

ELEMENTARY DRILL

FOR



THE ST. JOHN AMBULANCE
BRIGADE

Price 1/-

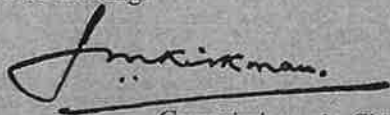
Supersedes Elementary
Drill and Stretcher Exercises

PREFACE

The necessity for discipline in the St. John Ambulance Brigade is too well known to require explanation or justification here. I want, however, to draw attention to the value of drill as one of the means by which a healthy sense of discipline is developed. This presupposes good drill and requires that instructors should know their subject and accept only the highest standards. Anything less than this can do more harm than good.

This pamphlet has, therefore, been written to provide the necessary guidance for elementary drill instruction throughout the Brigade. It is the authority for matters of detail and procedure and its use will ensure uniformity on parades involving members of more than one Division.

Finally, I would remind everyone that a Division which marches and drills smartly shows the general public that it is well disciplined and well trained. In consequence they will have confidence in it and in its work in first aid or nursing.



Commissioner-in-Chief

INTRODUCTION

The aim of drill is to develop in the individual that sense of instinctive obedience which will assist him at all times to carry out his orders and which, on public duty, will produce that immediate reaction which may be a vital factor in the saving of life.

1 — WORDS OF COMMAND

Words of command will be given with the full power of the voice. They must be distinct and well understood by the squad or division.

A good regular word of command will do as much as anything to produce good drill.

Words of command are divided into "cautionary", which must be deliberate and explanatory, and "executive", which must be sharp and of a higher pitch.

All words of command will be given standing to Attention.

2 — TIMING OF WORDS OF COMMAND

The following table shows on which foot the "executive" word will be given.

A "cautionary" word of command, given on the march, should commence as the left foot comes to the ground. It should be drawn out not less than four paces. An interval of about four paces in quick time must be left between the end of the "cautionary" and the "executive" command.

When drilling out of doors, allowance must be made for strength and direction of wind and the distance the squad or division is away from the officer or N.C.O. giving the words of command.

<i>Word of Command</i>	<i>Quick Time given on the</i>
"CHANGE-STEP"	"Change" on the left foot, "Step" on the right foot on successive feet.
"HALT" (marching)	Right foot passes the left.
"QUICK-MARCH"	"Quick" on the left foot, "March" on the right foot, on successive feet.
in time with the division already marching	Left foot passes the right.
"MARK-TIME"	

<i>Word of Command</i>	<i>Quick time given on the</i>
"HALT" (marking time)	Left foot being raised.
"FOR-WARD"	Left foot being raised.
ALL compliments	Left foot reaches the ground.

3 — TIME AND PACE

- (a) Quick time—For divisions and when parading together —116 paces to the minute.
- (b) The lengths of pace are as follows:
- | | |
|---------------------------|-----------|
| Normal pace in quick time | 30 inches |
| Side pace | 12 inches |

The time of 116 paces to the minute will be observed when stepping out or stepping short or using the side pace.

4 — FORMING UP IN THREE RANKS

Drill will be carried out in three ranks, unless numbers are insufficient, when two ranks will be formed. Members position themselves in three ranks (front, centre and rear) with one pace between ranks and an interval of one arm's length (with fist clenched) between each man. Blank files will be in the second file from the left. N.C.O.'s on the right and left of each rank.

When a division is formed up in line in three ranks, the Div. Supt. will be 6 paces in front and in centre of the front rank. All other officers are 3 paces in front, equally spaced according to numbers, with Div. Surgeon on the right.

The senior sergeant and staff sergeant (if any) form the Supernumerary rank, 3 paces in rear of the rear rank, dividing the frontage between them.

A quick method for forming up in three ranks is by use of the following words of command.

Form up, in three ranks—move”. Members will spring to attention and form up in threes as described above. When properly in position they stand at ease and stand easy—automatically from right to left.

5 — GETTING ON PARADE

The squad or division form up in three ranks, and stand easy, on the edge of the parade ground or drill hall, facing in the direction they will be when on parade. The right guide or right-hand man of the front rank acts as right marker. **“Right-Marker**”. On the command **“Right**” the squad or division stands properly at ease. On the command **“Marker**” the right hand man comes to attention, marches in quick time 15 paces to his front (a lesser distance if there is not enough space) halts, and stands at ease.

