

MY SON THE NS MAN

What Parents Should Know About NS

Information published in this booklet should be used as a general guide. Please note that MINDEF policies are periodically reviewed and servicemen would be subjected to prevailing guidelines. In the event of any doubt, the serviceman should refer to the relevant directives or consult their unit Manpower Officer.

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Dear Parents

Your son will be enlisted for full-time National Service (NS) soon. As a concerned parent, you may wish to better understand the training or lifestyle that your son will experience while serving his National Service (NS) in the Singapore Armed Forces, the Singapore Police Force or the Singapore Civil Defence Force. This handbook aims to provide you with a glimpse of all these and answer some commonly asked questions such as his ability to adjust to NS life, living conditions in camp, and safety in training.

We encourage you to go through this handbook for a better understanding of life in NS and the important role that your son will play in contributing to the national defence, safety and security of Singapore. For latest updates on NS matters, please visit iPrepNS (information on [Preparation for National Service](#)) website in the NS Portal (<http://www.ns.sg/iPrepNS>).

We hope you find this handbook and iPrepNS website useful and relevant. If you have further queries, you may contact us at the 24-hour NS Call Centre at 1800-eNSNSNS (1800-3676767) or email to contact@ns.sg for assistance.

Commander
Central Manpower Base

CONTENTS

PART 1 General Information on National Service

Chapter

1	What is National Service?	4
2	Why National Service?	5
3	Benefits from National Service	6
4	Total Defence	7 – 10

PART 2 Enlistment into National Service

Chapter

5	Registration for National Service	12
6	Preparation for National Service	13
7	National Physical Fitness Award (NAPFA) Test	14
8	Assignment to Various NS Organisations	15 – 22
9	Notification for Enlistment	23 – 24
10	Enlistment Day	25 – 33
11	Adjusting to National Service Life	34
12	Camp Living Conditions	35 – 36
13	Types of National Service Training	37 – 49
14	Training Safety	50 – 51

PART 3 More Information on National Service

Chapter

15	Service Benefits/Welfare	53 – 63
16	Core Values	64 – 66
17	The Four Phases of National Service	67
18	The Role You Play As A Parent	68
19	Conclusion	69

Contact Directory

70

PART 1

General Information on **National Service**

WHAT IS NATIONAL SERVICE?

National Service (NS) brings Singaporeans from all walks of life and different social, racial and religious backgrounds together in the defence and security of Singapore. It is a duty that every male citizen must undertake upon attaining the age of 18. It is a means by which your son will fulfil his responsibilities as a citizen of Singapore, contributing to the safety, security and well-being of his family and the nation. NS is a joint effort that he will make with his fellow servicemen to protect Singapore and make our country a better place to live in.

Your son will be enlisted in the active service as a full-time NSman (NSF) for 2 years, during which he will be given all the necessary training to equip him with the knowledge and skills to protect and defend Singapore.

On completion of his full-time NS, he will become an Operationally Ready National Serviceman (NSman). His service as an NSman will end at the age of 50 if he is an officer or has special skills. Otherwise, he will serve until the age of 40.

WHY NATIONAL SERVICE?

The introduction of National Service in 1967 has enabled Singapore to develop and maintain a highly effective defence force over the years. The peace and stability that Singapore has enjoyed was built on the sacrifice and dedication of our past and current generations of NSmen.

Without a strong and credible defence force, our survival is at stake. We are surrounded by the territorial waters of other states and our air space is severely limited. As such, our access to the world and basic resources vital to our survival can be threatened. We need a strong and credible defence force that is always ready to defend our rights as a sovereign state. You may ask why we must have National Service instead of leaving our defence, security and safety to career uniformed personnel or our regulars. There are three main reasons:

A	B	C
<p>A credible defence force needs a large number of servicemen. Maintaining a large regular force is extremely costly and Singapore simply cannot afford it.</p>	<p>Given the small size of our population, having a large defence force of regulars would compete with the economy for the limited manpower resources available. This will affect the economic development of our country.</p>	<p>An independent state must possess its own defence force, manned by its own citizens. We cannot depend on others or a foreign-armed force for our country's survival.</p>

National Service has also strengthened Singapore socially by bringing people from diverse racial, religious, language and educational backgrounds, to train, live and serve together. Such common life-shaping experiences have helped to foster greater cohesiveness among our people and provided the foundation for the creation of a strong national identity.

BENEFITS FROM NATIONAL SERVICE?

Due to the rigour and nature of National Service training, full-time National Service will inevitably impose some hardship and demand sacrifice from our young male citizens. However, we are confident that your son will benefit from the challenges and rewards it offers.

Your son will:

- a. Acquire skills and knowledge not learnt in school.
- b. Develop independence and become more self-reliant.
- c. Build up his self-confidence.
- d. Learn the importance of collective effort and teamwork.
- e. Become fitter and more health conscious.
- f. Assimilate new experiences and make new friends.
- g. Gain more endurance and tolerance.
- h. Be given full opportunity to develop his leadership qualities.
- i. Develop mental discipline and become a more well-rounded individual.
- j. Realise his abilities and potential.

More importantly, he will understand and appreciate:

- a. Why defence is important to him and Singapore, given the strategic vulnerabilities and constraints we face.
- b. Why he has to be committed to take his defence role seriously.
- c. How he can continue to contribute and serve his nation.
- d. Why it is vital to keep abreast of current affairs as well as national issues and concerns.
- e. How National Service can help to strengthen communal ties and instil a common identity in multi-racial Singapore.
- f. How National Service functions as the bedrock of defence.

Total Defence

Total Defence involves every Singaporean playing a part, individually and collectively, to build a strong, secure and cohesive nation. When we are strong, we will be able to deal with any crisis.



“ A response where everyone plays a part ”

Today, threats and challenges to Singapore can come in many unexpected shapes and forms. Innocent-looking civilians can disguise terrorist intentions. Travellers may unknowingly carry diseases. An insensitive deed or word can, directly or indirectly, spark off social tension. What began as a domestic economic problem elsewhere can turn into a global economic crisis that hits us, too. Natural disasters, climate change, energy, water and food scarcity, piracy, illegal immigration, and cyber-crime are other examples of the wide range of threats we face today. Our response to such challenges involves every Singaporean playing a part – the young and the old, men and women, regardless of race or religion. Every small act counts – whether it is being vigilant against suspicious activities, being tolerant and respecting people of different ethnic backgrounds, taking care of our environment, showing support for our National Servicemen on duty at home or abroad, or simply looking out for one another. This is the essence of Total Defence – that when we each play our part, we help to strengthen the nation as well as ourselves.

The 5 Pillars of Total Defence

Total Defence is a framework for an all-round response to threats and challenges and involves all Singaporeans in the following five aspects:

Military Defence

“Keeping Singapore secure”

To defend ourselves when attacked or, more importantly, to deter foreign intervention and prevent ourselves from being attacked, we need a strong Military Defence. This is why we have built up our Singapore Armed Forces (SAF). As a conscript armed force, the SAF depends not only on its Regulars, but also on the commitment of its National Servicemen and Full-time National Servicemen and the support of their families and employers. To remain operationally ready, our soldiers keep fit, train seriously and keep abreast of the latest military doctrines and equipment. While the men do their part, mothers, wives and girlfriends also provide much needed encouragement and support. Employers help by implementing NS-friendly policies and supporting their staff when they go for in-camp training.



Civil Defence

“Taking care of our family, friends, and people around us in times of crisis”

During times of crisis or disaster, resources will be strained and we will need everyone to pitch in. If we know what to do, we can save ourselves and our loved ones, help others and ensure that life goes on as normally as possible. Learning what to do in an emergency before it happens – such as taking part in emergency exercises and attending first-aid and emergency preparedness programmes that the Singapore Civil Defence Force conducts – helps us respond more effectively in times of crisis.



The threat of global terrorism is still around and security personnel cannot be everywhere all the time. Singaporeans can all chip in to keep Singapore well protected by helping to look out for and reporting anything suspicious.

Economic Defence

“Having a strong and resilient economy”

Economic Defence is about building up a strong and robust economy that can sustain Singapore through economic challenges and national emergencies. It means that the government, employers and trade unions work together during peacetime to ensure that we have good infrastructure and our economy is competitive. Individuals also play a part by retraining and upgrading, and by keeping up with new technologies and new ways of doing things. When we do this, we help ourselves remain employable as the economy changes and old jobs give way to new ones. Saving up for a rainy day and adopting environment-friendly practices are also ways to protect ourselves and our future generations.



To prepare for national emergencies, the government and businesses work together to put in place contingency measures to keep offices and factories running even after National Servicemen and equipment have been mobilised, and to maintain national stockpiles of essential items to keep the economy going.

Social Defence

“Living harmoniously and looking out for one another”

Singapore enjoys social and economic stability because Singaporeans have learnt to live harmoniously with people of all races and religions. We befriend, accept and help people of different ethnicities. We show



consideration for one another, respecting and being sensitive to the needs and religious and cultural practices of others. We have meals together and invite friends to join in our festivities. Through such small efforts in our daily lives, we are able to better understand and appreciate the heritage, culture and practices of our fellow countrymen and strengthen our bonds as Singaporeans. We also contribute towards a gracious, compassionate society when we help the less fortunate and underprivileged among us.

Psychological Defence

“Being a resilient people”

While being prepared is the key to Total Defence, it is always the fighting spirit, the will, the resilience of Singaporeans that determines whether or not our nation will overcome a crisis. When each Singaporean is resolved and determined to overcome any crisis together, and is proud of our country and willing to stand up to defend what is ours, we can be assured of a secure future, regardless of the challenge.



