Location: GROM Training Center in Czerwony Bór

Participants: Age 16 and above (minors only with written consent from a parent/legal guardian). Persons with no medical contraindications to performing physical exercises.

Instructors/Staff: The classes are conducted by experienced instructors, including former soldiers of the special unit GROM, who have experience in carrying out this type of event and hold appropriate qualifications.

Accommodation: Women – in double rooms. Men – in multi-person military barracks rooms.

Meals: Provided by an external catering company, at least three meals per day.

Topics:
• Topographic training: working with a map and compass, marching on azimuth and according to the map.
• Shooting training: safety rules applicable during shooting training conducted by GROM GROUP, discussion of the main principles of accurate fire in dynamic shooting, manual handling drills with short and long firearms, shooting with short and long firearms, disassembly and assembly of weapons, as well as cleaning and maintenance.
• Tactical training: black tactics CQB (Close Quarters Battle) combined with tactical first aid, using ASG rifles.
• Tactical training: green tactics – operations in forested terrain.
Clothing and Equipment: Each participant should bring at least the following items:

• Identity document (ID card, personal ID, or passport)
• Rain jacket, trekking footwear (military boots are also acceptable), shorts and long pants, long-sleeve sweatshirt and unrestrictive clothing, hat, as well as spare clothing and underwear appropriate for the season and weather conditions
• Sports footwear and sports clothing
• Flashlight
• Backpack up to 30 liters
• Mess kit and canteen
• Cutlery
• Sleeping bag
• Flip-flops for the shower + personal hygiene items + at least one towel
• Optional and recommended: sunglasses, sunscreen, insect repelent
Insurance: Every camp participant will be covered by basic NNW (accident) insurance. Purchasing a policy with broader coverage than the basic one can be done individually by each participant at their own expense.
Travel: Travel to and from the GROM GROUP Training Center in Czerwony Bór is organized independently by each participant. In the case of minor participants, travel should be supervised by a parent/legal guardian or another person authorized by the parent/legal guardian. In the case of minor participants, the return journey should also be supervised by a parent/legal guardian or another person authorized in writing by the parent/legal guardian. Camp participants should arrive at the GROM GROUP Training Center in Czerwony Bór on the starting day between 15:00 and 18:00. Departure on the last day is after lunch, around 15:00.

Additional information: At the end of the training, each participant will receive a commemorative certificate and a T-shirt. The organizer provides medical care as well as the facilities and equipment necessary to conduct the classes. It is possible to rent military uniforms (trousers and jacket) on site. Rental fee: 60 PLN per set for the duration of the training.Notes: The organizer reserves the right to make ongoing changes to the framework training program, to combine individual training blocks, due to the need to adapt the training topics to the psychophysical capabilities and fitness level of the participants, weather conditions, and due to random circumstances and events beyond the organizer's control. The organizer also allows for classes to be held at night.