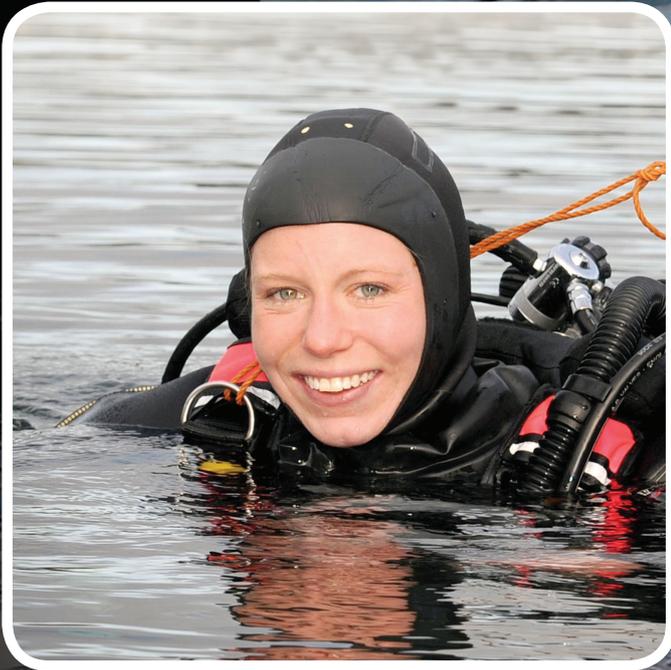




MINE CLEARANCE DIVER

Get fit to apply



We have designed this publication to help you get fit for your Potential Diver Assessment (PDA) and Diver Personal Fitness Test (DPFT).

These tests are held at the Defence Diving School (DDS) at Horsea Lake in Portsmouth and are your first steps on the road to becoming a Mine Clearance Diver or Warfare Officer sub-specialising as a Minewarfare and Clearance Diving Officer.

We've included a breakdown of what you will be required to do in your tests. Our standards are high but not impossible. If you exercise, eat and recover sensibly, you should be ready in six to eight weeks, depending on your current level of fitness. We also recommend you see your doctor to make sure you're medically fit before you start. Good luck with your training, and your application to join the Royal Navy.



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WELCOME

YOUR PATH TO MINE CLEARANCE DIVING

A career as a Royal Navy Mine Clearance Diver is one of the most challenging and rewarding that you'll find. You could be involved in anything from Explosive Ordnance Disposal, urgent ship repairs, or hull surveys almost anywhere in the world. Physical training is a major part of our job, which is why you will need to

prepare for the physical tests in our selection process. Our tests are a tried and tested way to help make sure you have the basic levels of fitness, qualities and attitudes to join and begin your training to become a Royal Navy Mine Clearance Diver.



MEDICAL

Having passed the Naval Service recruit test you'll need to have a pre-joining medical, a diving medical, an eye test and pass the pre-joining fitness test (PJFT) in your local fitness centre. The Royal Navy PJFT comprises a 2.4km (1.5 mile) run on a treadmill set to a 2-degree incline. You must complete the run within 10 minutes 30 seconds.



THE POTENTIAL DIVER ASSESSMENT (PDA)

This challenging two and a half day programme starts with the Diver Personal Fitness Test (DPFT) to make a basic assessment of fitness – this is the first of the assessed aspects of the PDA and therefore must be passed to gain a recommendation.

Further assessments include:

- 1000 metre fin swim;
- A team challenge exercise
- Trial dives in an enclosed dive tank in Horsea Lake.

Other aspects of the PDA include:

Learning about the equipment used and what it is like to work as a Mine Clearance Diver. You will need to pass this assessment before you can join the Royal Navy as a Mine Clearance Diver.

You can find a full breakdown of your PDA and DPFT on the following pages.



WELCOME ABOARD

On passing the PDA including the DPFT, you will start your training. First of all, you will undertake 10 weeks' of Initial Naval Training at HMS RALEIGH in Torpoint, Devon.

