

RAF Presentation Team

The RAF Presentation Team (RAFPT) is 'recruiting' local RAF Personnel to assist with the hosting of our guests at venues in or around your 'Home towns'.

The RAFPT travels the country giving briefings at Civic receptions for influential members of society, decision makers and business people. The functions last approximately 2 hours and start at 1900 with a drinks and canapé reception followed by the presentation. The presentation informs the audience about the RAF of today. There is also the opportunity to question the team, and other hosts, over a cup of tea or coffee after the presentation.

Usually, we call upon local units to provide personnel to help host our guests. There are,

however, many areas of the UK where there are no RAF units that can help. We are therefore asking serving RAF personnel who wish to help host our guests, at venues in or around their home town, to contact us.

The locations for the rest of the 2008 Season are shown on the table opposite.

If you are unable to attend but wish invitations for family and/or friends then please contact us with their details.

If you wish to help or have any questions than contact the team at Air Command on:
Mil: 95521 ext 5727/5729
Civ: 01494 495727/5729
e-mail: albie.fox556@mod.uk

Remaining 2008 Season Locations

June	October
3 Grimsby	01 Kings Lynn
4 Hull	02 Wakefield
17 Edinburgh	06 Newcastle
18 Dundee	07 Newcastle
19 St Andrews	08 Sunderland
23 Forres	21 Salisbury
24 Inverness	22 Southampton
25 Oban	23 Southampton
26 Livingstone	
September	November
16 Llandudno	03 Swindon
17 Birkenhead	04 Worcester
18 Ellesmere Port	24 Hemel Hempstead
30 Norwich	25 Slough
	26 High Wycombe

RAF Bulletin

June 2008



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Fit For Operations

Fitness, Adventurous Training and the Moral Component of Warfare

The UK is currently involved in 2 significant conflicts that have lasted longer than both World Wars. The impact of these conflicts has spread beyond the countries involved and affected entire regions with the resultant blowback touching Europe and the UK, as witnessed by the bombings in Madrid and London. All the forecasts are that these are "enduring" conflicts and as such they reflect the changing nature of warfare. The question before us is: have we changed sufficiently in the way we prepare ourselves to increase our chances of success in this new environment of conflict?

Many things contribute to what is known as the moral component of warfare. Most significant are the resolve of leaders and the emotional stamina of the individual fighting man or woman. With the increasing use of terrorism as a tactic particularly, it is the ability to manage fear, muster courage and maintain focus on the goal which

helps to ensure success. These qualities are part of what we call the winning spirit. The Winning Spirit concept is therefore more critical today to the RAF's success than ever before because of the changing nature of conflict.

There is another change which underlines its increasing relevance. That is the fact that almost for the first time in its history, the ground branches of the RAF are as likely as aircrew to have direct contact with the enemy. Today there are SACs and NCOs all over Iraq and Afghanistan in previously unimaginable close proximity to the enemy. So, the Winning Spirit is very much for the mass market in the RAF.

The good news is that the RAF is well placed to deliver that spirit - we exploit the widest range of techniques ranging from sport through to adventurous training. Unlike the other Services, we have

a professional PE Specialisation. PE officers need some of the highest entry qualifications and standards; they have produced capabilities such as the Force Development Training Centres which are the envy of our sister Services and which were assessed last year by an IIP assessor as world class; and it's a Specialisation in which several individuals are pushing the boundaries to continually improve the service they deliver. For example, some officers have adapted the techniques from the adventurous training environment to improve the success rate of flying training.

The not so good news is that we still have some way to go if we are to embed Winning Spirit into the RAF's culture. We still have people who think that all we need to do is get a team of people to go for a romp on the hills and something magical will happen and they will return more war-like than when they left. Very few people understand the physical,



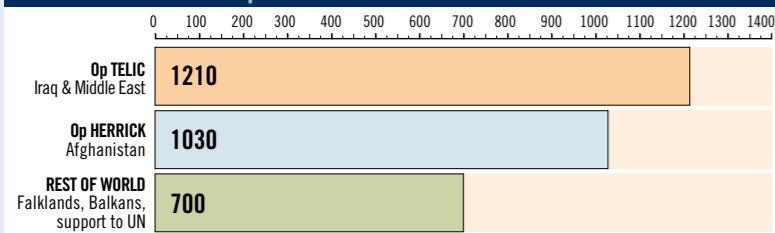
psychological and emotional changes that need to be made by each individual for him or her to perform at their best. Fewer still know how to deliver those changes.

That gap is rapidly being filled by the Force Development strategy and by our increasing emphasis on sport, physical fitness and adventurous training combined with knowledge of emotional intelligence. When used with the right understanding and attitude, these activities can and do develop the physical and emotional resilience needed to win in challenging circumstances. The PE Specialisation and the PTI trade are at the centre of an increasing body of expertise in designing, delivering and coaching a range of physical and cerebral activities that develop the right martial spirit for current operations.