Putting it all together

Total Defence has seen us through SARS, the fall-out from the 911 attacks and the economic crises of 1997 and 2008. It has become a fundamental aspect of what makes us Singaporean and is shown in the things that we do on a daily basis – whether it is by fulfilling National Service duties, volunteering in civil defence activities, working hard and contributing to a strong economy, strengthening community ties with one another regardless of race and religion, or staying committed to defending the country.

Our work in Total Defence is unceasing. When we understand and continue playing a part in Total Defence, we will continue to strengthen ourselves, our community and our nation.

PART 2

Enlistment Into **National Service**

REGISTRATION for NATIONAL SERVICE

Your son will be liable for NS registration when he reaches 16 $\frac{1}{2}$ years old. When he is due for NS registration, the Central Manpower Base (CMPB) will send him a notice to file his NS registration online via the NS portal at www.ns.sg.

If your son is still studying, he will need to apply for deferment online during the NS registration. However, if he does not require deferment, he will be prompted to complete the pre-enlistment documentation and book an appointment for pre-enlistment medical screening and aptitude test.

Deferment for full-time studies

Your son can apply for deferment to complete his full-time studies up to the GCE'A' level or Polytechnic Diploma (or its equivalent), both locally and overseas, before enlisting for NS. He can check on his eligibility for deferment by calling the NS Call Centre at 1800 367 6767 or email to contact@ns.sg. He may refer to the NS portal for the general guidelines for deferment on local and overseas studies.

Exit Permit (EP)

Under the Enlistment Act (Chapter 93), all male Singapore citizen and Permanent Residents aged 13 years and above are required to comply with the exit control regulation. The exit permit requirements may vary in accordance with age, National Service status, duration of trip and purpose of visit.

NS Status	Exit Control Requirements
Pre-Registrant (13-16 $\frac{1}{2}$ years old)	<ul style="list-style-type: none"> • EP required for trips 3 months or longer • *Bond is required for trips 2 years or longer
Registrant (>16 $\frac{1}{2}$ years old & not enlisted yet)	<ul style="list-style-type: none"> • EP and bond required for trips 3 months or longer
National Service Full-time (NSF)	<ul style="list-style-type: none"> • EP required for trips 3 months or longer
National Servicemen	<ul style="list-style-type: none"> • Mindef notification required for trips more than 14 days but less than 6 months • EP required for trips 6 months or longer

* Parents will need to furnish a bond in the form of Banker's Guarantee of S\$75,000 or 50% of combined annual gross income of both parents in the preceding year, whichever is higher.

PREPARATION for NATIONAL SERVICE

Your son will be examined by a team of Medical Officers (MOs) at CMPB Medical Classification Centre (MCC) to determine his medical fitness. He will go through the following stations:

- Blood Station
- Dental Station
- X-ray Station
- Ear, nose and throat (ENT) Station
- Eye Station
- Medical Officer Consultation Station
(Height, Weight, Blood Pressure and ECG will be taken at this station)

After the medical screening, the MOs will grade your son's medical fitness status known as Physical Employment Status (PES) as shown in the following table:

Medical Grading

PES A
PES B1
PES BP
PES B2
PES C
PES E

Specially tailored full-time NS training courses are conducted for servicemen of different combat fitness status, including obese (i.e. PES BP) servicemen. More details on the various training courses are provided in the following chapter.

NATIONAL PHYSICAL FITNESS AWARD (NAPFA) TEST

Your son is encouraged to take the NAPFA test as soon as possible once he has been graded fit for most combat and combat support vocations (i.e. PES A/B1). NAPFA test is conducted at the following places:

a. Junior College, Polytechnic or Institute of Technical Education

If he is a student in any of the above educational institution, his school will arrange for him to take the NAPFA test. He can find out the NAPFA test schedule from his school. The NAPFA test result will be transmitted to CMPB.

b. Toa Payoh Stadium

If he is no longer a student, he can take the NAPFA test at the Toa Payoh Stadium. The NAPFA test is conducted on every Wednesday (except for Public Holidays) at 7:30a.m.

To take the NAPFA test at Toa Payoh Stadium, he is required to go online at the NS Portal <http://www.ns.sg> to make the booking via the “NAPFA Test Booking”. Your son must make the booking by Tuesday before noon in order to take the NAPFA test on Wednesday.

Without a NAPFA test booking in advance, he will not be able to take the NAPFA test at Toa Payoh Stadium. Your son will have to declare that he has obtained consent from you/his guardian to attempt the NAPFA Test when online booking is done. Please note that the NAPFA test is only valid for 1 year from the date of test.

Details of the preparation and requirement for NAPFA test can be found in the Recruit’s Handbook. The Recruit’s Handbook and NAPFA test information are available on the NS Portal <http://www.ns.sg>.

Benefits of NAPFA Test

By training for the NAPFA test before his enlistment, your son is actually helping himself to maintain his physical fitness. This would enable him to cope with the Basic Military Training (BMT) better.

Besides, if he can attain a silver or gold award at the NAPFA test at least 2 weeks prior to his Physical Training Phase (PTP) enlistment date, he will undergo a 9 week BMT and enjoy a 2-month reduction in his full-time NS duration.

Hence, as his parents, we hope you would encourage him to maintain his physical fitness in order to better cope with NS training.

National Service (NS) liable registrants are deployed to the Singapore Armed Forces (SAF), Singapore Police Force (SPF) or Singapore Civil Defence Force (SCDF) to serve their National Service.

Your son will be assigned to a suitable Service based on his education qualification, medical and physical fitness status, and the manpower requirement of the various NS organizations.

The Full-time NS training for the 3 Services are designed according to their respective operational requirements.

The types of basic NS training are as follows:

a. Singapore Armed Forces

- 9-week Basic Military Training (BMT)
- 19-week BMT
- 4-week BMT

b. Singapore Police Force¹

- 8-week (Modified) Police Officers Basic Course (POBC) (for PES C2 and C9)
- 14-week POBC (for PES A, B1 and B2)

c. Singapore Civil Defence Force

- 5-week Basic Rescue Training (BRT)
- 13-week BRT
- 5-day Induction Programme

¹ The length of residential training and actual graduation date is beyond the 8 or 14 weeks of POBC, subjected to operational exigencies.

ASSIGNMENT TO VARIOUS NS ORGANISATIONS

SINGAPORE ARMED FORCES (SAF)

In the SAF, the various types of BMT courses are designed for recruits with varied medical and physical fitness status.

The following diagram shows the various medical gradings, NAPFA test results and the corresponding types of BMT:

Physical Employment Status (PES)	National Physical Fitness Award (NAPFA)	Physical Training Phase (PTP)	Basic Military Training (BMT)
A B1 	 Silver or Gold		 9 Weeks
A B1 	 Bronze and below	 8 Weeks	 9 Weeks
B2 			 9 Weeks Modified
BP 			 19 Weeks
C2 C9 			 9 Weeks
E 			 4 Weeks

ASSIGNMENT TO VARIOUS NS ORGANISATIONS

8 week Physical Training Phase (PTP)

The 8 week PTP programme is designed to enhance the physical fitness of full-time national servicemen (NSFs) who fail to attain at least a National Physical Fitness Award (NAPFA) Silver standard prior to enlistment.

The PTP applies to servicemen who are given a Physical Employment Status (PES) of either PES A or PES B1 at their pre-enlistment medical screening¹.

The PTP programme adopts a centralized training concept under a controlled environment, with emphasis on physical training. All physical training activities are carried out progressively to allow for adequate rest and recovery.

It helps strengthen the untrained muscles and ligaments of less-fit enlistees and develop their ability and stamina in order to minimise training injuries and medical attrition during their BMT.

¹Those who are of other PES undergo different types of training.

Those who have to undergo PTP serve 2-years of full-time NS and those enlisted into direct BMT will serve 1 year and 10 months. Please refer to the diagram below:



ASSIGNMENT TO VARIOUS NS ORGANISATIONS

BASIC MILITARY TRAINING (BMT) PROGRAMME

For PES A and PES B1 Enlistees

If your son is fit for most combat and combat support vocations and has attained a Pass standard (≥ 61 points) at the Pre-Enlistee Individual Physical Proficiency Test (3-station IPPT i.e. sit-up, push-up and 2.4km run) at least 2 weeks prior to his enlistment date, he will undergo the 9-week BMT directly and enjoy 2-month reduction in his full-time NS duration.

The BMT programme train all PES A and PES B1 recruits in basic military skills and tactics. This prepares them for their post-BMT vocational training.

For Obese (PES BP) Enlistees

Enlistees whose Body Mass Index (BMI) exceeds 27 will undergo a 19-week BMT programme. This BMT programme is designed to help obese recruits lose weight and improve their physical fitness incrementally while equipping them with basic soldiering skills and knowledge.

If your son has gained or lost weight significantly that affects his BMI ($[\text{weight (in kilogram)}] \div [(\text{height (in metre)} \times \text{height (in metre)})]$) before his enlistment, please approach CMPB for a medical review. He may be assigned to a different type of BMT based on his latest BMI.

For PES B2 Enlistees

PES B2 enlistees will undergo a 9-week BMT programme that include customized physical training as well as basic combat training to prepare them for their combat and combat support roles, such as signal operators and combat medics.

For PES C2 & C9 Enlistees

PES C2 & C9 enlistees will undergo a 9-week BMT programme that include light physical training and vocational training to prepare them for combat service support vocations such as service medics and supply assistants.

For PES E Enlistees

PES E recruits will undergo a 4-week BMT programme which focuses on National Education, SAF core values, regimentation and discipline as well as vocational training to prepare them for combat service support vocations.

ASSIGNMENT TO VARIOUS NS ORGANISATIONS

SINGAPORE POLICE FORCE (SPF)

8-week Physical Training Phase (PTP)

If your son has not attained Silver or Gold for his NAPFA Test, he will have to go through an 8-week Physical Training Phase before the start of Basic Police Training.

