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ROYAL CANADIAN ARMY CADETS

GREEN STAR – QUALIFICATION STANDARD AND PLAN

(ENGLISH)

Cette publication est disponible en français sous le numéro A-CR-CCP-701/PG-002.

Issued on Authority of the Chief of the Defence Staff

Canada



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OPI: D Cdts 3 – Senior Staff Officer Youth Programs Development

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Original.....	0	2007-01-01	Ch.....	3
Ch.....	1		Ch.....	4
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Page No.	Change No.	Page No.	Change No.
Cover page.....	0	4-1-1 to 4-1-14.....	0
Title.....	0	4-2-1 to 4-2-10.....	0
A.....	0	4-3-1 to 4-3-14.....	0
i to vi.....	0	4-4-1 to 4-4-10.....	0
1-1 to 1-6.....	0	4-5-1 to 4-5-16.....	0
2-1 to 2-6.....	0	4-6-1 to 4-6-20.....	0
2A-1 to 2A-6.....	0	4-7-1 to 4-7-28.....	0
2B-1 to 2B-14.....	0	4-8-1 to 4-8-22.....	0
2C-1 to 2C-4.....	0	4-9-1 to 4-9-16.....	0
2D-1 to 2D-8.....	0	4-10-1 to 4-10-42.....	0
3-1 to 3-2.....	0	4-11-1 to 4-11-20.....	0
3A-1 to 3A-2.....	0	4-12-1 to 4-12-16.....	0
3B-1 to 3B-2.....	0		
3C-1 to 3C-2.....	0		

Contact Officer: D Cdts 3-2-5 – Army Cadet Program Development Staff Officer

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FOREWORD AND PREFACE

1. **Issuing Authority.** This Qualification Standard and Plan (QSP) A-CR-CCP-701/PG-001 was developed under the authority of the Director of Cadets in accordance with CATO 11-03, *Cadet Program Mandate*, CATO 11-04, *Cadet Program Outline*, and CATO 40-01, *Army Cadet Program Outline*, and is issued on the authority of the Chief of Defence Staff.
2. **Development.** Development of this QSP was in accordance with the performance oriented concept of training outlined in the A-P9-050 Series, Canadian Forces Individual Training and Education System, with modifications to meet the needs of the Cadet Organization.
3. **Purpose of the QSP.** The QSP is to be used by Royal Canadian Army Cadet Corps to conduct the Green Star Program, as outlined in CATO 40-01, *Army Cadet Program Outline*.
4. **Suggested Changes.** Suggested changes to this document shall be forwarded through the normal chain of command to National Defence Headquarters (NDHQ) Attention: Army Cadet Program Development Staff Officer (D Cdts 3-2-5) or by email to arm.dev@cadets.net.

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TABLE OF CONTENTS

	PAGE
CHAPTER 1 GENERAL	1-1
AIMS	1-1
PROGRAM MISSION AND PARTICIPANT OUTCOMES	1-1
OUTLINE OF TRAINING	1-1
PROGRAM DESIGN	1-1
PERFORMANCE OBJECTIVES	1-2
METHOD OF ACHIEVING OBJECTIVES	1-4
TRAINING PREREQUISITES	1-5
USE OF THE QSP	1-5
CHAPTER 2 TRAINING MANAGEMENT DETAILS	2-1
RESPONSIBLE AGENCY AND TRAINING ESTABLISHMENTS	2-1
TRAINING DETAILS	2-1
TRAINING ADMINISTRATION	2-4
QUALIFICATION	2-4
RELATED DOCUMENTS	2-4
SPECIAL INSTRUCTIONS	2-4
RESOURCES AND REFERENCES	2-5
Annex A – GREEN STAR PROGRAM TRAINING SUMMARY AND TIME ALLOCATION	2A-1
Annex B – SAMPLE TRAINING SCHEDULE	2B-1
Annex C – RESOURCE REQUIREMENTS	2C-1
Annex D – REFERENCES	2D-1
CHAPTER 3 CADET EVALUATION	3-1
PURPOSE	3-1
LEARNER EVALUATION	3-1
DEVELOPMENTAL PERIODS	3-1
GREEN STAR CADET EVALUATION	3-1
GREEN STAR QUALIFICATION STANDARD	3-1
ADDITIONAL CADET EVALUATIONS	3-1
MONITORING CADET PROGRESS	3-1
REPORTING CADET PROGRESS	3-2
CADETS NOT MEETING THE MINIMUM QUALIFICATION STANDARD	3-2
GREEN STAR CERTIFICATE OF QUALIFICATION	3-2
Annex A – ARMY CADET PROGRAM (CP) DEVELOPMENT PERIODS (DPs)	3A-1
Annex B – GREEN STAR PROGRAM QUALIFICATION RECORD	3B-1
Annex C – CADET AIR RIFLE HANDLING TEST	3C-1
CHAPTER 4 PERFORMANCE OBJECTIVES AND LESSON SPECIFICATIONS	4-1-1
SECTION 1 PO 101 – PARTICIPATE IN CITIZENSHIP ACTIVITIES	4-1-1
EO M101.01 – PARTICIPATE IN A DISCUSSION ON CANADIAN SYMBOLS	4-1-2
EO C101.01 – TOUR A LOCAL MUNICIPAL, PROVINCIAL OR FEDERAL POLITICAL INSTITUTION	4-1-5
EO C101.02 – WATCH HISTORICA MINUTES VIDEOS	4-1-7

