this medical. However, you may have to go for further tests or investigations if anything significant is found during your medical.

Explanations will be given throughout the medical and if you have any questions during the medical process, please ask for more information from the medical staff.

In all cases you will be informed on the day of your medical whether you have passed, failed or been deferred for further investigation. You will be told if you are required to do anything further.

Recruits are expected to have an adequate level of dental health. The doctor will examine your mouth and teeth at ADSC. Some individuals with very poor dental health may be deferred at their medical until they have received adequate treatment. Orthodontic treatment is not a reason to stop recruitment and all those who apply and are undergoing fixed appliance therapy may be referred to the Defence Dental Agency (DDA) for assessment before acceptance.

### **What happens if I am unwell before I am due to attend the medical?**

If you are aware that you are unwell before you are due to attend the medical, please arrange through the recruiting office to defer the medical until you are well. Conditions such as a cold, or flu-like symptoms, or a broken arm, require you to make a full recovery before being accepted as medically fit for military training.

### **What happens if I don't pass the medical?**

There are a number of reasons why a potential recruit may fail a medical and each is managed differently.

If you are unwell, at the time of your medical, you will be deferred until your general practitioner can confirm that you have recovered, as long as the illness was a self-limiting one and unlikely to cause future problems.

If you are found to have a significant medical history of a condition that needs a period of time symptom- and treatment-free, you may be given a deferral period after which you are eligible to reapply. Conditions such as asthma and depression require such a deferral period.

If you are found to have a medical problem that may need further investigation to ensure that you are medically fit for military service, your general practitioner will be requested to organise further investigations. Where investigations or specialist opinions can be arranged through the military medical services, the ADSC medical staff will arrange the referral and your general practitioner will be informed, with your permission. Conditions such as heart murmurs that are found in 10-20% of the normal population are always referred to a specialist clinic for investigation. The majority of these investigations show that the cause of the murmur is classed as an innocent heart murmur that will not cause any problems during training and the individuals are passed medically fit.

If you have a medical condition that would either stop you from performing some military duties, prevent you from participating in military training or be exacerbated (made worse) by military training, you will be made permanently unfit for recruitment into the British Army. Conditions such as epilepsy, chronic arthritis and some skin diseases are permanent exclusions from military service.

If you fail your medical, you will receive a letter with the reasons why you failed.

### **What if I have further questions to ask?**

If you have any further questions do not hesitate to contact your recruiting office for clarification. There is no necessity to discuss personal medical details with your recruiter.