

**NATIONAL AMBULANCE SERVICE (NAS)  
RECRUIT TRAINING COURSE  
JOINING INSTRUCTIONS FOR COMMUNITY MEDICAL FIRST RESPONDENT**

***READ THESE INSTRUCTIONS CAREFULLY***

**1. GENERAL:**

The aim of this paper is to outline the administrative instructions for the adherence of all candidates before and during the training period.

**2. ARRIVAL:**

Trainees are expected to arrive at their Designated training Center on **Saturday, 16<sup>th</sup> August ,2025 between 10:00hrs and 14:00hrs in white T-shirt (round neck), blue-black track suit trousers and white canvas.** You are to report to the Duty Officer at the gate on arrival for directives.

**3. KIT INSPECTION:**

There will be kit inspection on arrival at the training center.

**4. ACCOMMODATION:**

Accommodation will be available for all Trainees. You will be held responsible for destruction of all items including furniture, etc in the cubicles while in training. The furnishing is the property of the training Center. Trainees will be surcharged for any damage caused.

**5. DURATION:**

The total duration of the training will be one month (1) and in a modular form. Part of the training will be done in the school and part on attachment at an ambulance station.

**6. ASSESSMENT:**

Trainees will be assessed during their period of training. It is necessary to make the pass mark to prevent being withdrawn from the training.

**7. DISCIPLINE:**

The National Ambulance Service is an organization with paramilitary standards of discipline both in terms of conduct and job delivery. Candidates are expected to exhibit high sense of discipline. Disciplinary actions will be taken against any candidate who contravene laid down rules and regulations.

**8. PHYSICAL TRAINING:**

Physical training is part of the training curriculum, and all students are required to participate fully.

**9. FOOT DRILLS:**

Students will be required to participate fully in foot drills.

**10. UNIFORMS:**

Items in the form of uniforms required for the training are stated in the prospectus attached. Students are required to use only those attire during the training period.

**11. FEEDING:**

Meals will be provided for students during the training.

**12. RECREATION:**

Games and entertainment will be as per the training timetable.

**13. UTILITIES:**

These facilities (water and electricity) are available at the various Training Schools.

**14. PROHIBITIONS:**

- Mobile phones are not allowed.
- Electric heaters/kettles shall not be allowed.
- Sound systems/videos, etc. shall not be entertained.
- No smoking.
- No drinking of alcoholic beverages.
- No use of recreational drugs.
- **Females should not be pregnant during the training and the probation period after training.**
- Any other items not stated in the prospectus are prohibited.

**15. NHIS CARDS:**

A clinic is available at the training school. Major health cases will be referred to the nearest Government Hospital. Candidates are required to register with NHIS and bring along their authentic NHIS cards.

**16. EXEAT:** Students are not permitted to go out of campus except with extremely plausible reason, in which case the appropriate procedure must be followed.

**NATIONAL AMBULANCE SERVICE (NAS)**  
**PROSPECTUS- COMMUNITY MEDICAL FIRST RESPONDER**

NO	DESCRIPTION	QUANTITY
1	Pairs of plain white socks	3 or more
2	Pair of Black socks	2
3	Singlets plain white (Men)	2
4	Vest plain white (Women)	2
5	Pairs of Blue-black shorts (knee level) for class	2
6	White shirt (long sleeves)	1
7	Blue-black skirt (females) Knee level for church service	1
8	Blue-black Trousers (Males) for church service	1
9	Blue-black Track suit Trousers for P.T.	2
10	Plain T-Shirts (round neck)-White	4
11	Black flying tie	1
12	Brown Khaki shorts for fatigue	2
13	Pair of plain white canvas (asics, nike or adidas) for jogging	2
14	Any other pair of canvas for fatigue	1
15	Pair of Black shoes	1
16	Pair of Wellington Boots	1
17	Black Belt	1
18	Bed Sheets & Pillowcases (Plain white) and a pillow	2
19	Blanket	1
20	Black shoe polish and a brush	1
21	Bucket size 32 (metal)	1
22	Brand new machete (sharpened)	1
23	Set of cutleries, soup plate, drinking cup, kitchen napkins	1
24	Pressing iron	1
25	Shaving stick and a packet of blade, 3 packet of disposable blades and or shaving machine (for shaving)	1
26	Duster for cleaning	1
27	Broom (Long)	1
28	Flashlight	1
29	File Jacket / Folder	1
30	Not less than 5 Exercise Books, enough pens, pencils, etc	
31	Sufficient Toiletries to last 1 month	
32	Mosquito net	