Physical Employment Status (PES)	National Physical Fitness Award (NAPFA)	Physical Training Phase (PTP)	Police Officers Basic Course (POBC)
A B1 	Silver or Gold		 14 Weeks
A B1 	Bronze and below	 8 Weeks	 14Weeks
B2 			 14Weeks
BP 		 8 Weeks	 14Weeks
C2 C9 			 8 Weeks Modified

ASSIGNMENT TO VARIOUS NS ORGANISATIONS

Police Officers Basic Course (POBC)

Details of the POBC will be illustrated in the following chapter “Types of National Service Training”.



Vocation Training

After your son has completed the POBC, he will be assigned to one of the vocations in the SPF.

He will undergo vocation training courses (for certain vocations only) before being deployed so as to ensure he is competently trained to perform the duties. The length of the course varies as certain vocations require specialized training.

Below is the list of Police Vocations available:

- Airport Patrol Officer
- Assistant Operational and Fitness Instructor
- Bandsman
- K-9 Officer
- Medic
- Operations Support Officer
- Neighbourhood Police Centre Officer
- Persons-In-Custody Officer
- Police Coast Guard Officer
- Police Tactical Troop
- Staff Assistant
- Station Security Officer
- Support & Technical Assistant
- Public Transport Security Command (TransCom) Officer



ASSIGNMENT TO VARIOUS NS ORGANISATIONS

SINGAPORE CIVIL DEFENCE FORCE (SCDF)

SCDF has various training programs designed for recruits with varied medical status.

Physical Employment Status (PES)	National Physical Fitness Award (NAPFA)	Physical Training Phase (PTP)	Basic Rescue Training (BRT)
A B1 	 Silver or Gold		 5 Weeks
A B1 	 Bronze and below	 8 Weeks	 5 Weeks
B2 			 5 Weeks
BP 		 8 Weeks	 13 Weeks
C2 C9 			 5 Weeks
E 			 5 Days Induction Programme

Basic Rescue Training (BRT)

The Basic Rescue Training (BRT) programme will train all PES A and PES B1 fit recruits in basic rescue skills and tactics. The 5-week programme will prepare them for their NS vocational training.

Modified BRT

For PES C recruits, they are enlisted and trained together under the 5-week Modified BRT. This modified training is specially catered for recruits who have some medical problems. This type of BRT is less strenuous than the normal BRT.

BRT (BP)

For PES BP recruits, they are trained under a 13-week programme. The duration of the BRT for obese recruits is designed to allow them a longer time to train and lose weight. This programme will enhance their fitness level and facilitate deployment for national service duties.

5-day Induction Programme

For PES E recruits, they will be required to undergo a 5-day Induction Programme. The main subjects covered under the induction programme are as follows:

- Civil Defence Systems
- National Education
- SCDF Core Values
- Regimentation and Discipline

Owing to their medical condition, only recreational activities (which are games - based) and static exercises will be included.

NOTIFICATION for ENLISTMENT

Your son will receive an Enlistment Notice, normally 2 months before his enlistment is due. In the Enlistment Notice, he will be informed of the following:

- Enlistment date
- Reporting time
- Unit of posting
- Unit's address and contact numbers
- Unit administrative instructions

You will also receive a letter from CMPB, informing you of his enlistment around the same time.

You may also check on his enlistment date via the NS Portal at <http://www.ns.sg>, select Access eServices → Pre-enlistees → Enlistment → Enquiry of Date of Enlistment Status.

Please call 1800 - eNSNSNS (1800 - 3676767) or email contact@ns.sg if you need further assistance.



Preparation for Enlistment Day

Your son is required to bring the following items for his enlistment:

- Singapore National Registration Identity Card (NRIC)
- All previous immunisation certificates and medical documents (including the health booklet, if available)
- A small padlock to lock his locker
- A set of civilian clothing
- Basic toiletries (e.g. body foam/soap/shampoo)
- Extra underwear
- A watch (with dark plastic/fabric strap)
- An alarm clock
- Swimming goggles
- Bank Account Book / Bank Statement*
- Original and a copy of his highest educational standard attained (Diploma or GCE 'N'/'O'/'A' / level or ITE, etc.)*
- For those who wear spectacles, only dark-coloured plastic frames are allowed. Contact lenses are not allowed during training.
- Summary of Medical Status issued by SAF during the pre-enlistment medical assessment (if any)

The following items are not allowed:

- Image capturing devices (e.g. camera, video camera, handphone with camera / video recording feature etc.)
- Handphone charger or USB charging cable
- Valuables (e.g. excess cash / jewellery / expensive watches)
- Any military / police equipment purchased outside. (e.g. combat boots, rifle cleaning kit)

*Applicable for SPF and SCDF enlistees only.

ENLISTMENT DAY

On enlistment day, your son has to report to his unit in proper attire. No singlets, bermuda shorts or shorts, slippers or sandals are allowed. This applies also to guests accompanying him to the unit.

When your son reports for enlistment at his unit, he will exchange his NRIC for the following NS identity document, depending on the Service he is assigned to:

Service	Identification Items
SAF	<ul style="list-style-type: none"> • SAF Card • Identity Disc
SPF	<ul style="list-style-type: none"> • Police National Service Identity Card
SCDF	<ul style="list-style-type: none"> • National Service Identity Card

If he has lost his NRIC before enlistment day, he must obtain a replacement from the Immigration & Checkpoints Authority (ICA) before reporting for his enlistment.

His NRIC will be retained by the respective Service upon enlistment and returned when he completes full-time NS.

On the day of his enlistment, he is required to take his oath of allegiance at the unit. This is a solemn ceremony. As such, you and your son are required to be properly attired.

Falling Sick on Enlistment Day

If your son falls sick on enlistment day, he should consult a doctor immediately. If he is given medical leave, please contact CMPB Enlistment Section at 63733127 immediately and the same time, fax his Medical Certificate (MC) to CMPB at Fax: 63733173. A medical review will be arranged for him if necessary, to assess his fitness for enlistment. If he is **NOT** given any medical leave, please call CMPB Enlistment Section for further instruction. He is also required to fax the hospital/clinic receipt to CMPB as supporting document.

Kitting and Equipping

Upon enlistment into NS, your son will be issued with personal items required for his training. As the training requirements vary in the different Services, the personal items are issued according to the training needs.

The list of items issued by the respective Services is as follow:

SINGAPORE ARMED FORCES

ITEM ISSUED UPON ENLISTMENT

Army Logistics Base will issue your son with the following items found in the following table:

S/N	ITEM DESCRIPTION	QUANTITY
1	Bag Duffle: Nylon with Wheels	01
2	Bag, Drinking Water Storage	01
3	Bag, Textile Black F/BMTC	01
4	Battery, 1.5V 'AA' Size	04
5	Belt, Trousers: F/NO.4, Normal Size	01
6	Board Marker Black	01
7	Book Memorandum	01
8	Boot Combat Rubber Sole	02
9	Boot, Lace	01
10	Bottle, Water	01
11	Brush Shoe & Stove	01
12	Canteen Water Plastic	01
13	Cap Camouflage Pattern	01
14	Carrier, Small Arm Protective Body Armour: F/Body	01
15	Carrier, Small Arm Protective Body Armour: Groin	01

ENLISTMENT DAY

S/N	ITEM DESCRIPTION	QUANTITY
16	Carrier, Small Arm Protective Body Armour: Insert	01
17	Carrier, Small Arm Protective Body Armour: Neck	01
18	Carrier, Small Arm Protective Body Armour: F/Water	01
19	Cloth Polishing	01
20	Container Foot & Body	01
21	Cup Drinking Plastic Lime Green	01
22	Dressing, First Aid	01
23	Field Pack: Modular Pouches	01
24	Fire Sticks (4 in a bundle)	01
25	Flashlight: Xenon-Lamp, 2AA Dry	01
26	Fork Table: Stainless Steel	01
27	Garters: Elastic	01
28	Gloves: Half Finger, Leather Black	01
29	Guards Elbow	01
30	Guards Knee	01
31	Helmet Ground Troops	01
32	Holder, Badge: Modular, Clear Holder	01
33	ID Cover	01
34	Information Guide: Personal Equipment	01
35	Insect Repellent, Personal	02
36	Jacket Filing Wallet	01
37	Kit Toiletries	01
38	Mirror Small	01
39	Cover Helmet, Camouflage Pattern	01
40	Padlock: Combination	01
41	Paint, Face, Camouflage: Flat Black	01
42	Paint, Face, Camouflage: Light Green	01
43	Pan Mess Kit: Aluminium	01
44	Paper Toilet Roll	02

ENLISTMENT DAY



S/N	ITEM DESCRIPTION	QUANTITY
45	Pen Ball-Point	01
46	Knife, Folding, Multipurpose : With 7 Tools	01
47	Plug, Ear: Universal Size	01
48	Polish Shoe, Black Polish Paste	03
49	Pouch: Water Bottle	01
50	Pouch: Fragmentation Grenade	02
51	Pouch: Large Utility	01
52	Pouch: Magazine: SAR 21	03
53	Powder Foot & Body, Medicated	02
54	Pre-soap Sponge	01
55	Raincoat Pixelised	01
56	Range Card A5 Size	01
57	Rope Toggle: 9mm Rope	01
58	Rubber Band: Black	01
59	Sandals	01
60	Sewing Kit	01
61	Shirt Men's: Pixelised	05
62	Shirt, Utility: Round Neck F/SAF	03