“Get on—Parade”. Marker and squad or division come to attention. The squad or division steps off with the left foot and marches forward straight to their front, halts in line with the marker, dress automatically, look to the front and stand at ease in succession from right to left.

NOTE: A regulation pause will be made between each movement.

6 — ATTENTION

The position of Attention:

Heels together and in line

Feet turned out at an angle of 30 degrees

Knees braced

Body erect, with weight balanced evenly between the ball of the feet and heels

Shoulders down and square to the front

Arms straight, elbows close to sides, thumbs to the front

Head up and chin in

Eyes looking their own height.

This is a position before an executive order.

The word of command is:

“Squad or Division—Attention” (pronounced ‘Shun).

7 — STAND AT EASE

Keep the right foot still and leg braced

Bend the left knee and carry left foot 12 inches to the left

Balance body evenly over both legs

Arms straight behind the back

Right hand resting in palm of left

Thumbs crossed

Fingers and hands straight, pointing towards ground

The word of command is:

“Squad or Division, Stand at-Ease”

8 — STAND EASY

Relax limbs, body and head

Do not move the feet

No slovenly attitudes or talking

The word of command is:

“Squad or Division Stand-Easy”

On the cautionary command **“Squad or Division**” resume the position of **“stand-at-ease**”.

9 — DRESSING

Dressing includes not only being in line by the right or left but also being correctly covered off from front to rear at the correct distance from the rank in front and at the proper interval from the man on the right or left.

Whenever a squad or division halts in line, dressing will be taken up by word of command.

When a squad or division gets on parade dressing will be taken up automatically . . . i.e. with no word of command.

Dressing by word of command: "Right-Dress".

Each man, except the right hand man of each rank will turn his head and eyes to the right; at the same time men in the front rank only will extend the right arm, fist clenched, back of hand uppermost, so that the knuckles touch the shoulder of the man on the right. Each man will then take up his dressing by taking short quick steps, until he can just see the lower part of the face of the second man beyond him. The centre and rear ranks will ensure they are covering off their front rank men.

"Eyes-front".

The head and eyes will be turned smartly to the front, the arm cut away to the side and the position of attention resumed.

10 — OPEN AND CLOSE ORDER

It is necessary for inspection and for squad drill to take "Open Order".

The word of command is: "Open order-march".

Keeping the arms still at the side, the front rank takes one and a half paces forward. The rear rank takes one and a half paces to the rear.

"Close order-march".

On this command the reverse movements will take place.

In both these movements the centre rank does NOT move.

11 — TURNINGS

Keep both knees straight and the body in the position of attention.

Right Turn:

Turn right through 90 degrees on the right heel and left toe, raising right toe and left heel in doing so, weight of body on right foot. Bring left foot smartly up to the right.

Left Turn:

Turn left through 90 degrees on the left heel and right toe, raising left toe and right heel in doing so, weight of body on left foot. Bring right foot smartly up to the left.

To Turn About:

Turn to the right through 180 degrees on the right heel and left toe, raising the right toe and left heel in so doing. Bring left foot smartly up to right.

The words of command are:

"Right-turn"

"Left-turn"

"About-turn"

NOTE: About turn is always made right about.

12 — SIZING

A well sized squad or division not only creates a good impression but gives the men the best chance to drill together.

The command is:

"Tallest on the flanks, shortest in the centre-in three ranks-size".

The squad or division will turn to the right, judge a pause and then ranks will size independently. The tallest men of each rank will move out to the flanks and the shortest will move to the centre.

13 — DISMISSING AND FALLING OUT

The difference between Dismissing and Falling Out is that the latter does not signify the end of the drill or parade etc. but only a break in it.

At the end of a parade or class of instruction etc., Members will be dismissed.

The word of command is: "Dis-miss".

The squad or division which will be in Close Order, at Attention, will turn to the right, salute, step off together gradually breaking off independently, observing a pause between each drill movement. Salute only if an officer is present.

When falling out Members will not leave the immediate vicinity of their place of parade.

The word of command is: "Fall-out".

The squad or division, which will be in Close Order and at Attention, will turn to the right, judge a pause and break off in quick time.

14 — COMPLIMENTS AND SALUTING

The salute will be given with the right hand.

When passing an officer the salute will commence three paces before reaching the officer and the hand cut away three paces after having passed. During the salute the Member saluting will look the officer in the face.

The act of saluting is to be civil, NOT servile, it is a mark of respect and good manners and an outward sign of the well disciplined Division. Failure to salute shows disrespect, idleness and a low standard.