Bulletin Update

RAF Personnel on Operations

Total.... 2940



Squadrons & Assets on Deployed Operations

All current operations are served by C17, C130, TriStar and VC10. Nimrod R1 (51 Sqn) also deploy on a regular basis into theatre.

TELIC, HERRICK & Counter-Terrorism	Balkans
HS125 & BAe 146 (32 (TR) Sqn)	5131 (BD) MMU
Nimrod MR2 (120 & 201 Sqn)	Sqn 2MT
C130J (24 & 30 Sqn)	5001 Sqn JHSU
C130K (47 & 70 Sqn)	591 SU SPW
Tornado GR4 (14 Sqn)	1 AMW
Harrier (1(F) Sqn)	1 ACC
Chinook (18 & 27 Sqn ExCES)	ATC
Puma (33 & 230 Sqn)	ERAS
Merlin (28 & 78 Sqn)	MAOT
VC10 (101 Sqn)	93 (EA) Sqn
TriStar KC1 (216 Sqn)	TCW
RAF Regt (2 & 3 Sqn)	TIW
Reaper (39 Sqn)	TSW
No 1 & No 3 RAF FP Wg HQs	TMW
Jt CBRN Regt	TPW

Spotlight on... The Operational Remedial Instructor



The Remedial Instructor (RI) is a key element in the maintenance of Air Power.

RIs are currently deployed on Operations as essential members

of the Deployed Medical Rehabilitation Team (DMRT). They deliver Medical Rehabilitation forward to ensure that musculo-skeletal injured personnel are effectively assessed, managed and treated in theatre, returning individuals to full operational fitness as quickly as possible - the provision of "end to end care" from point of injury to fit for task.

The advent of DMRTs heralded greater support to in-theatre medical services and Operational Commanders, as musculo-skeletal injury is an inevitable consequence of the operational environment.

Joint Service RIs have been

deployed on Operations in the Balkans, Iraq and Afghanistan since 2002 and they continue to be routinely deployed on Op TELIC and Op HERRICK. Of the 39 deployed so far, 12 have been RAF RIs and this level of support is set to continue for the foreseeable future.

The process of Medical Rehabilitation in support of operations continues through the wider Defence Medical Rehabilitation Programme. RIs are employed at DMRC - Headley Court, Service-wide Regional Rehabilitation Units and within Primary Care. This process and the close liaison with Physical Education Staffs ensure that the

operational effectiveness and the fitness of Service personnel is maintained.

The future operational role for RAF RIs is to continue to provide support to Land Operations as required and to develop the RAF's ability to deliver appropriate medical rehabilitation as an integral element of Expeditionary Air Wings.



Bulletin Feedback

The aim of this Bulletin is to provide personnel with a ready aide-memoire on activities which the RAF is planning or has undertaken, and other related information relevant to a wide audience. If you have any comments please contact Sqn Ldr Rovery (HQ Air, Briefing & Coord 1) on 95221 6438 (fax 6454). For distribution call 95221 6303.

And finally... Aviation Safety

We must all be prepared for operations - and that includes being prepared for the pressures which will surface when deployed. One of the greatest of these is the self-induced pressure we inflict by

implementing unrealistic targets and timelines to tasks we are set. This leads on to personnel taking well-intentioned but non-standard measures to try to save time, which will lead to errors and pitfalls setting the task

back hours or days, sometimes irreversibly. So next time you are trying to shave 5 mins off by doing something quickly / taking a short-cut, ask yourself "Is this really sensible? - Do I need to do this?"



Heat Acclimatisation Training

Introduction

Living, operating and fighting in hot and humid conditions significantly increases the thermal load on the body, increasing one's susceptibility to performance impairment and ultimately, heat illness. Although these dangers cannot be entirely eliminated, due to the variable and unpredictable nature of operations, they can be greatly reduced by prior acclimatisation and the maintenance of a good level of physical fitness. In addition to adopting a positive attitude to the RAF Fitness Strategy, personnel deploying to Op TELIC and Op HERRICK during the summer months (15 Mar - 30 Nov and 15 Mar - 31 Oct respectively)



must undergo mandatory heat acclimatisation trg (HAT).

Rationale

HAT for RAF personnel is completed in two stages: Pre-deployment and in-theatre.

Pre-Deployment HAT
Whilst acclimatisation achieved in temperate climates is limited, an adequate degree of aerobic fitness and regular (moderate to high intensity) physical activity hastens the development of acclimatisation and substantially improves exercise heat tolerance, due to the elevation of the body's core temperature and sweat response. Personnel deploying during the summer months are to undertake a supervised, structured and progressive HAT programme through their PE staffs.

