

OUTDOOR BASIC TRAINING SYLLABUS FOR CADET SI (UB)

OUTDOOR TRAINING ABSTRACT

Total training days available = 210 days Total periods for outdoor training (210 x 5) = 1050 periods Duration of 01 (one) Outdoor Period = 40 Minutes Outdoor Periods to be allotted in Morning Session = 03 Periods Outdoor Periods to be allotted in Afternoon Session = 02 Periods Periods on Physical Fitness (PT) to be allotted in each training day = 01 Period Periods on Games / Gym to be allotted in each training day = 01 Period

SL.NO.	OUTDOOR SUBJECTS	PERIODS	MARKS
1.	PT	210	100
2.	YOGA	40	25
3.	DRILL	150	100
4.	WEAPON TRAINING & FIRING	125	200
5.	SWIMMING	40	25
6.	DRIVING	75	25
7.	GAMES / GYM	210	-
8.	EXPLOSIVES & BOMB DETECTION / DISPOSAL	10	-
9.	EQUESTRAIN	30	25
10	UAC	30	25
11.	FIELD CRAFTS & TACTICS, MAP READING, NAVIGATION	50	75
12.	ONE MINUTE DRILL	20	-
13.	MODULAR TRAINING ON RIOT CONTROL MANAGEMENT WITH LESS LETHAL WEAPONS	60	-
	Total	1050	600

SL. NO.	SUBJECTS	PERIODS	MARKS
I PHYSICAL FITNESS PROGRAMME (PT) Periods on PT will be allotted in every training day.			
1.	PT Table 1 to 6 of Eastern Frontier Rifles		
2.	PT Table Card 1 to 2 of West Bengal Police		
3.	<p>Run (A trainee who achieves the target prescribed below will qualify to appear Final Examination.</p> <p>For Male Trainees</p> <p>(a) Stamina (3 Periods of 40 Minutes each or 2 Hours per fortnight)</p> <p>End of 2nd Week - Run- 2.4 Km in 12 Minutes (as beginner)</p> <p>End of 4th Week – Run- 4 Km in 20 Minutes</p> <p>End of 6th Week – Run- 6 Km in 30 Minutes</p> <p>End of 8th Week – Run- 7 Km in 35 Minutes</p> <p>End of 10th Week – Run- 8 km in 40 Minutes</p> <p>End of 12th Week – Run- 9 km in 45 Minutes</p> <p>End of 14th Week – Run- 10 km in 50 Minutes</p> <p>End of 16th Week – Run- 11 km in 55 Minutes</p> <p>End of 18th Week – Run- 12 km in 60 Minutes</p> <p>(To be maintained at this level for the remainder of the training)</p> <p>For Female Trainees</p> <p>End of 2nd Week - Run- 1.6 Km in 10 Minutes (as beginner)</p> <p>End of 4th Week – Run- 2 Km in 12 Minutes</p> <p>End of 6th Week – Run- 4 Km in 24 Minutes</p> <p>End of 8th Week – Run- 5 Km in 30 Minutes</p> <p>End of 10th Week – Run- 6 km in 36 Minutes</p> <p>End of 12th Week – Run- 7 km in 42 Minutes</p> <p>End of 14th Week – Run- 8 km in 48 Minutes</p> <p>End of 16th Week – Run- 9 km in 54 Minutes</p>	210	100