ENLISTMENT DAY

S/N	ITEM DESCRIPTION	QUANTITY
63	Shoes, Running, Men's	01
64	Socks Universal Size: Olive Green	05
65	Socks: Physical Training, White Regular Size	02
66	Spool, Comms Cord	01
67	Spoon Table: Stainless Steel	01
68	Tag Identification Personnel F/NO.4	05
69	Tape Insulation Electrical Plastics	01
70	Tea Candle (6 in a pack)	01
71	Thermometer, Digital	01
72	Towel, Bath: Green	02
73	Trash Bag, Clear	02
74	Trousers Men's: Pixelised	05
75	Trunks General Purpose Black	03
76	Trunks, Swimmer Black	01
77	Trunks Track (Running Shoes)	02
78	Turban Green (For Singh Only)	02
79	Vest Men's: SAF, Physical Training	03
80	Whistle Black	01
81	Ziplock Bag Large (5 in a bundle)	01
82	Ziplock Bag Medium (5 in a bundle)	01
83	Ziplock Bag Small (5 in a bundle)	01

SINGAPORE POLICE FORCE (SPF)

Your son will be issued and equipped with the following items:

S/N	ITEM DESCRIPTION	QUANTITY
1	Badge for Peak Cap	01
2	Bath Towel	02
3	Belt With Police Crest	01
4	Black Socks	04
5	Boot Brush	01
6	Canister Plastic	01
7	Coat Hanger	01
8	Collar Badge	02
9	Dark Blue Pt Shorts	04
10	Dark Blue Shirt (No. 3)	03
11	Dark Blue Trousers (No. 3)	03
12	Drill Boots	02
13	Foot Powder	02
14	Jogging Shoes	02
15	Name Tag (Pin)	01
16	Name Tag (Velcro)	01
17	Peak Cap	01
18	Peak Cap Cover	01
19	Soft Cap	01
20	Police Backpack	01
21	Sandals	01
22	Shoe Polish	02
23	Sleeveless T Shirt	01
24	Swimming Trunk	01

ENLISTMENT DAY

S/N	ITEM DESCRIPTION	QUANTITY
25	Thermometer	01
26	Water Bottle	01
27	White Short-Sleeve Shirt	02
28	White T-Shirt Round Neck	03

Your son will also be provided with a locker in his dormitory to keep his clothing, equipment and personal belongings. He has to mark the items with his name and NRIC numbers for identification purposes.

ENLISTMENT DAY

SINGAPORE CIVIL DEFENCE FORCE

S/N	ITEM DESCRIPTION	QUANTITY
1	Belt	01
2	Combat Boots	02
3	Epaulettes (Dark Blue)	01
4	Field Dress Jacket (No. 4)	04
5	Field Dress Trousers (No. 4)	04
6	Field Pack	01
7	Glove Pouch	01
8	Glove (Black)	01
9	Gutters	01
10	Helmet Rescue (White)	01
11	Pt – Shoes	01
12	Pt - Shorts (Blue)	02
13	Socks Worsted (Black)	04
14	Swimming Trunks	01
15	Towel Bath (Blue)	01
16	Crew Neck T-Shirt (Blue)	03
17	Water Bottle	01
18	Water Bottle Pouch	01

ENLISTMENT DAY

Your son should try on his clothing to make sure they fit him. Once this is done, he has to mark all his clothing and equipment with his name and NRIC number so that they can easily be identified.

He should keep his clothing and equipment in his wardrobe.

Contact after Enlistment

The telephone numbers of your son's unit is indicated in the Enlistment Notice. He is to keep his family members informed of the unit's contact number.

If you need to contact your son, you can call his unit and leave a message.

Service	Point of Contact	Contact Numbers
SAF	During normal office hours: <ul style="list-style-type: none"> • Manpower Office (MPO) / S1 • Administrative Officer (AO) 	Refer to Enlistment Notice
	After office hours: <ul style="list-style-type: none"> • Duty Officer Operation Room (Ops Room) 	
SPF	Duty Officer, Home Team Academy	9118 9443
SCDF	Basic Rescue Training Centre	6794 5723

Subject to the training requirement and needs of the respective Services, your son may be required to stay in the unit for the first two weeks of his basic training.

Use of Image Capturing Devices

Recruits are not allowed to bring image capturing devices (e.g. camera, video camera, handphone with camera / video recording feature etc.) to their units when serving NS.

The usage of handphone will be confined to specific times by his unit so as not to disrupt training and to be consistent and fair to others who have no handphone. Charging of handphone in the unit is strictly not allowed.

ADJUSTING TO NATIONAL SERVICE LIFE

Discipline is an important element of NS training. The respective Services emphasized the importance of learning, training and living as a team. Community living is, therefore, part and parcel of NS life.

Some recruits may need more effort to adjust from civilian to uniform life. A specially designed orientation programme will be conducted during the first week of enlistment to help recruits adapt quickly to their new environment.

The activities include:

- Reception, introduction to recruits' officers and instructors, followed by a tour of the camp.
- Recreational activities to promote the spirit of co-operation and friendship among recruits.
- Informal interaction among the officers, instructors and recruits to help them get to know each other better.
- Talks and lectures, which cover the types of welfare and counselling services available.
- Interviews with the officers during the orientation week to allow recruits to confide in them any problems that they may encounter during training.

A buddy system, in which each recruit will be assigned 2 buddies, will be implemented where one will be chosen by his officer and the other by your son. As buddies, they will look out for each other, be accountable for each other, and in time learn responsibility. These will help to instil teamwork and esprit de corps which are vital to training and operations.



CAMP LIVING CONDITIONS



As a full-time National Serviceman, your son will experience a new living environment and lifestyle. This is especially so when he has to live and train together with others from different races and background.

As he will be spending most of his time in camp when he is not out training in the fields, you may wonder what living in the camp is like.

Living in a uniformed environment requires your son to make some adjustments from the life that he has been used to. While the live-in facilities may not match those of his home in terms of comfort, they are adequate to meet his basic needs. The barrack¹ is spacious and well - ventilated.

Each recruit is provided with a bed and locker for his belongings. Common shower and toilet facilities are located in or near each barrack.

Since the servicemen share the barracks, each will have to do his part to maintain them. Every morning, they are expected to make their own beds, tidy their lockers and perform area-cleaning duties. This helps to instil discipline and team spirit.



CAMP LIVING CONDITIONS

Life in camps is not all training and no play. There will be time for servicemen to enjoy a game of football, basketball or indoor board games. There will also be time for them to watch some TV programs or movies.

All servicemen will be given enough time to sleep at night. In addition, they can rest after meals, in between training sessions, and in the evenings when there is no training scheduled.

Recruits are also usually allowed canteen breaks. Some have fixed break times once or twice a day.

Meals served in the units may not be gourmet stuff, but they are wholesome and specially prepared to ensure proper nutrition for all servicemen.



TYPES OF NATIONAL SERVICE TRAINING

Training in the SAF

The types of military training your son will undergo can be broadly classified into BMT and Post-BMT. The BMT phase aims to equip him with basic military skills. Subsequently, he will be trained in a specific vocation. This vocation assignment will depend on his physical fitness, educational qualifications, technical training, relevant experience, his assessment during training, as well as the manpower requirements of the NS Services. If he possesses leadership potential, he may be selected for training as a Section Commander or Officer.

Basic Military Skills

If your son is medically fit, he will be required to attend the Basic Military Training (BMT), during which he will be taught basic military skills to perform his duties as a soldier. He will also be trained physically and inculcated with a sense of military discipline.

Physical training during BMT prepares your son physically and mentally to meet the challenges of a combat environment. Physical training programs are developed according to exercise science principles aimed to maximize performance and minimize injury. Your son will undergo progressive training in specific areas such as physical fitness and combat skills, developing his fitness, self-confidence and discipline to help him excel in BMT.



Through field exercises and lectures, he will be taught the following military skills:

- Weapon Handling
- Basic Combat Skills (Individual Field Craft & Group Training)
- Basic Close Combat Training (BCCT)
- Hand Grenade Throwing
- Standard Obstacle Course (SOC)
- Drill

TYPES OF NATIONAL SERVICE TRAINING

a. Rifle Ranges

Your son will be taught to use his personal weapon, and will be taking part in live firing at rifle ranges. To prevent loss of hearing, he will be issued with earplugs, which he must use during live firing. He will be briefed by his Commanders on the safety precautions at the rifle range and must strictly abide by them.

To prepare him for the actual live range, your son will undergo the following:

Individual Marksmanship Training (IMT)

IMT stimulates realistic range conditions to allow corrective and repeated practices for weak firers without the constraints of insufficient ammunition. Firers will be familiarised with the various firing position sequences in the Basic Trainfire Package (BTP). The IMT is able to analyse and diagnose each individual firing pattern to promote the fundamentals of basic shooting.



b. Proficiency Evaluation

During his training in BMT, he will be evaluated in the following:

- **Standard Obstacle Course (SOC)**

He will be required to run 10m; clear 12 combat obstacles and run a further 300m in combat attire. Pass grading will be given based on timing.²

- **Swimming**

After categorisation, the non-swimmers will be trained on water confidence.

²Requirements varies according to Age category

TYPES OF NATIONAL SERVICE TRAINING

c. Proficiency Test

In order to graduate at the end of his BMT, he must attain a certain level of proficiency in the following:

- **Individual Physical Proficiency Test (IPPT)**

He has to attain at least a Pass standard (≥ 61 points) in the 3-station IPPT, i.e. sit-up, push-up and 2.4km run.

- **Basic Trainfire Package (BTP) Test**

He has to achieve a minimum number of target shots in the test to evaluate his shooting proficiency.

- **Individual Field Craft (IFC) Test**

He has to complete 3 different tests that will gauge his proficiency in camouflage skills, field observation skills, and tactical movement in both the day and night.

