The 1st Infantry Training Battalion (1ITB) at the Infantry Training Centre (ITC) is responsible for the training of RIFLES and other infantry recruits. 1 ITB is divided into a number of Divisional Companies, with each commanding a number of platoons under training at any one time. Riflemen are ordinarily trained by RIFLES instructors, ensuring a strong bond is developed from Day 1.

COURSE CONTENT
The Combat Infantryman’s course is 26 weeks long and designed to develop Riflemen in a number of areas to ensure that they are ready to take their place in a RIFLES Battalion.

ADMINISTRATION
The ability to organise yourself and your kit in a disciplined and effective manner is the basis of military service. This is developed from arrival at the ITC, both directly through lessons and indirectly throughout the various forms of training that take place.

WEAPON TRAINING
Riflemen are trained to operate the SA80 A2 Assault Rifle, the Light Machine Gun and in the use of Grenades. Training is very progressive, with classroom based learning in a benign environment leading up to a weapon handling test, followed by progressive static ranges in the simulator and then out on the purpose built rifle ranges. The culmination is a week of live field firing attacks with live grenades at the end of the course, a massive highlight of the 26 weeks.
PHYSICAL FITNESS
The physical fitness programme is progressive and comprises of strength and conditioning, runs, loaded marches, sessions on the assault course, sport and battle fitness. Riflemen need to arrive with a desire to learn.

FIELDRAFT
Core Infantry business is being able to operate to a high standard in the field and there is a big emphasis in this practical element of soldiering at the ITC. There are eight separate field exercises, ranging from a single night at the start of training to learn how to administer yourself in the field, right through to the seven day final test exercise at the end of training. You will cover individual skills and drills, how to operate as part of a Section and finally operating in the Platoon context.

RECREATION
At the end of week four, Family’s Day is an opportunity for those important to the recruits to come to the ITC and witness the type of training that takes place and the change in the Riflemen, before a well-earned long weekend. Week nine is adventure training in the Lake District, with climbing, canoeing, hill walking and caving. There are also two full weeks of leave during the 26 weeks, as well as another long weekend at the end of week seven.

ADDITIONAL QUALIFICATIONS
All Riflemen will complete an NVQ in Public Service through the training they receive at the ITC. If required, they will conduct additional Maths and English basic skills qualifications either prior to or after the 26 week course. Any Riflemen that does not already have a Category 'B' driving license will gain one free of charge. They will complete the theory test during the course and will then conduct practical training and assessment over two weeks after the passing out parade.

DELIVERY
This training is provided at the point of delivery by the best Corporals in the Regiment. There is a supportive, constructive training environment, underpinned by the values and standards of the British Army and the Army leadership code. The ethos is absolutely to ‘train in’ the Riflemen and every individual is valued and supported along the way.

The facilities at the ITC are top quality, with modern accommodation, a state of the art gym, shops and a wide range of leisure facilities. There is also an extensive welfare support network outside of the training teams to ensure the smooth passage of the recruits through their period of military training.

WHAT NEXT?
Following completion of the Combat Infantryman’s Course and driver training, Riflemen will complete The Riflemen’s Cadre before going to their Battalion. Conducted by The Rifles Divisional Training Team in Chepstow, this Cadre lasts for two to four weeks and is designed to give the Riflemen an understanding of The Rifle ethos and what is expected of Riflemen. You will also conduct further training covering the following areas:

• General Purpose Machine Gun
• Glock 17 9mm Pistol
• Anti-Structure Missile
• Under-slung Grenade Launcher
• Command Detonated Munitions
• Navigation
• Fitness
• Infantry Basic Radio User Course
• Combat Infantry Apprenticeship.