

# King's Life Guard

## Summary

The **King's Life Guard** is the premier elite military unit of [Dael Riata](#), dedicated exclusively to the protection of the Sovereign, the Queen, and the Royal Heir. The unit is composed of battle-hardened veterans and is currently commanded by [Sir Iain Alpin](#), the Knight Commander.

## Description

### Recruitment and Membership

The Life Guard does not recruit from the general population; instead, members are hand-picked from the King's companies based on marked prowess in battle and skirmishes. Every member is a veteran, ensuring the unit consists of individuals who will not panic in high-pressure situations. While many members possess heroic bloodlines, such as the current Commander, not all are consciously aware of or able to use magical abilities [7, 8]. Members of the Life Guard are required to remain unmarried during their service.

### Duties and Organization

The primary duty of the Guard is the physical protection of the Royal Family. They operate in shifts or "watches" to provide 24-hour security at the [King's Keep](#) and during royal travel. Interestingly, the Life Guard's oath of service is noted for its pragmatism, even including the duty of "warming up mistresses" for the Sovereign.

When not on active watch, the guardsmen engage in rigorous training and frequently participate in tournaments to maintain their combat skills. The [Unicorn Troop](#) is a specialized cavalry unit attached to the Life Guard .

### Equipment and Heraldry

The Life Guard is known for its immaculate and distinctive appearance:

- **Armour:** Highly polished green enamelled breastplates and cuirasses featuring a **gold stag** in the centre.
- **Weapons:** Shined halberds decorated with green tassels where the wooden staff meets the blade.
- **Helmet Plumes:** Guardsmen wear coloured horsehair plumes on their helmets to identify their specific watch or division. These colours include green, white, yellow, blue, red, and black.
- **The Knight Commander:** Sir Iain Alpin wears a unique side-to-side semi-circular green horsehair brush on his helmet, matching the colour of the King's banner. His armour features intricate gold patterns inlaid around the green enamel.

## History

The Life Guard has played a central role in recent Daelian conflicts. During the [Queen's War](#) (754), many members remained loyal to **Queen Caoimhe**, following her into exile in [Berenicia](#). The unit was reconstituted and significantly empowered when [King Alasdair V](#) asserted his personal rule in 769. Under Sir Iain Alpin's leadership, the Guard supported the King against the interference of the erstwhile regents [15]. Most recently, the Guard provided the formal escort for the arrival of [Lady Elizabeth Wallis](#) in [Dalreoch](#).

## Relationships

### People

- [King Alasdair V](#): The Sovereign to whom the Guard is sworn.
- [Sir Iain Alpin](#): The current Knight Commander.
- [Lady Elizabeth Wallis](#): The future Queen, currently under the Guard's protection.
- [Sir Diarmid Murchadh](#): A former associate of Sir Iain Alpin during their time in exile.

### Places

- [King's Keep](#): The primary station and barracks for the Life Guard.
- [Dalreoch](#): The capital city where the Guard performs most of its public duties.
- [Gallows Market](#): The site of the King's proclamation of personal rule, secured by the Guard.

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