Post BMT

Trainees who demonstrate leadership potential during BMT will be selected to attend leadership courses at Officer Cadet School (OCS) or Specialist Cadet School (SCS). Those not selected for these courses will be sent for relevant vocational training and subsequently serve in units.

a. Officer Cadet School (OCS)

The mission of Officer Cadet School (OCS) is to develop selected young men and women to be professional military Officers of the SAF. Over the course of 38 weeks, OCS endeavours to develop competent, operationally ready leaders through tough, safe and realistic training and learner-centric curriculum; build leaders committed to the SAF's Core values through mission-focused, team-based exercises and experiential self-directed learning; and nurture confident, successful leaders; dedicated to serving our Nation, through inspiring role models and administrative excellence.

Situated in SAFTI Military Institute, the OCS campus is steeped in symbolism and tradition. It is a place of special significance and fond memories to many batches of Officers, and a reminder to all Officer Cadets of the aspirations, ideals and values that they strive towards.

TYPES OF NATIONAL SERVICE TRAINING

The 38-weeks Officer Cadet Course begins with a two-week Common Leadership Module, during which Officer Cadets from all three services – Army, Navy and Air Force – train together and are imbued with a common set of values and experiences. Thereafter, Officer Cadets branch into their respective services for Service Term, and received more specialised vocational training during their Professional Term. During these terms, Officer Cadets are equipped with leadership and vocational skills relevant to their future deployments.

Training in OCS is fast-paced and rigorous. Officer Cadets are put through intense physical conditioning to prepare their bodies, minds and spirit for the challenging but meaningful tasks ahead. They will learn how to motivate and organise those under their charge into a cohesive team, united in the pursuit of a single goal. They will build resilience and adaptability to overcome the many challenges thrown their way. They will also be put through realistic exercises that require them to plan, lead their peers and make decisions under intense pressure and come out stronger and confident.

In the final phase training, Officer Cadets from all three services are reunited for a three-week Joint Term where they will share their military training and experience across the Services. They receive their swords and appointments in a ceremony steeped in military tradition; and prepare for the much-awaited Commissioning Parade, where they will emerge as committed, confident and competent commissioned Officers of the Singapore Armed Forces, ready to Lead, to Excel and to Overcome in the service of the Nation.

b. Specialist Cadet School (SCS)

Apart from being the 'Backbone of the SAF', the Warrant Officer and Specialist (WOSpec) Corps is one of the two leadership pillars in the SAF. Working in partnership with the Officer Corps, WOSpecs are key conduits in engaging and training soldiers given their vast experience and competence in engagement.

SCS is the birthplace of all Army WOSpecs.

A step into SCS is a step towards; being part of a Corps that prides itself of its professional character, discipline and leadership.

TYPES OF NATIONAL SERVICE TRAINING

Trainees selected for SCS will attain the Specialist Cadet (SCT) rank and undergo an 8-week Specialist Cadet Course (Foundation Term) {SCC (Foundation Term)} which aims to provide baseline training for all Specialists-to-be, specifically in terms of technical competency and leadership. It will not only ensure that the SCTs are competent in the operational requirements of a Section Commander, but also confident, disciplined and effective in their capacity as a leader of men.

After the SCC (Foundation Term), the SCTs would receive further vocational training before becoming a Specialist in the SAF Infantry /Guards SCTs will remain in SCS for the 13-week SCC (Professional Term) while others undergo specific vocational training of similar duration in their respective training schools, such as Artillery, Armour, Signals Training Institute, etc.

The 8-day SCC (Combined Arms Term) brings all Specialist-to-be back together in SCS, for the last journey of their SCC before they become part of the WOSpec Corps. SCC (Combined Arms Term) focuses mainly on sharpening leadership skills, promoting combined arms culture and also strengthening the SCTs' pride and identity through leadership immersion and combined arms sharing.

The SCC provides SCTs with many possible avenues for deployment after graduation as well as the possibility of being selected for more advanced courses, such as, the Platoon Sergeant Course. Exceptional graduates from the SCC will also have the opportunity to be considered for crossover to OCS.

c. Vocational Training

The three main categories of vocations in the SAF are combat, combat support and combat service support vocations. The SAF matches servicemen to the various vocations according to its organisational needs, the educational qualifications and medical fitness of the servicemen as well as the unit commander's recommendation.

TYPES OF NATIONAL SERVICE TRAINING



Training in the SPF

Depending on your son's eligibility, he will undergo one of the following basic courses:

- **8-week POBC (Modified)**
(for PES C2 and C9)
- **14-week POBC (Special Constable)**
(for PES A and B1 and B2)
- **14-week POBC (Vigilante Corps)**
(for PES A and B1 and B2)



8-week POBC (Modified) for Special Constable

The residential 8-week POBC will equip Police National Service Special Constables with the knowledge, skills and values required for non-operational police work. Upon graduation from The Home Team Academy, he will be deployed to work alongside with the regular officers in the SPF.

TYPES OF NATIONAL SERVICE TRAINING

The course consists the following:

- *Police Operations & Procedures*
- *Basic Law*
- *Human Relations and Community Policing*

14-week POBC for Special Constable

The residential 14-week POBC will equip Police National Service Special Constables with the knowledge, skills and values required for operational police work. Upon graduation from The Home Team Academy, he will be deployed to work alongside with the regular officers in the SPF.

The course consists the following:

- *Police Operations & Procedures*
- *Basic Law*
- *Scenario Based Training (SBT)*
- *Foot - Drills, Weapon Training, Police Standard Obstacle Course (PSOC), Police Defence Tactics (PDT) and Land-Based Life Saving*
- *Human Relations and Community Policing*



14-week POBC for Vigilante Corps

As a member of the Vigilante Corps in the SPF, he will undergo a residential course in the Home Team Academy. The course will help develop his level of confidence, alertness and physical fitness. It will also prepare him for his deployment in the division or unit.

The course consists the following:

- *Police Operations & Procedures*
- *Law*

TYPES OF NATIONAL SERVICE TRAINING

- *Human Relations and Community Policing*
- *Foot-Drill, PSOC, PDT and Land-Based Life Saving*

Upon completion of his training, he will be posted to a division or unit in the SPF or other departments in the Ministry of Home Affairs.

Foot Drills

Your son will be learning Foot Drills to develop his sense of instinctive obedience, teamwork and cooperation, which will assist him in future operations when he is on duty. A drill test will also be conducted to test his proficiency in the drill.



Police Defence Tactics (PDT)

In the course of his duties, your son may come face-to-face or be at close proximity with a suspect. PDT trains him to handle such situations safely, calmly and confidently.

a. Unarmed Tactics

Your son will be trained in unarmed tactics. This includes techniques to restrain and take down a suspect as well as to protect himself without the use of T-Baton or firearms.

b. T-Baton Tactics

T-baton is an effective non-lethal weapon used by frontline police officers to restrain a suspect as well as to protect himself when necessary. Your son will be trained to use the T-Baton effectively.

Weapon Training

PNSF trainees eligible and certified fit for operational duties will undergo a weapon-handling course. They will be trained to handle and use firearms safely and proficiently.

TYPES OF NATIONAL SERVICE TRAINING

Physical Training

Your son will undergo physical training to build up his stamina and improve his fitness. He will be encouraged to lead a disciplined and healthy lifestyle.

Police Standard Obstacle Course (PSOC)

Your son will be taught the techniques to overcome obstacles, which he will encounter in the course of his duties. He is required to complete the whole obstacle course within a prescribed timing.

Land-Based Life Saving

Your son will learn Land-Based Life-Saving techniques and the safety precautions involved in rescuing casualty in water.

Posting to Divisions / Units

After he has completed his training in the Home Team Academy, he will be posted to the various divisions or unit in the SPF or other departments in the Ministry of Home affairs.

His posting is determined by the operational requirements of the SPF, with consideration of his skills and interest.



Training in the SCDF

The types of civil defence training your son will undergo can be broadly classified into Basic Rescue Training (BRT) and Post-BRT. The BRT phase aims to equip him with basic civil defence knowledge and skills. Thereafter, he will be trained in a specific vocation. This vocation assignment will depend on his physical fitness, educational qualifications, previous technical training and relevant experience. He will also be assessed during training. If he has leadership potential, he may be selected for training as a section commander.

TYPES OF NATIONAL SERVICE TRAINING



Basic Rescue Training (BRT)

If your son is medically fit, he will be required to attend Basic Rescue Training (BRT), during which he will be taught basic rescue skills. He will also be trained physically and inculcated with a sense of discipline.

Your son's stamina and fitness will be gradually developed through endurance and physical exercises so that he will be able to cope with the training both physically and mentally. Additional coaching and remedial training will also be catered for trainees who are unable to follow the pace of training.

Through field exercises and lectures, he will be taught the following civil defence skills:

- Basic Rescue Work
- Basic Fire Fighting
- Basic First Aid
- Chemical Agent / Hazmat Response

Proficiency Evaluation

To graduate at the end of his BRT, he must attain a certain level of proficiency in the following tests:

TYPES OF NATIONAL SERVICE TRAINING



a. Rescue Equipment Proficiency Test (REPT)

The test consists of 6 stations (knots tying, hydraulic spreader, trifor wrench, power saw, oxy-acetylene cutter and air bag) which test his capability and competency in operating rescue equipment. He has to successfully accomplish the tasks within the set time limit of each station to pass the test.

b. First Aid Test

He will be tested on the various wound dressings, which he has learnt during the BRT. In addition, he will be given an oral test to ensure that he is equipped with the correct knowledge in first aid.

c. Fire Fighting Test

The fire-fighting test consists 3 sections, namely the fire extinguishing section, means of extinguishing fire and a theory test.

The fire extinguishing section tests him on the proper usage of a fire extinguisher. He is also expected to differentiate among the various types of fire extinguishers and their different capabilities.



TYPES OF NATIONAL SERVICE TRAINING

In other means of extinguishing fire, he will undergo both a practical and theory test to validate that he has obtained the necessary knowledge and correct techniques.