In-theatre HAT

The acclimatisation response in-theatre is greater if heat (environmental) exposure and

exercise are combined. Studies conducted through the Institute of Naval Medicine, have shown that controlled and progressive exercise (for up to 100 minutes at a time) performed in a hot environment hastens heat acclimatisation further. Most improvement in heart rate, skin and core temperatures and sweat rate are achieved during the first week of HAT with the majority of thermoregulatory improvements complete after 10 to 14 days of exposure.

Process

On receipt of a deployment notification, immediately report to your Stn PE Fit. Your local PE staffs will brief you on HAT, prescribe, monitor and assess a pre-deployment trg programme (for up to 6 weeks in duration dependant upon occupational group and notification status) and agree a suitable date for fitness testing. Immediately prior to deployment, all personnel are to undertake the RAF Fitness



Test (RAFFT). This ensures that you remain 'in-date' RAFFT during deployment; and informs the in-theatre PTI of the duration required for trg (to facilitate this process, you must take your F7504 or blue fitness card with you on deployment). Once in theatre, report to the unit PE Fit within 24 hours of arrival for guidance on the HAT to be undertaken.

For more information, please read pages 23-27 of your 'Fit For Life' booklet or see JSP 539.

RAF FP TRAINING

A Shot in the Arm for Force Protection!

RAF Force Protection (FP) training has recently undergone a revamp to better prepare RAF Service personnel for operational deployments. However, it's not just been Pre-Deployment Training (PDT) that has been refreshed; Common Core Skills (CCS) and Initial Ground Defence Training (IGDT) have also undergone a makeover to make them more operationally relevant and to provide a more robust military grounding for our personnel.

Through Life FP Training. The idea is that all elements of FP training should be complimentary to each other and not only better develop individual FP skills but also develop 'the war-fighter' in our personnel.

CCS. CCS has been the bedrock for the delivery of common military skills to RAF personnel. It's now been redesigned to provide a more operationally

relevant training experience. Its duration remains at 1 day however the need to complete it annually has changed depending on your readiness state:

a. Readiness State 1 – 5 annual CCS training remains mandatory.

b. Readiness States 6 – 10 CCS training is now mandatory biannually.

c. For RAF Regiment personnel the completion of formal CCS training is no longer required PROVIDED that all the CCS package training objectives are met in the course of their annual training cycle.

It is vital that CCS remains relevant and operationally focussed. Latest revisions include the addition of training in:

a. Actions on an Indirect Fire Attack (IDF) and Improvised Explosive Devices (IED).

b. Operational hazards such as environmental health, driving in theatre and health and safety on operations.

c. Operational Security (OPSEC).

d. Combat First Aid (FA) awareness including use of combat FA equipment.

Pre-Deployment Training.

Category A courses (Enhanced IRT) prepare those personnel who are required to operate routinely 'outside the wire' whilst Cat B courses (IRT) prepares those personnel who work on-base but who may, occasionally, be required to deploy out. A fundamental change is that both Cat A and B qualifications can now be extended from 1 to 2 years by undertaking a refresher course at the 12 month point, provided the individual has completed an **Operational tour** in the interim period.

Cat A courses remain at 10 days duration but Cat B courses have now been extended from 4 to 5 days which allows greater reinforcement of the training provided. The emphasis of the courses has altered to give more consideration to those practical skills required on operations. Cat A Refresher Training will take 5 days and Cat B Refresher Training will take 2 days.

Does it work? YES is the bottom line! Personnel coming back from both Iraq and Afghanistan have reported positively on how their PDT prepared them for the rigours



and hazards of current operations. Not only that but the courses are great confidence builders and quite simply provide 'more than the sum of the parts'!

Summary

The RAF has a robust approach to FP that has been proven extensively on operations against significant challenges and FP capabilities are evolving to provide an even better FP effect. This is especially important given the increasing frequency of attacks against our personnel.



Challenges of Leading The British Services' Makalu Expedition 2008



An Adventurous Training Expedition can be as simple as a Wednesday afternoon's rock climbing in the Peak District. It's simple to organize, with 'can-do' Gymnasium staff, a few instructors and an FMT3 to get a minibus for the afternoon. I have had the privilege of leading something on a slightly larger scale and I wanted to share some of the challenges associated with organizing such a beast.

The Joint Services' Mountaineering Committee launches a major tri-Service Expedition to the Greater Ranges every 4 years. As a member of the 2004 attempt on the South East Ridge of Makalu, I was selected to lead the 2008 Expedition. In 2004 we were beaten back by bad weather on an

It has become a tradition on these Expeditions to take a Development Team who may have some Alpine experience but have yet to be introduced to the challenges of the greater Himalaya. Finally, we decided that we should have a Junior Team, comprising mainly Junior Ranks, who had next to no experience of mountaineering at all.

