Consider the selection process at the Assessment Centre as a job interview, where the Army has its first opportunity to see if you are suitable for the job you are applying for.

**TOP TIPS**
Arrive on time with the right equipment and documentation. You may be sent home if you don’t. To understand what to bring follow this link to: [http://www.army.mod.uk/documents/general/whattobringtoassessment.pdf](http://www.army.mod.uk/documents/general/whattobringtoassessment.pdf)

When you arrive be presentable, first impressions count!

**ICE BREAKER**
This is a group discussion around multiple topics be that topical news, sports achievements or personal stories. This activity is not assessed but gives the staff an opportunity to get to know you. Take part in the discussions and don’t be a “grey person”.

**MEDICAL**
You cannot influence this, so do not worry. Hopefully your doctor has completed your forms correctly.

**BARB TEST**
The Rifles are more interested in an individual than their personal BARB Test score or academic achievements. We look for important qualities such as commitment and loyalty. Regardless of your BARB score if you want to join the Rifles commit to your decision. A practice BARB test can be found using this link to: [http://www.army.mod.uk/join/tests/barbtest/default.aspx](http://www.army.mod.uk/join/tests/barbtest/default.aspx)

**LITERACY & NUMERACY ASSESSMENTS**
If you arrive without your exam certificates you will be assessed on Literacy and Numeracy. If you know this is going to be you then do some revision before attending the Assessment Centre.
**FITNESS**
You must achieve a minimum of a 40 Kg lift of a power-bag onto a shelf at head height, carry two water jerry cans for 120 metres and run a mile and a half in under 12.45 minutes.

This is the minimum for The Rifles. This is by the end of training you need to be able complete the run in under 10.30 minutes. Remember this is a job interview, you need to impress the employer. Riflemen need to live up to our motto “Swift & Bold”, to be swift you need to be fit.

**GRENADE LESSON**
No need to practice for this.

The activity enables the staff to confirm you can listen and remember information then demonstrate what you have been taught.

You will be taught how to crawl under an obstacle, identify a target, conduct some drills on a dummy grenade and throw a grenade at a target.

**TEAM TASKS**
You will be given instructions on how your team is to cross obstacles as a team with limited equipment. Your team will be given time to plan their action and strict limitations you must adhere to:

- Get involved and contribute to the planning and during the activity
- Be prepared to answer questions about the plan and the instructions you were given.
- Do not be the individual waiting to be told what to do next

**CAREER DISCUSSION**
You need to present yourself for the discussion, giving the right impression, trousers, shirt and tie with polished shoes should be your minimum.

Be prepared to answer questions on the following:

- About yourself, family background, interests, sports, hobbies and any voluntary work.
- You must be able to talk in detail about your first job choice, and have some details about your other job choices. For information on the Rifles, link to Rifles Website www.The-Rifles.co.uk
- You will be asked what phase 1 and phase 2 training involves.
- You need to know and understand the Core Values of the Army:
  - Loyalty
  - Integrity
  - Courage
  - Discipline
  - Respect for others
  - Selfless commitment.
- Understand the Army Drugs policy.
  - If you’ve used drugs in the past, it won’t normally prevent you from joining the Army, but after you join, you must not misuse drugs. The Army carries out random, compulsory drugs testing, and if the tests find you have been using drugs, you are highly likely to be discharged.

The assessor will be making a decision on you ability to join the Army, be respectful and confident.