<p>End of 18th Week – Run- 10 km in 60 Minutes</p> <p>(To be maintained at this level for the remainder of the training)</p> <p>B) Endurance (3 periods of 40 minutes each or 2 hours fortnight)</p> <p>For Male Trainees</p> <p>End of 3rd Week – Walk without rifle in uniform 4 Km.in 40 minuits.</p> <p>End of 5th Week – Walk with rifle in FSMO B Scale Dress 5 kilometres in 50 Minutes</p> <p>End of 7th Week – Walk with rifle in FSMO B Scale Dress 6 kilometres in 60 Minutes</p> <p>End of 9th Week – Walk with rifle in FSMO B Scale Dress 8 kilometres in 80 Minutes</p> <p>End of 11th Week – Walk with rifle in FSMO B Scale Dress 10 kilometres in 100 Minutes</p> <p>End of 13th Week – Walk with rifle in FSMO B Scale Dress 12 kilometres in 120 Minutes</p> <p>End of 15th Week – Walk with rifle in FSMO B Scale Dress 14 kilometres in 140 Minutes</p> <p>End of 17th Week – Walk with rifle in FSMO B Scale Dress 16 kilometres in 160 Minutes</p> <p>(To be maintained at this level for the remainder of the training)</p> <p>For Female Trainees</p> <p>End of 3rd Week – Walk without rifle in uniform 3 Km.in 30 minuits.</p> <p>End of 5th Week – Walk with rifle in FSMO B Scale Dress 4 kilometres in 40 Minutes</p> <p>End of 7th Week – Walk with rifle in FSMO B Scale Dress 5 kilometres in 50 Minutes</p> <p>End of 9th Week – Walk with rifle in FSMO B Scale Dress 6 kilometres in 60 Minutes</p> <p>End of 11th Week – Walk with rifle in FSMO B Scale Dress 7 kilometres in 70 Minutes</p> <p>End of 13th Week – Walk with rifle in FSMO B Scale</p>		
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<p>Dress 08 kilometres in 80 Minutes</p> <p>End of 15th Week – Walk with rifle in FSMO B Scale Dress 09 kilometres in 90</p> <p>End of 17th Week – Walk with rifle in FSMO B Scale Dress 10 kilometres in 100 Minutes</p> <p>(To be maintained at this level for the remainder of the training)</p> <p>“B-Scale” – Dungree – Boot (Ammunition / Jungle), Anklet, Web Belt, Pouch, Haver Sack (Small) with 05-08 Kg Wt., Jungle Hat & Rifle</p> <p>Physical Training also included For Male Trainees :</p> <p>1600 Mtrs. Run (Excellent – 6.3 Minutes, Good – 07 Minutes, Satisfactory – 08 Minutes)</p> <p>100 Mtrs. Run (Excellent – 12 Sec., Good- 13 Sec. , Satisfactory – 14 Sec.</p> <p>Chin UP – (Excellent – 10 Times, Good – 08 Times, Satisfactory – 06 Times)</p> <p>Sit Up – (Excellent – 40 Times, Good – 35 Times, Satisfactory – 30 Times)</p> <p>Push Up - (Excellent – 35 Times, Good – 30 Times, Satisfactory – 25 Times)</p> <p>Beep Test - (Excellent – Level 10, Good – Level 9, Satisfactory – Level 8)</p> <p>Obstacle – Gate Vault, Double Ditch, 08 Ft Wall, Clear Jump, Ramp, Tunnel, Zig Zag Balance, Step Up</p> <p>Physical Training also included For Female Trainees :</p> <p>800 Mtrs. Run (Excellent – 3.3 Minutes, Good – 3.5 Minutes, Satisfactory – 4 Minutes)</p> <p>100 Mtrs. Run (Excellent – 13 Sec., Good- 14 Sec. , Satisfactory – 15 Sec.</p> <p>Chin UP – (Excellent – 10 Times, Good – 08 Times, Satisfactory – 06 Times)</p> <p>Sit Up – (Excellent – 40 Times, Good – 35 Times, Satisfactory – 30 Times)</p> <p>Push Up - (Excellent – 35 Times, Good – 30 Times, Satisfactory – 25 Times)</p> <p>Beep Test - (Excellent – Level 10, Good – Level 9, Satisfactory – Level 8)</p> <p>Obstacle – Gate Vault, Double Ditch, 08 Ft Wall, Clear Jump, Ramp, Tunnel, Zig Zag Balance, Step Up</p>		
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II PHYSICAL FITNESS PROGRAMME (YOGA)

	<p>Yogasanas</p> <p>a) Pawan muktasan group and surya namaskar b) Ashans for eyes(six ashans) c) Shithlikaran ashans(Six ashans) d) Bajrashans and ashans of bajrashan group(four ashans) e) Ashans of standing, sitting and lying positions f) Medium ashans group(Yog mudra, matsyasana, kukutasana, garbhasana) g) Back bending ashanas (Bhujang ashanas, sarpasana, shalabhasana, chakrasanas) h) Forward bending ashanas(Paschimotara asana, pad hastasana. i) Asanas with the help of head(Shirsha asana, sarvang asana, halasana) j) Asanas for balance(balancing asanas, bikrsana, tuladandasana) k) Pranayama</p> <p>Reference : Asanas, pranayama, mudra, bandha, by Swami Satyanand Saraswati of Bihar Yoga Vidyalaya, Munger.</p>	40	25
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III DRILL

Drill (Marks 75) (1 period per day for 12 weeks; then 3 periods per week for 12 weeks; then 2 periods per week for the remaining period of training): Definition, object of drill, theory of drill training, preparation, method of training, general instruction, words of command, inspection.

