

CHAPTER 6

PHYSICAL TRAINING INSTRUCTORS

Introduction

6.1 This chapter details the special items of dress to be worn by Army Physical Training Instructors (PTI), Sub Unit PT Leaders (SUPTL) and Combat Fitness Leaders (CFL) when performing administrative and instructional duties.

Eligibility

6.2 Distinctive physical training instructor (PTI) dress is authorised to be worn by Non Commissioned Officers and Commissioned Officers qualified as PTI posted to authorised ECN 185 establishment positions. Qualified Combat Fitness Leaders (CFL) Sub Unit PT Leaders (SUPTL) are authorised to wear specific PT dress as detailed in [table 6–2](#) when conducting physical fitness training and or administrative activities.

6.3 CFL and SUPTL are not authorised, and **are not to be issued with** or be authorised to wear the distinctive Red and White PTI dress irrespective, of whether it is worn without the PTI trade badge.

Entitlement

6.4 Entitled personnel are issued with the range of garments in accordance with Block Scale 3004/05.

Wearing of physical training instructor dress

6.5 The following provisions are to be observed when wearing PTI dress:

- a. T-shirt Grey/Singlet, Athletic White with Army PTI Monogram centre front and red athletic shorts are **only** to be worn when conducting PT or preparing lessons. Neither item is to be worn in messes.
- b. Athletic shorts red are not to be worn in lieu of the red dress shorts when wearing the white collared PTI shirt, with rank and name tag.
- c. Headdress is to be worn outdoors at all times except when performing training or instructional duties as required. Headdress is to be the white PTI cap or hat Khaki Fur Felt (KFF).

Embellishment of physical training dress

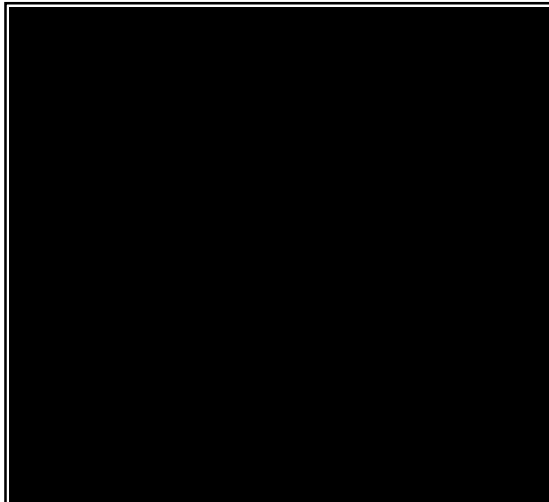
6.6 The only embellishments worn on PTI dress are badges of rank (embroidered red on white background), PTI qualification badges and embroidered red on white background name tags. Pin on name plates are not to be worn. Badges of rank and PTI qualification badges are to be placed on the singlet, athletic, white ([figure 6–4](#)).

6.7 Badges of rank are positioned on garments as shown in [figures 6–1](#) to 6–4. Badges of rank and name tag **are to be placed on the jacket**, wet weather ([figure 6–3](#)).

6.8 The provisions for the PTI qualification badge are shown in *Army Standing Orders for Dress*, volume 2, part 4, chapter 26, annex I. The PTI qualification badge is normally embroidered directly onto PT garments during manufacture with the exception in some cases of the singlet.

6.9 Commissioned PTI posted to authorised ECN 185 postings are to wear badges of rank sewn on the shoulders of PT garments other than the singlet and T-shirt.

6.10 Officers who have qualified as a PTI are entitled to wear the PTI qualification badge.



- A. Writing on name tag level with PTI Badge. Edge of name tag 6 cm from centre of shirt.
- B. 14 cm from shoulder seam to top of badge of rank.

Figure 6-1: Shirt, white with collar



- A. Badge of rank to be half on red, half on white.

Figure 6-2: Suit, athletic, track (Warrant Officer Class 2/Warrant Officer Class 1)

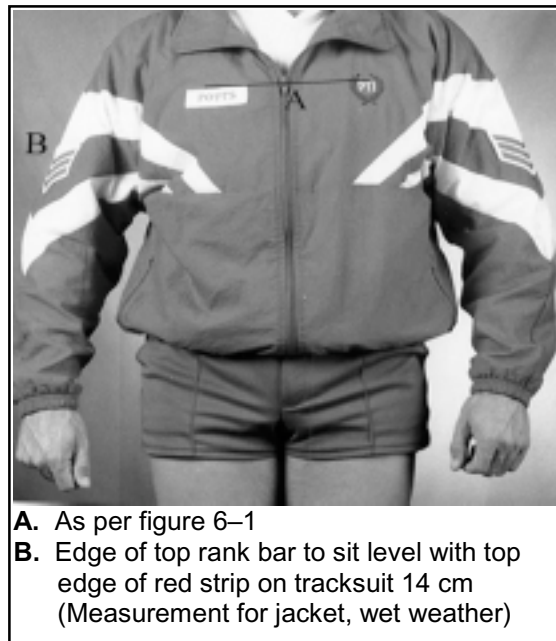


Figure 6-3: Suit, athletic, track (Corporal/Sergeant)

