Gurkha Recruitment – Selection Medical Guide

1. Initial Medical and Physical Criteria
   - The Armed Forces require anyone who enters to be medically fit to serve worldwide.
   - New entrants to the Armed Forces undergo intensive training, which is both physically and mentally demanding. The Armed Forces medical authorities have to be aware of your medical history and of any conditions that may affect your performance as a serviceman. Applicants who do not meet the required medical standards may be rejected.
   - Your medical history is confidential and will not be given to anyone not authorised to hold this information.

2. Potential Recruit Registration. At Registration you will receive a ‘Pre-medical Screening Proforma’. This form is self explanatory and must be completed and brought with the potential recruit to Regional Selection to assist the medical staff.

3. The following initial medical examinations will take place:
   - Examination will take place in 2 phases where only those candidates who are assessed to meet the medical selection criteria will be passed.
     - Regional Selection East (BDG) and West (BGP) by Medical Assistants.
     - Central Selection at BGP by a full medical team including 2 doctors.
   - To help avoid any unnecessary travel and expense, the Senior Recruiting Assistant (SRA) or Gallah Wallah in your area are trained to give advice and help explain the criteria and process.
   - Candidates may also be advised in the initial Registration phase by the Area Recruiting Officers (ARO) that they have an obvious medical issue which will make it unlikely for them to be successful.

3. Regional and Central Selection Medical Screening Process
   - The medical screening process of Regional and Central selection is designed to select those potential recruits (PR) who are healthy and have no medical conditions that prevent service in the British army.
   - During the medical screening process you will be asked for information about illnesses, operations or other medical conditions you have had in your life. Please ask your parents, carers or doctors for information about your health during childhood and be prepared to discuss this information with medical staff. If you have any significant medical condition (previous diseases or operations) please bring medical documentation with you if you have it.
   - You will sign the medical documentation confirming that what you tell us is true and correct.
   - If it is discovered that you have withheld, falsified or given incorrect information you will be deselected during the recruiting process.
   - If it is discovered that you have withheld, falsified or given incorrect information after successful recruitment into the British Army you will be subject to disciplinary action including discharge from the British Army.
   - Presenting to the medical selection process implies consent to medical examination and investigation to confirm your medical status.
   - A number of tests are performed by the medical services within the camp to decide on the medical fitness of each candidate. These results are binding and a decision by the medical services is final. It is possible (although unusual) for candidates to have normal medical checks privately before central selection but abnormal results during the medical phase leading to de-selection. We do not consider the results of tests or examinations conducted by other doctors.
   - We are aware that many PR’s pay to be medically examined prior to central selection. The commonest reasons for instant ‘medical’ fails’ at central selection are heart conditions.
abnormal chest x rays and perforated / abnormal ear drums. It is difficult to advise whether PRs should / not be examined prior to central selection. As stated it is only our examinations and testings that count, not whether a PR has previously been passed fit by another doctor. If PRs are determined to pay for a medical check before central selection then basic examination, including ears, heart, lungs and a urine check are the most worthwhile.

- The following medical criteria may be examined at either RS and/or CS along with a thorough physical examination (including height and weight measurement) and other normal medical tests such as blood pressure and visual acuity:
  - Urine Testing.
    - Urine is tested for sugar, blood and protein on the first day of Central Selection.
    - Hard and strenuous physical activity can sometimes produce blood or protein in the urine. Candidates are advised not to undertake strenuous physical activity for 3 days before testing. Sugar can appear in the urine if one takes a large amount of sugar or sugary foods. Candidates are advised not to take large amount of sugar in their diet for 3 days before testing.
  - Ears.
    - We will examine ears and perform a hearing test.
    - We will syringe ears to clear any earwax if this is necessary.
    - Loud noise will reduce hearing levels temporarily. Please refrain from listening to any loud sounds (music, industrial machinery, motorbikes) three days before testing.
    - If you do have your ears syringed before selection please ensure this is done correctly by a qualified practitioner. Please do not use cotton buds to clean ears.
  - Surgery.
    - If you have had any surgical procedure in the last 3 years please bring original documentation to describe this surgery. Examples are hernia repair, appendectomy or ear operation.
    - In general one year should have passed following surgical operation before coming to central selection. If you do not have documentation, and your scars look recent, you may be deselected.
    - You should be able to do three months strenuous physical activity compatible with military training after your surgery before attending for central selection.