TABLE OF CONTENTS (Cont)

	PAGE
EO C101.03 – PARTICIPATE IN PRESENTATION GIVEN BY A GOVERNMENT REPRESENTATIVE	4-1-9
EO C101.04 – PARTICIPATE IN A PRESENTATION GIVEN BY A MEMBER OF AN EMERGENCY RESPONSE SERVICES AGENCY	4-1-11
EO C101.05 – PARTICIPATE IN A PRESENTATION GIVEN BY A REPRESENTATIVE OF A CHARITABLE ORGANIZATION	4-1-13
SECTION 2 PO 102 – PERFORM COMMUNITY SERVICE	4-2-1
EO M102.01 – PERFORM COMMUNITY SERVICE	4-2-3
EO C102.01 – PARTICIPATE IN A CEREMONIAL PARADE	4-2-6
EO C102.02 – PERFORM COMMUNITY SERVICE	4-2-8
SECTION 3 PO 103 – PARTICIPATE AS A MEMBER OF A TEAM	4-3-1
EO M103.01 – IDENTIFY THE RESPONSIBILITIES OF A FOLLOWER IN A TEAM	4-3-2
EO M103.02 – MAP PERSONAL GOALS FOR THE TRAINING YEAR	4-3-4
EO M103.03 – PARTICIPATE IN TEAM BUILDING ACTIVITIES	4-3-6
EO C103.01 – PARTICIPATE IN ICEBREAKER ACTIVITIES	4-3-9
EO C103.02 – PARTICIPATE IN SELF-INTRODUCTIONS	4-3-11
EO C103.03 – PARTICIPATE IN TEAM BUILDING ACTIVITIES	4-3-13
SECTION 4 PO 104 – DEVELOP A PERSONAL ACTIVITY PLAN	4-4-1
EO M104.01 – IDENTIFY ACTIVITIES THAT WILL HELP ACHIEVE A HEALTHY ACTIVE LIFESTYLE	4-4-2
EO M104.02 – DEVELOP A PERSONAL ACTIVITY PLAN	4-4-4
EO M104.03 – PARTICIPATION IN A DISCUSSION ON HYGIENIC PRACTICES DURING PHYSICAL ACTIVITY	4-4-6
EO C104.01 – CREATE TEAM GOALS	4-4-8
SECTION 5 PO 105 – PARTICIPATE IN RECREATIONAL SPORTS	4-5-1
EO M105.01 – PARTICIPATE IN ORGANIZED RECREATIONAL TEAM SPORTS	4-5-2
EO C105.01 – PARTICIPATE IN AN ORGANIZED SPORTS TABLOID	4-5-5
EO C105.02 – PARTICIPATE IN AN ORGANIZED INTRAMURAL SPORTS EVENT	4-5-8
EO C105.03 – PARTICIPATE IN AN ORIENTEERING EVENT	4-5-11
SECTION 6 PO 106 – FIRE THE CADET AIR RIFLE	4-6-1
EO M106.01 – IDENTIFY THE PARTS AND CHARACTERISTICS OF THE DAISY 853C AIR RIFLE	4-6-2
EO M106.02 – CARRY OUT SAFETY PRECAUTIONS ON THE CADET AIR RIFLE	4-6-4
EO M106.03 – APPLY BASIC MARKSMANSHIP TECHNIQUES	4-6-8
EO M106.04 – FOLLOW RULES AND COMMANDS ON AN AIR RIFLE RANGE	4-6-12
EO M106.05 – CLEAN AND STORE THE CADET AIR RIFLE	4-6-15