This will be followed by our 20-week intensive phase two training course at the DDS. This is divided into ten modules:

1. Basic Air Diving
2. Underwater Maintenance and Repair
3. Underwater Search Operations
4. Mixed Gas Diving
5. Recompression Operations
6. Deep Diving
7. Diving Equipment Maintenance
8. Bomb and Mine Disposal
9. First Aid
10. Boat Driving Skills

To find out more information about Mine Clearance Diving visit [ROYALNAVY.MOD.UK/CAREERS](https://royalnavy.mod.uk/careers).

THE PDA AND DPFT WHAT TO EXPECT



The PDA is held at the Defence Diving School (DDS), Portsmouth and is designed to assess the fitness, determination and therefore the potential of candidates to join the Royal Navy as a Mine Clearance Diver. The challenging two and a half day programme

starts with the DPFT to make a basic assessment of fitness. This is the first of the assessed aspects of the PDA and therefore must be passed to gain a recommendation.

OTHER PDA ACTIVITIES

During your course you will also do the following:



Watch a DVD and receive instruction about diving theory and the effects of pressure on the body.



Learn about SABA (Swimmer Air Breathing Apparatus).



Listen to a brief on knots, lashings, lifeline marking and signals used in diving.

RESULTS

All candidates who stay on the course for the full two and a half days should remember that it does not necessarily matter how well you do, as long as it is your very best effort. You will be given one of two possible results.

PASS PDA – recommended for Mine Clearance Diver training. Providing you fulfil the remaining entry requirements for the Royal Navy, you have the go ahead to begin your Initial Naval Training.

FAIL PDA – not ready for Mine Clearance Diver training. You will receive a full debrief on your course performance, identifying areas of strengths and weaknesses and you may be encouraged to return and try again.

YOUR PDA AND DPFT REQUIREMENTS

- Arrive at the Defence Diving School the night before.

DAY ONE

- Ensure that you arrive at the PDA fully hydrated and continue to drink plenty of water throughout. Also make sure you have eaten within 2 hours of starting the physical tests.
- Meet the other PDA candidates, receive an introduction from the DDS Staff and run through the course administration.

THE DPFT

A Leading Physical Trainer (LPT) conducts this, firstly on the road surrounding Horsea Island Lake for the running element, then in the DDS Gymnasium for all other requirements. It is job related and therefore, no allowance or weighting has been made for either gender or age.

There will be a short recovery period (5-10 minutes) following the running assessments, and then each exercise will be completed in number order, one after the other. The DPFT should be practised as a whole programme of exercises rather than as individual aspects, as this is what you have to do on the day. The DPFT requirements are just the minimum so aim to better the number of repetitions needed. The fitter you are the better you will do!

1. 2.4 KM (1.5 MILE) RUN (SIX TIMES ROUND A STANDARD ATHLETIC RUNNING TRACK)

AIM: To test cardio-respiratory efficiency (stamina). This ensures that the diver has the physical fitness to swim against tidal streams/river currents over an extended period.

METHOD: Warm-up run of 2.4 km in 15 minutes (to be conducted as a group). This is followed by a further 2.4 km personal best effort.

PASS MARK: Must be completed in under 10.5 minutes.



2. HEAVES (CHIN-UPS)

AIM: To test shoulder (pull) strength. This assesses the diver's ability to get out of the water unaided or remove equipment or an injured diver from the water.

METHOD: Grip a secure fixed horizontal bar with arms fully extended and feet clear of the deck. Under grasp method must be used. Bend arms and raise body until the bottom of the chin is level with the top of the horizontal bar. Lower to full arm extension, repeat exercise. Assisted heaves using swinging methods will not be counted.

PASS MARK: At least eight heaves.



3. FLAT BENCH TRUNK CURLS (SIT-UPS)

AIM: To measure trunk strength/endurance. Tests ability to lift objects from the water and as an indicator of overall fitness and stamina.