SL. NO.	SUBJECTS	PERIODS	MARKS
1.	Attention – stand at ease and stand easy.	1	
2.	Turning and including at the half.	1	
3.	Dressing.	1	
4.	Forming up in three ranks.	1	
5.	Numbering and proving.	1	
6.	Open and close order at the half.	2	
7.	Dismissing and falling out-sizing.	1	
8.	Getting on parade length of place and time reaching.	1	
9.	Formation of squad with intervals.	1	

10.	Marching in quick time and half.	1	100
11.	Side pace – paces forward and to the rear.	1	
12.	Marching in slow and at the half.	2	
13.	Wheeling, turning and diagonal march in slow time.	2	
14.	Marking time forward and half at slow time.	1	
15.	Marking time forward and half at the quick and double time.	1	
16.	Changing step in slow and quick time.	1	
17.	Marching making time and halting in double time.	1	
18.	Breaking into slow, quick and double time.	1	
19.	Marching in line in slow time-wheeling in line in slow time.	2	
20.	Chang direction by forming at the half – and on the march in slow time.	1	
21.	Chang direction by forming at the half – and on the march in quick time.	1	
22.	Squad Drill in position of halt	3	
23.	Marching	3	
24.	Salute without Arms	1	
25.	Inspection regarding salute	1	
26.	Platoon Drill in threes in position of halt	3	
27.	Formation of two lines	2	
28.	Marching in a file	2	
29.	Arms Drill : Attention	4	
30.	Stand at ease	4	
31.	Stand easy	4	
32.	Slope Arms	2	
33.	Order Arms	2	
34.	Present Arms	4	
35.	Port Arms	2	
36.	Examine Arms	2	
37.	Trail Arms	2	
38.	Secure Arms	2	

39.	Change Arms	2	
40.	Short Trail	2	
41.	Sling Arms	2	
42.	Lathi Drill	5	
43.	Extended Order Drill	5	
44.	Ceremonial Drill	10	
45.	Street Lining	13	
46.	Guard Checking	8	
47.	Squad Drill with Arms	15	
48.	Platoon Drill with Arms	20	
TOTAL		150	

IV WEAPON TRAINING :

(Average of 12 periods per weapon, except 9mm pistol for which 14 periods be earmarked for a total of 38 periods of 30 minutes) (Marks 75)

SL.	SUBJECTS	PERIODS	MARKS
1	.303 rifle : Opening, assembling, sight setting, cleaning & safety, load unload, holding, aiming, trigger operation, one round fire, change of sight-aiming two, bolt manipulation, high standard cleaning, snap shooting, aiming three, aiming four, parrying, fire from low cover, fire on moving target, method of working of rifle.	10	10
2	.38 revolver : Safety precaution, cleaning, loading unloading, holding, aiming, cock, uncock, assembling.	10	15
3	9 mm pistol : Safety precaution, cleaning, loading unloading, holding, aiming, cock, uncock, assembling.	10	20
4	7.62 mm SLR : Introduction, opening, safety precaution, cleaning, loading, unloading, holding, aiming, cock,	10	10

	uncock, assembling.		
5	AK 47 rifle : Introduction, opening, safety precaution, cleaning, loading, unloading, holding, aiming, cock, uncock, assembling.	10	10
6	5.56 INSAS rifle: Introduction, opening, safety precaution, cleaning, loading, unloading, holding, aiming, cock, uncock, assembling	10	10
7	Musketry Dry & Range Fire	90	125
TOTAL		150	200