- Vaccination. If you have had any vaccination during your lifetime please bring evidence or documentation of this to central selection.

4. Basic medical requirements:

Medical conditions that preclude entry:

- The conditions in the table below make a person permanently unsuitable, except where specifically time limited, for entry into the Armed Forces.

- Note: This table is not comprehensive and is intended for general guidance only. Many conditions that are compatible with civilian employment and sport may be considered incompatible with military service. If you have a recurrent medical condition that is not mentioned below, or if you are unclear about the impact of your medical history, you should seek further advice via your SRA.
- Please note that all final decisions regarding medical suitability for entry are only made at the discretion of the appropriately appointed medical staff and the Deputy Recruitment Officer (S02 Recruiting) for British Army and the Recruiting DSP or equivalent for the GCSPF.

| Eye disorders                                                                 | Serious deformity of the eye or eyes.  
|                                                                              | Eye disease, e.g. glaucoma, keratoconus, retinitis pigmentosa. Double vision. Visual field defects. Colour blindness. Corneal grafts or recurrent corneal ulcers. Cataract or cataract surgery. Detached retina. Vision only in one eye. Squint or squint surgery in the previous six months. Laser eye surgery will not be accepted. |
| Ear, nose and throat disorders                                                | Serious deformity of the Ears, nose or throat.  
| Heart and cardiovascular disorders                                           | Heart disease. Certain congenital heart conditions e.g. repair of tetralogy of fallot, coarctation of the aorta. Certain heart valve abnormalities. High blood pressure (persistent reading above 140/90). Raynaud's disease. Any vascular structural abnormality such as aortic stenosis or regurgitation. |
| Respiratory disorders                                                        | Asthma, wheeze or asthma symptoms or treatment within the past four years. Lung disease including chronic bronchitis, emphysema, bronchiectasis, cystic fibrosis, tuberculosis. |
| Neurological disorders                                                       | Ongoing nervous system disease. Epilepsy or more than one seizure/fit after the age of five (although benign Rolandic epilepsy is acceptable). Single seizure/fit within the last ten years. Multiple sclerosis. Complications following head injury. Hydrocephalus (with or without shunt). Severe or recurrent headache (including migraine). |
| Skin disorders                                                               | Chronic eczema or dermatitis. Severe psoriasis. Severe acne. |
| Male reproductive disorders                                                  | Current cancer of the testicle or prostate gland. Chronic scrotal pain or scrotal swelling such as hydrocele or varicocele. |
| Musculoskeletal disorders                                                    | Any serious deformity or abnormality that interferes with the ability to undertake military training, e.g. preventing the arms or legs straightening or swinging normally when marching or running. Spinal abnormalities. Certain spinal operations. Recurrent back pain or sciatica. Joint disease, pain or limitation of joint movement. Hypermobility (laxity) of the joints. Bone or joint operations within the last 12 months. Anterior cruciate ligament reconstruction. Recurrent joint dislocations. Severe deformity following fractures. Loss of a limb. Foot abnormalities (e.g. club foot or hammer toe). Complete loss of any toes or fingers. Arthritis and similar conditions. Fractures within the last 12 months, except fractures of the digits. |
| Blood disorders                                                              | Certain blood diseases, such as G6PDD, sickle cell disease, congenital spherocytosis, haemoglobinopathy. Any bleeding disorder or abnormality of blood clotting. |
| Infections                                                                   | Human immunodeficiency virus (HIV) or Acquired Immune Deficiency Syndrome AIDS. Carriers of hepatitis viruses. |
| Malignancy (cancer)                                                         | Most cancers are considered to place an applicant below the medical entry standard. Exceptions: some cancers in childhood or early adult life that have been successfully treated and are regarded as cured. |

1 GCSPF reserve the right to apply minor differences to the criteria at their discretion.
### Allergic disorders

### Conditions resulting from exposure to extremes of temperature
- Heat illness. Frostbite and non-freezing cold injury.