METHOD: On a flat bench, curl the trunk up and forward until the upper body is vertical and then return in a controlled manner to the start position, where the shoulder blades must touch the bench. The feet should be secured at the upper end of the bench. The hands must touch the side of the head at all times during the exercise; a bend at the knees is permitted.

PASS MARK: At least 40 trunk curls completed in one minute.

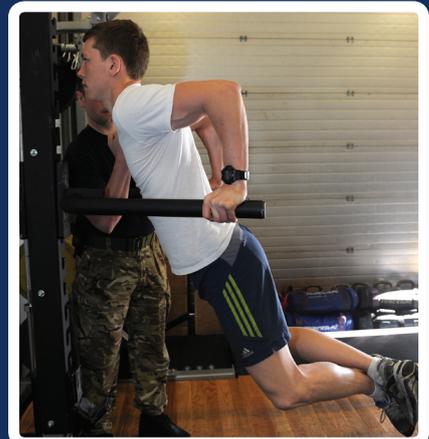


4. DIPS

AIM: To measure arm and shoulder (push) strength. Tests ability of diver to assist in the removal of injured divers or equipment from water.

METHOD: Start with a straight-arm position on parallel bars or any two secure handgrips mounted above waist level and shoulder width apart. With the body supported in the vertical position and the feet clear of the deck, lower the body to achieve a right angle between the upper arm and forearm. Return to the start position by straightening the arms. Repeat the exercise.

PASS MARK: At least 16 dips.

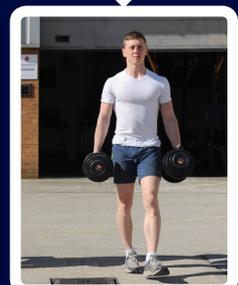
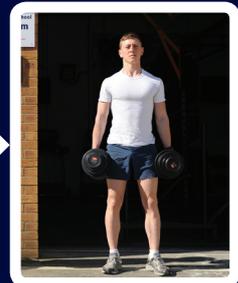


5. STRENGTH TEST

AIM: To measure overall core body strength to test the ability of a diver to carry heavy equipment from one place to another. For example carrying a full fuel container from a fuel storage to a boat.

METHOD: The hand weights are two 30kg dumb bells or power bags. The student is to lift each weight using the correct lifting technique and stand with one weight in each hand, maintaining an upright posture. They are then to walk along a 30 metre measured course. There is no time limit for this exercise.

PASS MARK: You must complete the full 30 metre course.





WATER CIRCUIT TRAINING:

This involves jumping from a 6 metre high board into water, finning* across Horsea Lake and running back to the 6 metre board (approximately 300 metres). This is one circuit; normally three will be conducted at any one time. Candidates will be dressed in a dry suit and wear/carry their fins.

*Finning – this is the technique of using fins to propel yourself on the surface of the water on your back; candidates will be dressed in a dry suit. It will be used for the lake swim and in water circuits.

LOCK GATE SURFACE SWIM:

This is a 1000 metre surface swim on Horsea Lake, which will be demonstrated by the staff first of all. Candidates will be dressed in a dry suit and wear fins.

DAY TWO

- Presentation about the physical training requirements
- Water circuit training

TRY DIVE:

Using the Swimmer Air Breathing Apparatus (SABA) you will conduct a dive to a maximum depth of 7 metres in a controlled environment (dive tank) with staff supervision.



INITIAL DIVES IN CONFINED WATER:

You will learn the difference between diving in open water, compared to in the tank, and the effects of visibility, temperature and buoyancy.



DAY THREE

- Water circuit training

TEAM BUILDING EVENT:

A team challenge usually centred around a 30 minute 'Mud Crossing Techniques' exercise. This will really test your determination and fitness, yet is a functional test as you may end up having to carry heavy diving equipment to a site out in an estuary with no boat access.



- Candidate debrief and course wash-up



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