MILITARY PREPARATION COLLEGE

EST.1999

AFCO/ACC CLINICS

TIMETABLE

1230hrs	Candidates arrive at MPCT location
1230-1300hrs	Candidate briefing by Centre Manager
1300-1345hrs	AFCO CS/IAG*
1345hrs	Pre-assessment admin (kit,PARQ* etc)
1400hrs	Start fitness assessments

*CS; Care & Support/IAG; Information & Guidance
*PARQ; Physical Activity Readiness Questionnaire

0330 111 3939

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