### Psychiatric disorders

### Kidney disorders
- Ongoing kidney disease. Polycystic kidney disease and kidney stones. Donation of kidney in the past 12 months. (any persistent abnormality in a urine test e.g. blood, glucose or protein)

### Dental
- Serious Dental deformity or abnormality. Excess of four dental irregularity e.g. fillings, gaps or false teeth (British Army). Excess of two dental irregularity (GCSPF)

### Other
- Transplanted organs.
- Serious speech disorder e.g. stammer
- Contagious diseases at any stage of the recruitment process e.g. measles, impetigo.
- Serious varicose veins

#### Temporary conditions

The following conditions require the selection procedure and/or entry to be temporarily put on hold until you are fully recovered, discharged from hospital follow-up, and fit to undergo arduous training:
- Waiting list for an operation
- Temporary illness or injury

At the discretion of Service medical authorities and DRO, your application may be rejected, due to other medical reasons.

#### 5. Height and Weight

Minimum weight and height requirements:
- The minimum height requirement is 158cm.
- The minimum weight requirement is 50kg. Potential recruits will be expected to have a healthy Body Mass Index (BMI).

#### 6. Eye Sight

The minimum standards for uncorrected vision is: 6/6 R and 6/9 L eye.

#### Social History

#### 7. Tattoos & Disfigurements

Tattoos are not accepted and are a bar to selection. Severe visible disfigurements such as facial scarring or prominent birthmarks are also likely to be a bar to selection. For advice, please contact your SRA.
8. Body piercing
Only a single ‘normal’ piercing in each ear lobe is permitted. Large ear piercing holes are not acceptable.

9. Drug and Substance Misuse
The short, medium and long-term effects of the misuse of either illegal drugs or substances or legally obtained drugs or substances can have a damaging impact on mental and physical fitness and health. Drug or Substance misuse constitutes a direct threat to the operational effectiveness of the Armed Forces; the security and safety of Service personnel; and, potentially, the security and safety of the civilians whom they protect. Illegal misuse of drugs or substances by Service personnel also damages the reputation and standing of the Armed Forces. For all of these reasons, the misuse of drugs or substances is not tolerated within the Armed Forces. The Armed Forces recognise, however, that drug or substance misuse is increasingly common in civilian life, particularly among the young, and that you may have misused drugs or substances yourself in the past. This will not necessarily prevent you from enlisting, as all applications are considered individually. Acceptance into the Services will depend on the frequency of use and the class and type of drug or substance that has been misused. Criminal convictions for trafficking or supply of any class of drug or substance will bar entry.
Once you have joined the Armed Forces, you are required to stay clear of drugs or substances at all times and also to avoid association with drug or substance misusers and suppliers. Once you have been enlisted, you will be liable by law to random compulsory drug testing throughout your Service career. If these tests show that you have misused drugs or substances, it is Armed Forces policy that, with very few exceptions, you will be discharged.

10. Financial commitments – Debt and Bankruptcy
You may be ineligible to join the Armed Forces if you have financial commitments, debts or loans that you would have difficulty in repaying or lead to financial hardship if you entered the services. Look carefully at the appropriate rates of pay so that you are able to work out your particular situation. The SRA or ARO may ask you about this and will help you work through any queries. A person who is declared bankrupt (and as a result does not have a working bank account) or is insolvent may be ineligible to join the Armed Forces.

11. Dependents
The Armed Forces often require you to serve away from home for extended periods. The Service you are applying for needs to be sure that your domestic arrangements will not prevent you from doing this. If you are married, or have children or family members who are dependent on you for money or help or both, then certain conditions of service apply. Your SRA or ARO will provide you with the appropriate information regarding this.

12. Religion or Belief
The Armed Forces encourage enlistment by people of many differing religions and beliefs. However, it must be clear that you will be required to use aggression and/or to take life during your career or job in the Armed Forces. There are also certain rules and regulations that state what type of clothing or dress is compatible or not with operations and for your health and safety. Other considerations may be the handling of certain types of food (as a chef) or the receiving of certain types of medical treatment.