MUSKETRY PRACTICE & FINAL FIRING AT RANGE

Sl.	Type of Arms	1 st Periodical Practice (Not evaluated)	2 nd Periodical Practice (Not evaluated)	Final Examination	Total Ammunition	Marks for Final Examination
1	.303" Rifle	4	4	12	20	12 X 02 = 24
2	.38" Revolver	6	6	6	18	06 X 02 = 12
3	9 MM Pistol	6	6	6	18	06 X 02 = 12
4	7.62 MM SLR	5	6	14	25	14 X 02 = 28
5	AK-47 Rifle	5	5	12	22	12 X 02 = 24
6	5.56 MM INSAS	5	5	12	22	12 X 02 = 24
TOTAL		31 Rds.	32 Rds.	62 Rds.	125 Rds.	124 Marks
Range Discipline		-	-	-		01 Mark
Grand Total		-	-	-		125 Marks

Marks for Bull : 02, Marks for Centre : 01

[TARGET SIZE FOR .38" REVOLVER & 9 MM PISTOL – FIGURE TARGET]

[TARGET SIZE FOR .303" RIFLE, 7.62 MM SLR, AK-47, 5.56 MM INSAS – 3 FT. DIA METER]

V. SWIMMING

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Introduction with Swimming & Pool	2	25
2	Breathing Control	3	
3	Leg Action	10	
4	Arm Action	10	

5	Combined Swimming	5	
6	Various Type of Swimming	10	
TOTAL		40	

VI. DRIVING

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Maintenance of Motor Cycle & Jeep	10	25
2	Mechanism of Motor Cycle & Jeep	10	
3	Driving of Motor Cycle & Jeep	55	
TOTAL		75	

VII. GAMES & GYM

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Athletic & Games (Football, Volly Ball, Basket Ball, Kabadi, Cricket etc.) – Periods on Games / Gym will be allotted in every training day.	210	
Total Number of Periods		210	

VIII. EXPLOSIVE & BOMB DETECTION / DISPOSAL

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Definition – Types of Explosives and accessories.	1	
2.	Initiation – Charge – Chain of detonation.	3	
3.	Claymore Mines and Improvised explosive Devices (IEDs) – Bomb diffusion and disposal, country made bombs	3	
4.	Precaution against explosives.	3	
Total number of periods:-		10	

IX EQUESTRAIN

SL.NO.	SUBJECT	PERIOD	MARKS
1.	Mounting / Dismounting	30	5
2	Walk & Trot		20

X UNARMED COMBAT

SL NO.	SUBJECT	PERIOD	MARKS
1.	Destroying energy of karate, taking of position, art of falling, exercise of karate for beginners, self defence in case of attack with knife, lathi, gun, pistol etc.	30	25
	Total Number of Periods	30	25

XI FIELD CRAFTS & FIELD TACTICS

SL NO.	SUBJECT	PERIOD	MARKS
1.	Field Craft :-		75
	a) Definition of Field Craft. Why Things are seen Demonstration	4	
		3	
	b) Judging Distance / Demonstration	3	
	c) Indication & recognition of targets	3	
	d) Camouflage & Concealment / Demonstration	3	
	e) Fire Control Order	3	
f) Observation by Nights	3		
g) Stalking / Demonstration			
2.	Field Tactics :-	6	
	a) Patrolling / Demonstration	3	
	b) Ambush / Demonstration	3	
	c) Cordon & Search of a village / Demonstration	3	
	d) Hostile hideout operation / Demonstration	3	
	e) Combing operation / Demonstration	3	
	f) Contingency plan & Camp Sentry in LWE Area		
3.	Map Reading, Navigation	7	

XII ONE MINUTE DRILL

SL.NO.	SUBJECT	PERIOD	MARKS
1.	One Minute Drill	20	
Total Number of Periods		20	

XIII) Modular Training on Riot Control Management with Less Lethal weapons**1) Riot Control Management**