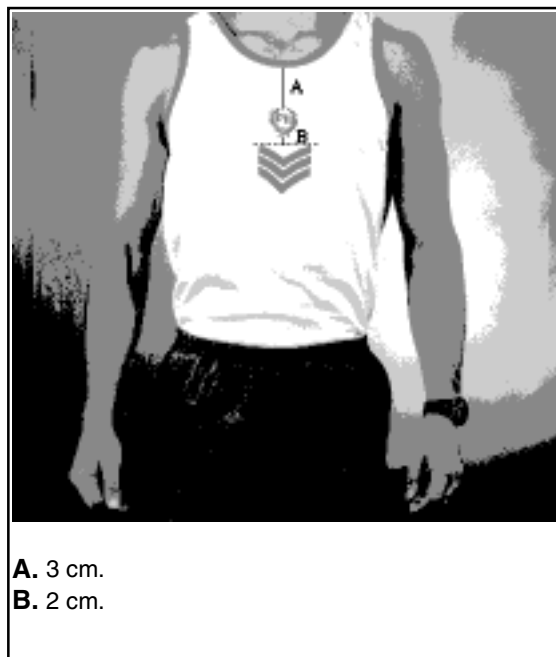


Figure 6-4: Singlet, athletic, white

Orders of dress

6.11 The items of dress worn by PTI are detailed in [table 6-1](#)

6.12 The items of dress worn by CFL or SUPTL are detailed in [table 6-2](#)

Dress Order: PT1—Physical training dress

6.13 This table details those items of PT dress which are worn by qualified PTI when engaged in PT instructional or administrative duties. Garments are worn as appropriate to the activity being performed. It consists of the following items of dress:

Serial	Item of Dress	Remarks
1.	Cap, white PTI, Hat KFF	Note ^(a)
2.	Suit, athletic, track	Note ^(b)
3.	Shirt, white, with collar two bottom buttons done up	Note ^(c)
4.	T-Shirt Grey, w/PTI Monogram, Singlet, red and white	Note ^(d)
5.	Shorts, athletic, red	Note ^{(d)/(e)}
6.	Skirt, red, PTI	Note ^(f)
7.	Shorts, dress PTI, red	Note ^(g)
8.	Socks, athletic, white	Note ^(h)
9.	Shoes gymnasium	
10.	Shoes running	
11.	Jacket, wet weather collar to be turned down	Note ⁽ⁱ⁾
12.	Trousers, wet weather	Note ⁽ⁱ⁾
13.	Trunks swimming	Note ^(j)
14.	Name Tag, Red on White background	Note ^(k)

Notes

- (a) The cap must be worn at all times when not carrying out instructional duties. The hat KFF may be worn with PTI uniform.
- (b) The top and bottom can be worn separately except when on parade. Can be worn in combination with T-shirt Grey or singlet for instructional duties, or with collared shirt for administrative duties.
- (c) Worn at all times when instructional duties not being performed. Not to be worn in lieu of singlet when performing instructional duties.
- (d) Not to be worn in messes.
- (e) Only to be worn when performing instructional duties. Not to be worn in lieu of shorts, dress PTI, red.
- (f) Optional as ordered for female PTI.
- (g) Worn at all times when not carrying out instructional duties.
- (h) Socks are to be completely white.
- (i) To be worn as a wet/cold weather garment. It may be worn in addition to the tracksuit in extremes of cold weather for outside instructional/administrative duties. It is to be removed when indoors. It is not to be worn, in any combination, in lieu of the tracksuit.
- (j) Only to be worn when conducting activities involving swimming.
- (k) Initial issue of six name tags for PTI.

Table 6-1: Dress Order: PT1—Physical training dress

Dress Order: Combat Fitness Leader/Sub Unit PT Leader—Physical training dress

6.14 This table details those items of PT dress which are worn by qualified Combat Fitness Leader (CFL) or Sub Unit Physical Training Leader (SUPTL) when engaged in PT instructional or administrative duties. Garments are worn as appropriate to the activity being performed. It consists of the following items of dress:

Serial	Item of Dress	Remarks
1.	Cap, Legionnaires Green	Note ^(a)
2.	Shirt gymnasium	Note ^(b)
3.	Shorts, Athletic, Black lined, Embroidered Rising Sun	
4.	Socks, athletic, white	Note ^(c)
5.	Shoes gymnasium/Shoes running	

Notes

- (a) The cap must be worn at all times out doors when carrying out instructional duties as required. The hat KFF is not to be worn with PT uniform. If the hat KFF is required to be worn, CFL/ SUPTL are to change into the appropriate dress.
- (b) The T-shirt is to be worn when performing instructional or administrative duties. Not to be worn in messes
- (c) Socks are to be completely white.

Table 6-2: Dress Order: Combat Fitness Leader/Sub Unit PT Leader—Physical training dress