Officers will receive and return a salute with the courtesy it deserves.

Officers and Members of Nursing Divisions will not salute with the hand but will on all occasions turn head and eyes in the required direction. When addressing or reporting to a Superior Officer, however, Members will salute by bowing.

To salute:

The right arm is kept straight and raised sideways until it is horizontal, palm of the hand to the front, fingers extended, thumb close to forefinger. Keeping the upper arm still and the hand and wrist straight, bend the elbow until the forefinger tip of the right hand is on the right eyebrow, or the peak of the cap an inch above the right eye. After a short pause cut away the arm smartly by the shortest way to the side.

15 — MARCHING

The quick march:

On all occasions Members will start to "march" only from the position of attention.

When the word of command "Quick march" is given so as to step off the squad or division in time with band or another squad or division in front, it will be given on successive beats of paces, i.e. "Quick" on the left foot, "March" on the right foot. On the command "March" the Member will always step off a full pace *with the left foot and swinging his right arm.*

When marching the leading N.C.O.'s or men will select some point in front to march on so as to maintain direction.

Each man in the squad or division is responsible for keeping his own dressing, covering off, interval, distance and correct step.

16 — THE HALT

The command is: "Squad or Division-halt".

The command is given as the right foot passes the left. Check the forward movement as the right foot comes to the ground, complete the pace with the left foot, bringing the right foot in sharply to the left and assume the position of attention. At the same time the right hand will be cut smartly to the side.

17 — CHANGING STEP

The method of changing step is carried out in three movements and the command is given on successive feet as the right foot comes to the ground.

Complete the pace with the left foot

Bend right knee and place foot on ground with the hollow in the heel of the left foot

Shoot the left foot forward a full pace in front of the right foot and continue marching.

The word of command (given on successive feet) is:
“ Change-step ”.

18 — WHEELING

The word of command is:

“ Right (Left)-wheel ”.

Whether marching in single file, threes or sixes, the inner man will wheel on the circumference of a circle four feet in diameter and will change direction through 90 degrees. The inner man shortening his pace and the outside man stepping out. Files in rear will march straight to their front and will follow on the ground covered by the leading files.

If it is desired to wheel less than through a right angle, the word of command “ Forward ” will be given when the leading threes are facing the required direction. They will then lead straight on.

The word of command is:
“ Right (Left)-wheel ”-“ Forward ”.

19 — DIVISIONAL INSPECTION

The division will form up in three ranks and be sized. After taking Open Order the division will be dressed by the right, stood at ease and stood easy.

Officers and N.C.O.'s being in position as detailed under para. 4.

On the approach of the Inspecting Officer the division will stand properly at ease and be called to Attention.

The ranks will be inspected.

At the conclusion, ranks will be closed and the division stood at ease. If a march past is ordered, it will be carried out in “ Column of Route ”.

20 — COLUMN OF ROUTE

The normal formation for Members of the St. John Ambulance Brigade marching closed up, and for “ Marching Past ”.

A column with not more than three abreast in any part throughout its length, including officers and supernumeraries.

The position of Divisional Officers is as follows:

Div. Supt. 5 paces in front and in centre of the column.

Div. Officer and Div. Surg. 2 paces in front of the leading threes.

Div. Nurs. Offr., Staff Sgts. 2 paces in rear of the rear threes.

If there should be more Offrs. they will take up position in rear of the division.

The command is:

“ Move to the right (left) in column of route—Right (Left)—turn ”.

The division will turn to the flank ordered. Officers and supernumeraries taking post immediately on completion of the turn.

“ Quick-march ” the whole will step off.

21 — FALLING IN AND FALLING OUT THE OFFICERS

When there is more than one officer on parade with the division, the senior officer will command and fall in the remainder.

This will be done after the roll has been called, the division inspected and the ranks closed.

Officers will stand at ease and face the division on parade until it is ready to move off.

As soon as the division is reported present and correct the senior officer on parade will give the order—“ Fall in the-officers ”. Officers will spring to attention and step off together marching in quick time to their places in front of the division, halt, turn about and stand at ease.

At the conclusion of a parade, the division will be stood at ease.

The senior officer on parade will then order—“ Fall out the-officers ”. Officers will come to attention, march up to the senior officer whom they will salute and then move to a position in line behind him, turn about and stand at ease facing the division.

The division will be dismissed in the usual manner as in para. 13.