



ROYAL MARINES

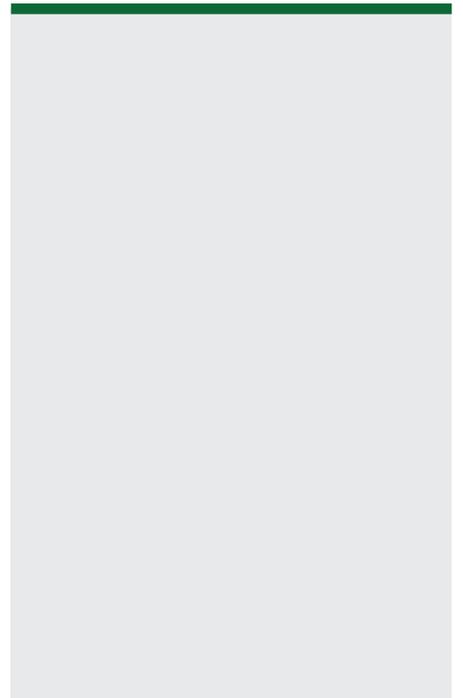
RECRUIT ORIENTATION PHASE (ROP)

Following a legislative change to recruitment and a restriction placed upon the ability to maximally assess individuals until a physical pre-conditioning package has been completed, it has been necessary to take the latest evolutionary step in the training system that delivers the next generation of Royal Marines Commandos.

The Recruit Orientation Phase (ROP) is a new concept designed to prepare you the recruit physically, through sub-maximal physical periods, and mentally with targeted coaching and mentoring, during the first 4-weeks at CTCRM, Lympstone. This 'full spectrum' programme, delivered by a specialist hand-selected Training Team, sets the conditions for success, enabling the transition from civilian to recruit whilst building robust Commando foundations.

01 What is a ROP?

The Recruit Orientation Phase (ROP) is a 4-week conditioning period at the beginning of RM recruit training. On completion of the 4-week ROP, having been developed through a progressive sub-maximal training programme, you will participate in a maximal assessment similar to the PRMC (Pre-Royal Marines Course) - the Commando Aptitude Assessment (CAA) - which will incorporate greater levels of PT, determination and mental resilience.



02

Why has the ROP been introduced?

The reason that the ROP has been introduced in the place of the PRMC, is due to the requirement to sub-maximally test candidates whom may be unconditioned to intense exercise. There have been several cases, service wide, of Exercise Collapse during maximal testing in unconditioned personnel. This has forced the requirement to gradually increase the intensity of exercise over an extended period in order to minimise the risk of injury to personnel.

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What will I be doing?

In a nutshell

- Introduction to CTCRM
- PT Assessment
- Graduated PT sessions
- Kit issue and husbandry
- Corps history and what the Corps' current output is
- Introduction to CTCRM Individual Weapon lessons
- Personal administration and wellbeing
- Introduction to field exercises
- Commando Aptitude Assessment (CAA)

04

Why it is different from the PRMC

The PRMC was designed to maximally test candidates in a short, 3-day period. This ensures that candidates are at a required level of fitness before joining RM Recruit training. The ROP is designed to build candidates up to the required level of fitness before completing the CAA which will be based around the tests conducted on the PRMC. This allows the ROP Training Team to ensure you the candidate are in the best possible place to continue training within the 32-week of RM recruit training syllabus. This will reduce the risk of exercise collapse and also reduce the risk of injury throughout training.

05

What is the CAA

Designed to be conducted immediately after a two-day introduction field exercise followed by a 4-mile march return to CTCRM. You will proceed immediately to the Bottom Field where you will undertake a determination exercise, before de-service and re-service of your weapon and your kit and equipment.

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My green beret is very special. It shows that I'm part of a team that always gets the job done, whatever the situation, and whatever obstacles are in our way.

Jim, Royal Marines Commando

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The Second day of confirmation requires you to successfully pass the Royal Marines Multi-Stage Fitness Test (RM MSFT) which consists of a Bleep Test Run, to which you will be required to reach Level 11 (successful applicants from the PRMC selection system were only required to achieve level 10.5), complete 30 Press Ups minimum (max of 60), 5 Pull Ups and 50 Sit Ups, which are all executed to a timed 'bleep'.

06

What happens if I am successful and pass the ROP

If you are successful you will earn immediate passage into mainstream training and be granted with a Troop Number for the first time. You will also be granted the privilege of wearing a Royal Marines Blue Beret, up until this point in your military career you will have worn a Forage Cap to distinguish yourself as member of the ROP.

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What happens if I fail the ROP?

Where appropriate, if unsuccessful you will return to Week 1 and commence the ROP again in order to gain the maximum benefit from a second four week physical / administrative / militarisation and individual weapon training package. You will be able to complete the ROP twice. If at the end of the second 4-week package you are still unable to reach the required physical standard, you will be offered the opportunity to transfer to another service, the Reserves or discharged from service. This will all be taken on a case-by-case basis.

Not just a job. A way of life.

Life in the Royal Marines can be tough. And that's what you'll have to be. You'll go where others won't. Doing things others can't. Going harder, faster and further than the average person can even imagine. You'll gain the extraordinary skills you'll need, as you get paid to take on the world's most challenging environments. One thing will set you apart.

It's a state of mind. You may already have it.
RMCROPV3/2020

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