Post BRT

Trainees who demonstrate leadership potential during BRT would be selected to attend leadership courses at the Civil Defence Academy (CDA). Those not selected for these courses will be sent for relevant vocational training before being posted to the units.

a. Rota Commander Course (RCC)

Officer Cadets will undergo the Rota Commander Course (RCC) that grooms them to fill command and staff positions within the SCDF. During their training, the cadets are instilled with the ability to lead, command and inspire a platoon of men in rescue and fire fighting operations. The cadets will also be equipped with the necessary skills and knowledge to perform the role of staff officers in staff departments.

The curriculum is comprehensive and demanding to prepare the cadets for his deployment in various leaderships and staff appointments in SCDF. The common values, ideals, and sense of purpose acquired in the RCC will provide the basis for an integrated and cohesive SCDF.

b. Section Commander Course (SCC)

Trainees will undergo the Section Commander Course (SCC) which aims to equip them with essential knowledge and skills to function as Fire and Rescue Specialists in SCDF. It will ensure that the trainees are not only competent in the operational role of a Section Commander, but are also confident, disciplined and effective in their capacity as a leader.

Outstanding graduates from these courses will have the opportunity to be considered for crossover to the RCC.

TYPES OF NATIONAL SERVICE TRAINING

c. Vocational Training

After BRT, those who are not selected for SCC will proceed to do vocational training. Vocational training is conducted to enable the servicemen to undertake the duties assigned. The SCDF matches servicemen with vocations according to the organisational needs, their educational qualifications and medical fitness as well as the unit commander's recommendations.

Operationally - Ready National Service Training

When your son completes his NSF, he is liable for Operationally Ready National Service until the age of 50 (Officers) or 40 (non-Officers). He will be required to serve a maximum of 40 days of National Service in each work year.

Being an operationally ready NSman¹, it is important for him to understand that he should maintain his physical fitness even after completing his NSF. You may encourage your son to continue to do regular workouts after his ORD (Operationally Ready National Service Date²).

You need to know your son's NS unit codeword so that once his unit is mobilized; you can help to inform him immediately.

¹ *Operationally Ready National Servicemen (NSmen) – National Servicemen who have completed full-time National Service.*

² *Operationally Ready National Service Date (ORD) – The completion date of full-time National Service.*

We know that training safety is of great concern to parents and therefore, we want to assure you that the safety of your son during training is of paramount concern to the 3 Services. Every unit will provide proper training to your son and he will be taught to observe all safety precautions.

During full-time NS training, specific measures are taken to ensure safety:

a. Safety Regulations and Directives

A clearly written safety manual covering all types of training is widely distributed to regulate training.

b. Safety Education

A continuous educational programme on training safety is an important subject in all the major training courses in the Services, from Basic Training right up to advanced officers' courses.

c. Safety Measures During Training

Servicemen undergo progressive training so that they will not be affected by sudden physical and mental stress.

Safety equipments like life jackets, goggles, safety ropes etc., are used for protection. There are also systems in place to ensure training equipment, including safety equipment, are in working condition.

Training safety briefing is conducted prior to the commencement of any training activity to ensure all participants are aware of the safety requirements. Prior to the training, trainers are also required to check if any trainee is feeling unwell. In addition, medical coverage is arranged for training.

d. Medical Fitness

Anyone who is selected for a training course is medically examined to ensure that he is fit enough to complete the course.

e. Investigation of Accidents

When they occur, accidents are investigated to reveal the causes so as to prevent them from happening again as well as to improve training safety.

Safety regulations are reviewed frequently to ensure high standards of safety while keeping training realistic.

Your son should:

- a. Report sick if he is unwell, especially before strenuous exercise.
- b. Carry full water bottles during training and drink sufficient water the night before any activities on the next day.
- c. Report to his instructor if he feels hot but is not perspiring or if he has any impending signs of heat stroke.
- d. Try to get enough rest and do not overexert himself the night before taking part in strenuous physical activity.

He should not

- a. Take part in strenuous physical activities if he has been medically excused.
- b. Try to go without water during long route marches.
- c. Wear any singlet or vest under his uniform when the weather is hot.

All 3 Services make every effort to ensure training safety. Every unit has a well-equipped medical centre manned by qualified Medical Officers to meet any medical emergency. However, notwithstanding all the safety measures taken by the Service, the soldiers themselves must also play their part by learning and applying training safety rules.

While we strive to ensure a safe training environment, we must stress that there is also personal responsibility on your son's part. He must take every session seriously, and learn as much as he can. If he is not feeling well, the onus is on him to inform his commanders. We have systems in place to ensure that the recruits returning from illness will not overexert themselves, but will slowly be assimilated back to the training program.



PART 3

MORE
Information
on **National
Service**

SERVICE BENEFITS/WELFARE

All Full-time National Servicemen, depending on the Service they are in, are entitled to the service benefits and welfare that are described in this chapter.

Full-Time National Service Allowance

All Full-time National Servicemen are given an NS rank allowance. Those in combat and combat support vocations are given a combat allowance of between \$100 and \$300. The allowance will be credited into the serviceman's bank account.

Your son is required to check his bank account information before his enlistment date and to update the bank account details via the following channels, if applicable:

Service	Update of Bank Account
SAF	NS Portal http://www.ns.sg under the "Self Update" link
SPF	To bring bank account book/card to unit for updating in NSPAM
SCDF	To update the bank account at the NSF Self Service facilities after enlistment

SERVICE BENEFITS/WELFARE

The details of the NS rank allowance are as follows:

Singapore Armed Forces

Specialists and Enlistees

Rank	Starting Rank Allowance
REC/PTE ¹	\$480
LCP	\$500
CPL	\$550
SCT	\$570
CFC	\$590
3SG	\$800
2SG	\$900
1SG	\$970

Officers

Rank	Starting Rank Allowance
OCT	\$760
2LT	\$1000
LTA	\$1,180
CPT	\$1,880

¹Medical and Dental Officers are given an additional \$200 on top of the stated rank allowance.

SERVICE BENEFITS/WELFARE

Singapore Police Force (SPF)

Rank	Starting Rank Allowance
Trainee	\$480
Special Constable 1 (SC1) / Vigilante Corps 1 (VC1)	\$480
Special Constable 2 (SC2) / Vigilante Corps 2 (VC2)	\$500
Corporal (CPL)	\$550
Sergeant (SGT)	\$900
Officer Cadet Trainee (OCT)	\$760
Probationary Inspector	\$1,000
Inspector	\$1,180

Singapore Civil Defence Force

Rank	Starting Rank Allowance
OCT	\$760
2LT	\$1,000
LTA	\$1,180
CPT	\$1,880

*Medical and Dental Officers are given an additional \$200 on top of the stated rank allowance.

Rank	Starting Rank Allowance
REC/PTE	\$480
LCP	\$500
CPL	\$550
SCT	\$570
SGT	\$900

Medical Benefits

The SAF provides a host of medical benefits for its serviceman.

a. Medical and Dental Treatment

Whenever he is ill or injured, he should consult his unit Medical Officer (MO). Free medical treatment is provided at his unit's Medical Centre**. When seeking treatments, he should inform his MO if he has any drug allergies.



Your son is also eligible for fully subsidised outpatient medical treatment¹ at any government /restructured hospitals, government clinics or outpatient dispensary upon producing his NS identity card. If he needs to be hospitalised, he will be eligible for subsidised medical treatment at government/restructured hospital at his eligible ward by presenting his NS identity card.

Dental treatment is also provided to him free of-charge at SAF Dental Clinics**. Cost of precious metals used in treatment and fees for the services of a commercial laboratory will have to be borne by him.

The SAF Dental Subsidy Scheme also allows him to seek 85% reimbursement of dental treatment expenses incurred at government restricted hospitals/clinics and private dental clinics, subject to a cap of \$120 per calendar year. He may receive subsidies for all types of dental treatment procedures and materials, except for the cost of precious metals which are not reimbursable.

***Beyond the SAF Medical/Dental Clinic in-house resources, your son will be referred to a government/restructured hospital for follow-up treatment for which he will be subsidised according to his medical/dental benefits scheme.*

¹First Consultation

Fee will be subsidised if he has been referred by a government polyclinic or SAF doctor without specifying any consultant by name.

SERVICE BENEFITS/WELFARE

b. Medical Charges

When hospitalisation is required, the Service will pay 80% of the ward and meal charges as well as 100% of treatment charges (excluding items not eligible for subsidy) at his eligible ward shown in Table 1, if he is admitted to a government or restructured hospital.

Table 1: WARD ELIGIBILITY FOR NSF's

Rank	Normal Ward Eligibility For NSF		Ward Eligibility For Service Injury of NSF	
	All other Hospitals	NUH	All other Hospitals	NUH
CPT	Class A	1 Bed	*	*
OCT to LTA	Class B1	4 Bed	*	*
CPL to 1SG	Class B2	6 Bed	*	*
REC to LCP	Class C	Class C	Class B2	6 Bed

Notes:

* Same as in-service ward eligibility/determination of fitness.

If he wishes to upgrade to a class of ward which is higher than what he is eligible for, the Service concerned will subsidise an amount that is equivalent to the Service subsidy that would be given at the correct class of ward. As for treatment charges, he will have to co-pay based on the applicable rates at Table 2.

SERVICE BENEFITS/WELFARE

Table 2: CO-PAYMENT RATES FOR WARD UPGRADING

Ward Class		Serviceman		Dependents	
Serviceman's Eligibility	Admitted To	Co-payment Rate (%)	Subsidy rate (%)	Co-payment Rate (%)	Subsidy rate (%)
C	B2	50	50	65	35
C	B2+	65	35	75	25
C	B1	80	20	85	15
C	A	85	15	90	10
B2	B2+	40	60	60	40
B2	B1	65	35	75	25
B2	A	70	30	80	20
B1	A	35	65	55	45

In cases of service injury, the Service concerned will bear the full cost of medical treatment at government/restructured hospitals up to his eligible ward.

