

MILLING - PROCEDURAL BRIEF			
As At:	3 Mar 17	Review Date:	3 Mar 17
Amendment:	0	Sponsor:	OC P Coy
References: A. JSP 950, Vol. 2: Clinical Policy, Leaflet 2-1-1: Medical Management of Service Amateur Boxing, dated September 2015. B. AAPS ASpec – Training Objective 7, dated Sept 17. C. AAPS Milling Risk Assessment, dated Jan 2017. D. AAPS Joining Instructions E. ITC Standing Order SO4-2008: ITC Medical Plan, dated Jan 2017.			

The OIC of milling MUST read this Procedural Brief to All Staff & Candidates that will be undertaking / delivering the event

Introduction

1. **Aim.** Milling replicates the conditions of stress and personal qualities required in a combat situation. Milling is a test of courage, determination and raw fighting spirit.

Execution

2. **Staff.** The staff that are required for event are:
- a. **Event OIC.** P Coy RAPTCI.
 - b. **Chief Timekeeper.** CQMS.
 - c. **OIC Scoring.** The P-Coy CSM, he will be supported by the referees.
 - d. **Referees.** The RAPTCI and Sgt Instructors (SI's) will act as Referee throughout the event.
 - e. **Medical Cover.** P Coy Medics and 2 x BATLS Qualified Doctor.
 - f. **Corner Men.** 2 x P-Coy Staff.

Layout

3. The layout of the event MUST be explained to students.

Safety

4. **The following safety MUST be adhered to / confirmed:**
- a. **Pre-Bout Medical Inspection.** In addition to the Pre-Season Army Boxing Medicals, you must have completed a pre-bout medical **today** (day of the milling). This can only be conducted by a qualified doctor. **Confirm by asking the candidates**

b. **Gum-shields.** You must wear a fitted gum-shield whilst milling. **Confirm by asking the candidates**

c. **Event Instruction.** You must listen to the direction of **ONLY** the P-Coy staff. **Confirm with the candidates.**

Conduct.

5. The similarity with boxing ends at protective equipment and medical requirements.

6. Milling consists of 60 seconds of controlled aggression, whereby two opponents of equal size and weight, wearing head guards, gum shields and 18 oz boxing gloves.

7. You must aim to dominate your opponent with straight punches to the head. No ducking, parrying or other boxing defence moves are allowed.

Actions on Stoppage

8. For safety reasons, all members of P-Coy staff present can shout '**Stop**' at any time.

9. If YOU are knocked to the floor by an effective blow then YOU must be inspected by one of the medics prior to continuing. Should the doctor be required, all milling will be halted until he / she has dealt with any injuries and is satisfied that cover can again be provided.

Referees

10. Referees are will only to halt a bout for the following reasons:

a. If they perceive that the safety of one of the candidates are at risk.

b. If they hear any member of P-Coy staff shouts '**STOP!**' or the bell rings.

c. If YOU, continually turns your back or fall to the floor, this will usually be identified by the referee. The referee will stop the bout and OC will brief the offender.

d. If YOU, consistently hitting an opponent on a part of the body, other than the target area (the head). The referee will stop the bout and OC will brief the offender.

Staff / Student Conduct

11. Each Bout will take place as follows:

a. Corner-men will ensure protective equipment is fitted correctly before candidates are called forward.

b. YOU will be told to '**stand-up**' and show your gum shield on call by the referee. Thereafter, YOU will be required to announce your P Coy Number to the CSM. The referee will call candidates to the centre. On the word of command, '**Centre**'

c. On arrival into the centre of Milling area. The referee will give the word of command '**Gloves Up!**' YOU are to raise your gloves and prepare to mill.

d. On the word of command '**Mill**', you are to throw continuous straight punches straight punches to the target area (head only), you are to continue doing so until

being told by the referee to **Stop!** At which point, you **MUST** cease punching immediately and face the CSM.

e. The OC will announce the winner, or a draw and you **must** dress out of the ring to be inspected by the doctor.

f. YOU are to prevent millers from falling out of the ring at all times; corner-men must ensure that all 4 sides of the ring are filled with troops. **Explain and demonstrate to the candidates.**

Summary

12. Do you have any questions relating to the event?