

Selection:

- a. **Registration (27 May – 07 Jul 19).** The application form for Registration will be available at no cost at the two Army Careers Information Offices (ACIOs) at British Gurkhas Pokhara (BGP) and British Gurkhas Dharan (BGD). Completed forms must be submitted in person and the PRs will be asked to sign a record of submission. PRs must bring the original documents and photocopies as described below para 5 as applicable. Applicants are to decide whether they are applying for enlistment into the British Army (BA) or Gurkha Contingent Singapore Police Force (GCSPF). In addition PRs must bring PT shorts and a black ball pen for registration. The BA applicants must do 6 over arm heaves and a minimum of 76 kg Mid-Thigh Pull to register. If BA numbers Registering are too large, we will use the mid-thigh pull score to decide who comes to Regional Selection. The GCSPF applicants must do 8 over arm heaves to register. Instructions for Regional Selection will be published on the British Gurkhas Nepal website <http://www.army.mod.uk/bgn> , at ACIOs, at British Gurkhas Kathmandu (BGK) and at Area Welfare Centres on 15

Jul 19.

PRO-FITNESS
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Dharan-15, Dasarath Path, Sunsari, Nepal

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- **b. Regional Selection.** Only those PRs who have submitted an application form and met the minimum criteria set out above will be permitted to attend Regional Selection (RS) either in Pokhara or Dharan. Different dates for attendance will be allocated as per the zilla where a PR is registered according to his NPP.

Physical Assessment. You must train for all of the physical Assessments below:

- **800m run:** Best effort, under 2 minutes and 40 seconds.
- **Repeated Lift and Carry (Short):** 20 kg burden carry from 1.5 platform over 30 meters followed by 30m without burden. (Best effort, 5 laps with burden, 4 without, in under 1 minute and 50 seconds)
- **Over Arm Heaves (GCSPF Only):** As many heaves to the beam as possible (minimum 12, no time limit).
- **Medicine Ball Throw (BA Only):** 4 kg Medicine Ball Throw from sitting position (best effort, throw over 3.10 meters).
- **Mid-Thigh Pull (BA Only):** Best effort, minimum requirement 100 kgs.

Medical: There will be basic medical checks.

Education. For both BA and GCSPF there will be written English and Mathematic tests – though BA and GCSPF use different test papers.

At the end candidates will be interviewed in English and Nepali by a board consisting of one British and one Gurkha Officer.