Sl.	Details of Subject	Outdoor Periods	Indoor Periods
1	Police - Community relation – Impediments for maintaining healthy police – Community relation	-	01
2	History & causes of communal violence, socio-political, economic agitation / unrest	-	02
3	Dispersal of Unlawful Assemblies : Legal provisions (Sec. 129 to 132 Cr.Pc) Aid to Magistrate & Police (Sec. 37 & 39 Cr.PC) Riot Control : Situation Analysis	-	03
4	Riot control & use of force – Legal aspect – Arrest of Persons (Sec. 41, 44, 45, 46, 47, 49, 51, 53, 54, 56, 57 Cr.PC)	-	02
5	Procedure & use of Fire Arms if necessary, PRB Sec. 133 to 145, 151 to 156 (ii), Preventive action of Police (Sec. 149 to 152 Cr.PC), General exception (Sec. 76 – 95 IPC), Right of private defense (Sec. 96 to 106 IPC), Riot Control & Protection of Human Rights – Do's & Don'ts	-	04
6	Riot Control Case Studies	-	04
7	Guiding principles for developing SOP for riot control & tactics	-	02
8	Handling of Cane & Shield, Riot control formations, Anti Riot Drill	7	-
9	Mock Drill	03	-
10	Self defense drill, Maintaining security Drill & All round defense	03	-
11	Cordon & Search in Riot affected area	02	-
12	Evaluation by demonstration (By trainers & trainees)	03	-
13	Procedure & use of Fire Arms if necessary	02	-
14	SOPs for Special Situation	02	02
15	Evacuation plan	03	-
TOTAL PERIODS		25	20

2) Crowd Control & Event Management

Sl.	Details of Subject	Outdoor Periods	Indoor Periods
1	Mob Psychology, Mass Hysteria	-	01
2	General principles of Crowd Control & Management	-	01
3	Organising major public event (handling of religious, political, economical and social gathering)	-	02
4	Steps in preventing panic of crowd	-	01
5	Analysis of psychological transformation of crowd participants	-	01
6	Crowd Management : Situational Analysis, Legal procedure of taking Administrative action & liaison with other agencies	-	02
7	Crowd Management : Case Studies	-	04
8	Crowd dispersal	04	-
TOTAL PERIODS		04	12

3) Use of Less Lethal Weapons & Tactics

Sl.	Details of Subject	Outdoor Periods	Indoor Periods
1	Introduction and importance of less lethal weapons & tactics	02	02
2	Less lethal weapons practiced in India	-	01
3	Details regarding less lethal munitions, equipments & TSMs including Power Point Presentation	02	-
4	Protective gears	01	-
5	Introduction to Vajra & Water Cannon	02	-
6	Gas Gun & Anti Riot Gun, Truncated Gun, 12 Bore Pump Action Gun etc.	02	-
7	Firing of Munitions by trainees	04	-
TOTAL PERIODS		13	03

4) Protection of Human Rights in relation to Crowd Control, Mob Dispersal & Riot Control

Sl.	Details of Subject	Outdoor Periods	Indoor Periods
1	Human Rights – Definition, necessity, basic characteristics	-	02
2	The protection of Human Rights Act 1993 : Relevant provisions – Means to protect Human Rights : Methods and Strategies	-	01
3	Protection of Human Rights – Do’s and Don’ts	-	01
TOTAL PERIODS		-	04

5) First Aid : Principles & Procedure

Sl.	Details of Subject	Outdoor Periods	Indoor Periods
1	Initial assessment & Physical Examination	-	01
2	Basic Life Support and Cardiopulmonary Resuscitation	-	01
3	Injuries – Soft tissue injuries, Musculoskeletal injuries, Injuries to the skull, spine and chest	-	01
4	Poisoning, Burns and environmental emergencies	-	01
5	Lifting and moving patients	-	01
TOTAL PERIODS		-	05

6) Stress Management

Sl.	Details of Subject	Outdoor Periods	Indoor Periods
1	Basic idea & impact of stress management	01	-
2	Long walking hours without food & water	02	-
3	Meditation	03	-
TOTAL PERIODS		06	-

7) Media Management : Do’s and Don’ts

Sl.	Details of Subject	Outdoor Periods	Indoor Periods
1	Importance and Impact of Media Management	-	01
2	Do’s and Don’ts for Police Personnel	-	01
3	Case Studies	-	02
TOTAL PERIODS		-	04

8) Physical Training

Sl.	Details of Subject	Outdoor Periods	Indoor Periods
1	Road Run, One Minute Drill, NSG PT, Beep Test, Climbing of Artificial Climbing Wall	12	-
TOTAL PERIODS		12	-