If he requests/consents to be upgraded for treatment of service injury, he will have to pay in full first and seek reimbursement for subsidy based on his eligible ward. Medical costs incurred for the treatment of his service injury will continue to be covered by the Service concerned after his Operationally Ready Date (ORD).

If he is hospitalised for a non-service injury/illness at the time of his ORD, his hospitalisation charges will continue to be subsidised until his discharge from the hospital. Thereafter, medical coverage for injuries/illness not due to service will cease.

All medical expenses incurred at private hospitals are not reimbursable except for outpatient treatment at private clinics run by registered medical practitioners², for which he may claim reimbursement of the incurred expenses, up to maximum of \$20 per visit, subject to maximum of S\$350 per year. If in doubt, he should consult his unit S1/Admin/Manpower Officer or Chief Clerk.

² Expenses incurred in Chinese Medical Halls run by Chinese Physicians registered with the Traditional Chinese Medicine (TCM) Practitioners Board are not reimbursable.

Leave Scheme

Your son will be eligible for 14 days of vacation leave for every 12 months of service in the first and second year of full-time National Service.

Leave arrangement to attend university admission exercise and scholarship interviews/tests

Due to the packed training schedule at BMT and the respective military schools in the 1st year of NS, NS training is sometimes conducted on weekends. In order to ensure sufficient opportunities for your son to attend local university admission and scholarship interviews/tests, MINDEF/SAF has put in place arrangements to facilitate your son in attending these interviews/tests since 2010.

Each year, a common leave window in the first half of the year will be set aside for 1st year NSF's to attend local university admission interviews/tests. Units have been informed not to schedule training during this period. For some NSF's, this window will fall within their post-BMT block leave. NSF's can also use the common leave window in the first half of the year to attend their scholarship interviews/ tests. Alternatively, they can attend scholarship interviews/tests during their block leave in the later half of the year.

NSF's will also be allowed to attend interviews/tests on weekends at BMTC, OCS and SCS, except during the initial BMTC adjustment period or during major exercises.

Local Universities, Ministries and Statutory Boards have been informed to schedule their university admission and scholarship interview/tests during the available leave windows or weekends throughout the year. The respective universities and/or scholarship bodies will contact your son directly on the interviews/tests dates.

Further Information

Detailed information on windows for local university admission and scholarship interviews/tests can be found on the NS portal (www.ns.sg) and on our

cyberpioneer facebook page (www.facebook.com/cyberpioneer.connect). Your son may also approach his unit Manpower Officer directly should he require any further clarification on the arrangement.

Compassionate Leave

Your son may be granted up to 3 working days per episode of compassionate leave by his Unit CO / Hd of Department if he needs to be absent from duty because of:

- Dangerous illness, imminent death, or death of spouse, children, parents, parents-in-law, step-parents, siblings or grandparents or
- Serious domestic problems where his presence is essential to avoid domestic hardship.

If 3 days of compassionate leave are insufficient, he may be granted an additional 4 working days of compassionate leave by his Unit CO / Hd of Department if he has used up his vacation leave.

Medical Leave

Your son is eligible for medical leave if it is authorised by a government doctor/SAF MO or Dental Officer (DO) or registered private practitioner. To qualify for medical leave, a medical certification (MC) is required.

If he is too ill to report for duty, he must inform his instructor and send him his MC, or submit it immediately after reporting back to unit.

MCs issued by the SAF MO or DO will indicate whether the serviceman should rest at home or in the barracks. When the MC is for light duties, it may specify the types of activities from which the serviceman is exempted.

MCs issued by the Chinese 'sinsehs' and spiritual healers are not acceptable.

Welfare Benefits and Services

All 3 uniformed organisations* provide the following welfare:

- Wedding Gift
- New Born Gift
- Get Well hamper
- Group Term Life Insurance
- Bereavement Grants

Your son can get more details on the welfare benefits from his officers after enlistment.

*refers to the Singapore Armed Forces, the Singapore Police Force or the Singapore Civil Defence Force

Group Term Life Insurance

The Group Life Insurance is recommended and offered to all servicemen at exclusive discounted rates by respective Services.

Each Service will arrange for the Group Insurer to brief the NSF/servicemen on the product details of the Group Life Insurance Scheme. Brochures/information packs and application forms will be distributed at the briefing.

From 1 Jan 09, NSFs in the SAF are given an additional \$20 in their NS Allowance to buy insurance as financial protection for non-service-related incidents e.g., accidents not due to service. Your son is automatically covered for a minimum sum of \$100,000 under the SAF Group Term Life Insurance Scheme from Enlistment day. As this scheme is not mandatory, your son has the option to opt-out or consider alternative insurance schemes. Your son will be briefed on the scheme within the first week of enlistment where he will also have opportunity to seek clarification and details.

Grants, Loans & Subsidies

Financial Assistance Scheme

NSFs in the SAF whose families suffer financial hardship when they enlist for full-time NS can apply for a financial assistance grant through their unit S1/Manpower Officer or call MINDEF Shared Services (MSS) PSC at 6373 1155 or 6737 1140 for help.

SERVICE BENEFITS/WELFARE

Spectacles Subsidy

On an annual basis, NSFs in the SAF get a \$40 Spectacles Subsidy for the purchase of prescription glasses, and an additional \$20 subsidy for a second claim during the same FY. The glasses may be purchased at MMI's Visioncare Clinic or at any commercial optical outlet. They also have the option of buying spectacles at discounted rates which are specially designed by the Singapore Optometric Association (SOA) in collaboration with the SAF Vision Performance Centre. These spectacles which are recommended for operational use are stocked exclusively at participating SOA member outlets (see <http://www.optometrists.org.sg> for the latest list of member outlets under SOA). Claims for the subsidy can only be made for purchases after your son enlists.

Subsidy for Defensive Riding Course

NSFs who commute to and from camp by motorcycle are encouraged to complete the Defensive Riding Course conducted at the Singapore Safety Driving Centre. The full-day course is fully subsidised from the SAF Central Welfare Fund. The subsidy for the course applies only after your son enlists.

Gifts & Services

NSF Ez-Link Card

The NSF Ez-link Card is issued to your son on Enlistment Day as part of welfare extended to full-time National Servicemen (NSF). Cardholders are eligible for concessionary travel on SBS Transit and SMRT buses (except *Express*, *Jurong Island* and *Night* services) and the rail system. To enjoy concessionary travel, the NSF will have to purchase a concession pass from any TransitLink Ticket Office (TLTO) at MRT stations and bus interchanges*. There are 3 types of concession passes - Bus Concession Pass (BCP), Train Concession Pass (TCP) and Hybrid Concession Pass (HCP). If the NSF Ez-link Card is not encoded with any of these concessionary features, adult fares will be deducted when the card is used.

* Selected location - Bedok, Bukit Merah, Choa Chu Kang, Hougang, Jurong East, Pasir Ris, Serangoon, Tampines, Toa Payoh, Yishun and Boon Lay.

Holiday Resorts

NSFs are eligible for the application of available slots under the Holiday Resorts programme by MINDEF.



Counselling

The 3 Services seek to promote the well-being of every serviceman by providing counseling support for those who may be facing difficulties coping with their personal, work or training related problems. Servicemen who are experiencing difficulties can seek help through the avenues described below.

An interview with enlistees is conducted within 48 hours of enlistment. Follow-up interviews are conducted during the basic training. Special interviews are also granted upon request. Servicemen can highlight their difficulties and seek for assistance during these interviews.

- **Orientation Officers / Welfare Officers** identify, assist and counsel recruits with adjustment and/or other personal problems.
- **Counselling Hotline** offers a 24-hour confidential crisis and telephone counselling service to all servicemen. Callers may choose to remain anonymous. Face-to-face counselling is also available upon request/referral.

SERVICE	Counselling Hotline
SAF	1800-2780022
SPF	1800-2551151
SCDF	1800-2866666

Singapore Armed Forces

The SAF Core Values are **Loyalty to Country, Leadership, Professionalism, Discipline, Fighting Spirit, Ethics, Care for Soldiers** and **Safety**. These Core Values define who we are and what we strive to be as members of the SAF. They are our common bond of identity, duty and responsibility in our missions. They guide our actions and decisions in peacetime and in war.

The process of embracing and living the SAF Core Values begins in Basic Military Training and continues throughout your son's journey as a soldier, sailor or airman in the SAF. Like every family and group in society, the values we hold are of vital importance as they direct our thoughts, words, and actions both explicitly and implicitly. We hope your son will make these values his own as we believe they will serve him well during his National Service and for the rest of his life. We also hope you take some time to appreciate the important contribution your son is making to our nation. It is central to what it means for us to be Singaporeans and why the Singapore Armed Forces exists. Thank you for your support.

LOYALTY TO COUNTRY expresses our commitment to defend the sovereignty of our nation and to protect all that we cherish: our families, our way of life, our homeland and our national interests.

LEADERSHIP is about displaying the highest character, to inspire others and to uphold what the SAF stands for. Leaders must take charge, lead by example, inspire and motivate others to fulfil their full potential.

DISCIPLINE ensures the responsible obedience of orders and the readiness to respond to emerging threats. It requires a respect for and appreciation of the military system and the role the military plays in defence of the nation. Discipline is a defining characteristic of the military combatant. It is built through tough training and self-control; reinforced by mental stamina, inner strength, physical endurance, and as well as attentiveness to safety.

PROFESSIONALISM demands the highest standards of excellence and competence from each individual in the SAF. In a profession of arms that calls for unlimited liability, this means knowing our roles and responsibilities, giving our best in all that we do, and learning and training continuously to sustain operational readiness. Professionalism requires a systems perspective, creating new ideas and solving problems through innovation, networking and sharing of ideas.