With the concept sorted out, we now had about 2 years to raise over £300K, appoint an in-country agent to provide Porter, Sherpa and Base Camp support and select and train the teams. Not to mention getting the Expedition approved by HQ 22 (Trg) Gp and receiving diplomatic clearance to operate in Nepal. Let's look at each of these areas in turn.

(Trg) Gp) and the Joint Services' Expedition Trust. Commercial sponsorship certainly also helped but the thing to remember with the financial plan is that it is a moveable feast. Be prepared for last minute cost increases and ensure you have contingency plans.

In-Country Support

It is impossible to run an Expedition to an area like the Himalayas without in-country support. You need to get your equipment to Base Camp, you need life support and on an 8000m peak you really need climbing Sherpas. There are many agents in Nepal who can sort this out for you – all with differing reputations and costs. In the past, the Services have always used a UK agent as a middle man. The benefit of a UK agent is an English speaking voice on the phone and the ability-to-face to face meet over itineraries. The disadvantage is that they take a fairly hefty cut of the profit. I have to say that the in-country support we have received so far has been absolutely fantastic. We have had very can-do Sherpas, good Base Camp support and a good re-supply chain at one of the most remote Base Camps in the World.

Selection and Training

Selection and training is an important but time-consuming responsibility. For us, this was a process that began about 2 years before departure, as the Expedition had to be advertised in a DIN and across the respective Service mountaineering associations. People needed to be given sufficient time to apply and then one has to select from the pool and run a training programme. We interviewed all applicants at a selection weekend at Joint Service Mountain

Training Centre (JSMTC) Indefatigable. It is worth noting that a large pool of candidates is required for a trip such as this. People let us down at the last moment by dropping out and today's operational tempo means that many people are required at quite short notice for deployments.

Expedition Approval

There are strict rules governing the conduct of adventurous training which, while very relevant to Unit organized activities such as those described in the first paragraph, do not always lend themselves to activities such as climbing 8000m peaks! In the case of an RAF lead, it is TPEd in HQ 22 (Trg) Gp who are the approving authority for Expeditions such as this. TPEd will grant a degree of flexibility provided you can demonstrate that all the risks have been identified and mitigated as far as is practicable.

The Expedition Itself!

After nearly 3 years of working over-time, on top of a busy job in the MOD; planning and fretting about fund-raising; losing key people at the 11th hour, having run out of reserves and at times wondering if it was all worth it – we finally got on a plane and flew out Nepal. At the time of writing this article, we have put the 6th Briton on the summit of Makalu, we have another summit team on its way to Camp 2 for their summit attempt and the South East Ridge team is poised for a good chance of success on their side of the mountain. Ultimately though, some 42 personnel of all abilities, from across the 3 Services, have experienced a once-in a lifetime opportunity facing teamwork and leadership challenges otherwise only faced on operations.

Squadron Leader Dave Tait, MOD Main Building



Fit Lt Jonathan 'Percy' Percival on the summit of Makalu, 4 May 2008.

extremely difficult route that has had very few ascents. We gained a great deal of knowledge of that route and I thought it would be folly not to go and give it another attempt. There was a need to open the opportunities to a wider audience and the traditional route on the North Side of the mountain offered an easier, yet still very demanding route to the summit. Moreover, the mountain had never been traversed from the South Eastern side to the Northern side so this offered a World first.

Finance

Finance has probably been the greatest cause of sleepless nights for me over the last 18 months! With a budget of over £300K to raise, the odds were daunting. We were able to apply to a great many non-public funds including the Sports Lotteries of all 3 Services. Other good sources of income were the RAF Sports Special Projects Grant (through HQ 22

Medical Downgrading and Deployment

The current operational tempo and frequency of out of area deployments has resulted in a review of the medical downgrading process to ensure that it is flexible enough to maintain this output. Typically, about 4000 personnel (less than 10% of RAF population) are medically downgraded at

any one time. However, being medically downgraded does not automatically imply exclusion from deployments. The 3 categories within the medical system identify what role personnel can do (whether this is in the air or on the ground) and, crucially, where they can do it.

The Figures

During a typical year, approximately 17,220 RAF personnel are placed on the Deployment Warning Role (DWR). During Jan-Jul 07, 99 personnel were removed for medical reasons (some of which were pre-existing),

with a further 98 personnel removed for non-medical reasons. However, there are currently 31 RAF personnel who are serving in Afghanistan, Iraq and other deployed locations despite being medically downgraded.



Fit Lt Marchant, Pilot

- Medically downgraded in December 2006 following knee injury.
- About to deploy for the 3rd time (whilst downgraded) to Op Telic.

"I am still able to deploy as before I was downgraded. It hasn't affected my ability to do my job. There is a need for more management of my injury and increased liaison with the medical centre, but this does not stop me from deploying and doing my bit."