FIGHTING SPIRIT is marked by determination, aggressiveness and perseverance. It drives us to boldly execute our mission with courage, tenacity and resilience. As a formidable armed force, we engage our hearts, minds and bodies with conviction, no matter what the risk. Whether facing fear and uncertainty or everyday ordinary task, we motivate one another to press on and never give up.

ETHICS represents the personal and professional integrity of every SAF soldier, sailor and airman. It unites honesty, trustworthiness and a clear conscience with the moral courage to choose to do what is right in peacetime and in war.

CARE FOR SOLDIERS embodies genuine care and concern for the well-being of fellow comrades, their families and those we pledge to protect. Care goes beyond ensuring safety, adequate rest, proper equipping and tough training, to supporting the physical, emotional and mental fitness and health of our comrades.

SAFETY is the commitment to manage the risks we expose ourselves and our fellow servicemen to during training and operations. Safety is an individual, team and command responsibility.

Singapore Police Force (SPF)

The SPF instils in its personnel 4 Core Values:

COURAGE

We are willing to risk our lives, if necessary, in order to safeguard our society. We also have the moral courage to seek and speak the truth, and to set wrongs right.

LOYALTY

We are loyal to the nation, to the Home Team, to the SPF community, and to our own beliefs and ideals.

INTEGRITY

We never forsake our ethics in order to attain our objectives. Our actions are guided by our principle, not expediency.

FAIRNESS

We are fair in our dealings with people, irrespective of their race, religion, gender, age, standing in life and irrespective of whether they are victims, suspects or convicts. We also apply the same standards to the members of the SPF.

Singapore Civil Defence Force

The SCDF instils in its personnel the Core Values of:

PRIDE

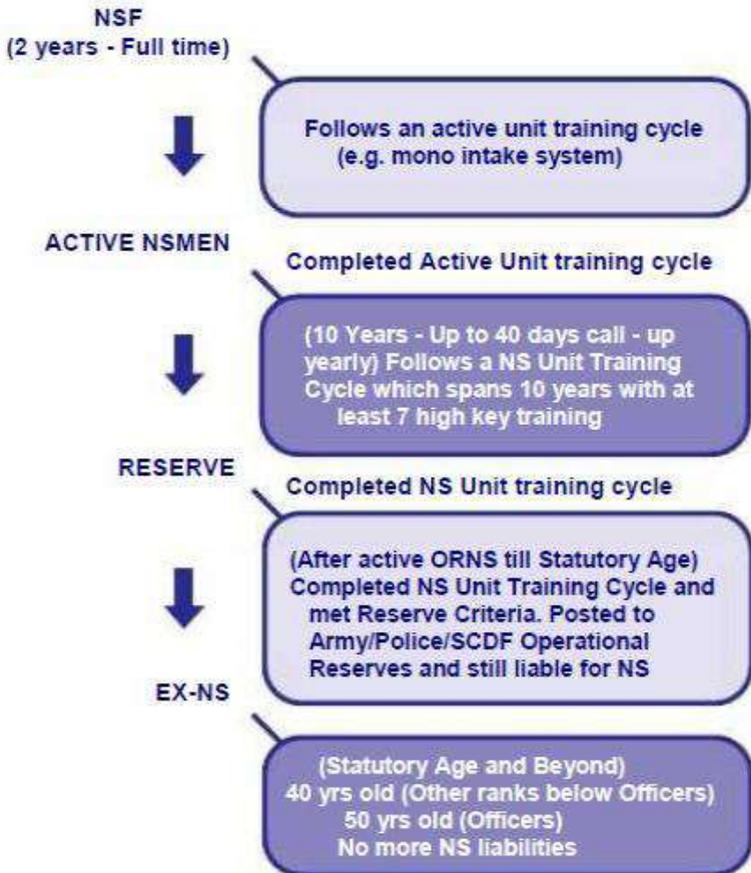
We take pride in saving lives and property. We carry out our duties professionally and effectively even under difficult situations. We are a disciplined and united force, dedicated to our mission. We are resourceful and innovative in our work, always striving towards operational and service excellence. We are a reliable force that the community is able to recognise and appreciate.

CARE

We care for our people and those we serve. We are passionate in our work and compassionate towards those we serve. We are sensitive to the needs of our customers and responsive to their expectations. We provide our services with a 'heart' as the national life-saving force.

THE FOUR PHASES OF NATIONAL SERVICE

When your son completes his NSF, he is liable for Operationally Ready National Service (ORNS). Hence, he should maintain his physical fitness after completing his NSF. The following flowchart shows the 4 Phases of National Service, which your son will go through:



THE ROLE YOU PLAY AS A PARENT

Parents play an important role by rallying behind our NSF and Operationally Ready NSmen.

a. Prepare your son psychologically and physically for NS

Train your son to be independent by allowing him to take care of himself and encourage him to lead a healthy lifestyle through sports and a balanced diet.

b. Be supportive and understanding

Communicate with your son, listen to him and let him talk about his concerns. Encourage him through difficult times and allow him to make decisions for himself. This will contribute to his development.

Who Can You Turn To For Help?

- a. Unit Superiors such as Commanding Officer
- b. Medical professionals such as Unit Medical Officer and the Psychiatrist
- c. The Counselling Hotline

SERVICE	Counselling Hotline
SAF	1800-2780022
SPF	1800-2551151
SCDF	1800-2866666

Essential Information

In the NS Portal (<http://www.ns.sg>), you will find general information on NS, Frequently Asked Questions (FAQs), and various types of application forms such as Medical Screening Questionnaire. A copy of the Parent's Handbook is also available online. Log on to <http://www.ns.sg> and select Users → Pre - Enlistees → Downloads → Handbooks → Download What Parents Should Know About NS.

Should you require more information concerning National Service in the respective Services, the essential website links and telephone numbers are listed under the Telephone Directory.

National Service brings Singaporeans from all walks of life and different social, racial and religious backgrounds together in the defence of Singapore.

National Service fosters a continued commitment among our people to the defence of our common home. National Service serves as a rite of passage that bond Singaporeans of each cohort to serve together and to defend Singapore against any aggression.

Given Singapore's small population, National Service remains the most viable option for us to continue to build up a credible, cohesive and committed defence force to deter external aggression, to preserve and protect Singapore's security, sovereignty, and national interest and to underpin our continued economic success. National Service has been, and will continue to be, the key cornerstone of Singapore's nation building ensuring our country's continued peace, stability and economic success.

Contact Directory

Singapore Armed Forces

Ns Portal: <http://www.ns.sg>
Email: contact@ns.sg

NS Call Centre -----	1800 eNSNSNS
-----	(1800 367 6767)
Fax -----	6853 7894

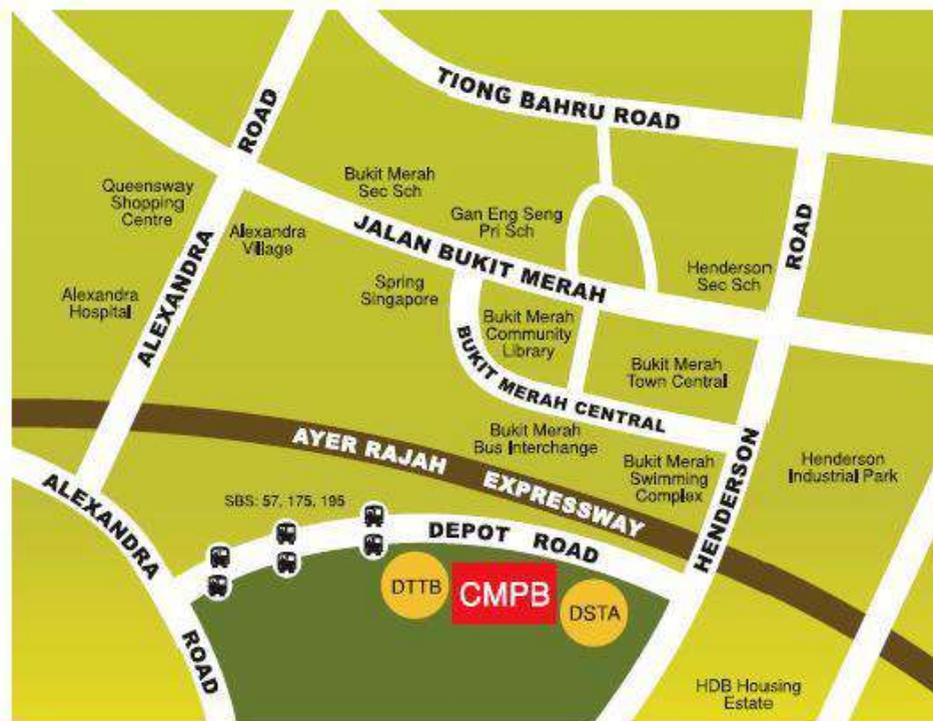
Singapore Police Force (SPF)

Enlistment Hotline -----	1800 557 5973
The Home Team Academy -----	1800 468 0000
PNS Exit Permit Office -----	1800 367 6767

Singapore Civil Defence Force

NS Personnel Department -----	6848 3461/62
National Service Training Institute -----	6794 5726
Civil Defence Academy -----	6794 5509
SCDF General Enquiries -----	1800 286 5555
SCDF Counselling Hotline -----	1800 286 6666

Location of CMPB



Central Manpower Base

3 Depot Road, Singapore 109680

Operating Hours: Monday - Friday (0800 to 1700)

Closed on Saturday, Sunday and Public Holidays.

Bus Services to Depot Road

SBS : 57 (From HarbourFront MRT)

175 (From Dhoby Ghaut MRT)

195 (From Tiong Bahru MRT)

**Visitors to CMPB are advised to alight at Depot Road near Defence Technology Tower B (DTTB) as it is nearer to the Pass Office.*

What Parents Should Know About NS