TABLE OF CONTENTS (Cont)

	PAGE
EO M106.CA – PARTICIPATE IN A FAMILIARIZATION SHOOT USING THE CADET AIR RIFLE	4-6-17
EO C106.01 – PARTICIPATE IN A RECREATIONAL SHOOT USING THE CADET AIR RIFLE	4-6-19
SECTION 7 PO 107 – SERVE IN AN ARMY CADET CORPS	4-7-1
EO M107.01 – PARTICIPATE IN A DISCUSSION ON YEAR ONE TRAINING	4-7-2
EO M107.02 – IDENTIFY ARMY CADET RANKS AND OFFICER RANKS	4-7-5
EO M107.03 – OBSERVE RULES AND PROCEDURES FOR THE PAYING OF COMPLIMENTS	4-7-7
EO M107.04 – STATE THE AIMS AND MOTTO OF THE ARMY CADET PROGRAM	4-7-10
EO M107.05 – WEAR THE ARMY CADET UNIFORM	4-7-12
EO M107.06 – PARTICIPATE IN A DISCUSSION ON YEAR ONE SUMMER TRAINING OPPORTUNITIES	4-7-16
EO C107.01 – MAINTAIN THE ARMY CADET UNIFORM	4-7-20
EO C107.02 – PARTICIPATE IN A TOUR OF THE CADET CORPS	4-7-25
EO C107.03 – PARTICIPATE IN AN ACTIVITY ON THE HISTORY OF THE CADET CORPS	4-7-27
SECTION 8 PO 108 – PARTICIPATE IN AN ANNUAL CEREMONIAL REVIEW PARADE	4-8-1
EO M108.01 – ADOPT THE POSITIONS OF ATTENTION, STAND AT EASE, AND STAND EASY	4-8-3
EO M108.02 – EXECUTE A SALUTE AT THE HALT WITHOUT ARMS	4-8-5
EO M108.03 – EXECUTE TURNS AT THE HALT	4-8-6
EO M108.04 – CLOSE TO THE RIGHT AND LEFT	4-8-8
EO M108.05 – EXECUTE PACES FORWARD AND TO THE REAR	4-8-9
EO M108.06 – EXECUTE THE MOVEMENTS REQUIRED FOR A RIGHT DRESS	4-8-10
EO M108.07 – EXECUTE AN OPEN ORDER AND CLOSE ORDER MARCH	4-8-12
EO M108.08 – MARCH AND HALT IN QUICK TIME	4-8-13
EO M108.09 – EXECUTE MARKING TIME, FORWARD, AND HALTING IN QUICK TIME	4-8-14
EO M108.10 – EXECUTE A SALUTE ON THE MARCH	4-8-16
EO M108.11 – PAY COMPLIMENTS WITH A SQUAD ON THE MARCH	4-8-17
EO M108.CA – PARTICIPATE IN AN ANNUAL CEREMONIAL REVIEW PARADE	4-8-18
EO C108.01 – EXECUTE SUPPLEMENTARY DRILL MOVEMENTS	4-8-20
EO C108.02 – PARTICIPATE IN A DRILL COMPETITION	4-8-21
SECTION 9 PO 120 – DEMONSTRATE KNOWLEDGE OF THE ORGANIZATION AND TRADITIONS OF THE CANADIAN FORCES	4-9-1
EO M120.01 – PARTICIPATE IN A DISCUSSION OF THE ROLES OF THE CANADIAN FORCES	4-9-2
EO M120.02 – DESCRIBE THE HISTORY AND TRADITIONS OF THE AFFILIATED UNIT	4-9-6

TABLE OF CONTENTS (Cont)

	PAGE
EO C120.01 – PARTICIPATE IN CANADIAN FORCES FAMILIARIZATION	4-9-8
EO C120.02 – IDENTIFY CURRENT AND PAST UNIFORMS OF THE CANADIAN ARMY	4-9-12
EO C120.03 – PARTICIPATE IN A DISCUSSION OF A SOLDIER'S EXPERIENCE	4-9-14
SECTION 10 PO 121 – PARTICIPATE AS A MEMBER OF A GROUP DURING A WEEKEND BIVOUAC EXERCISE	4-10-1
EO M121.01 – SELECT PERSONAL EQUIPMENT	4-10-3
EO M121.02 – TRANSPORT PERSONAL EQUIPMENT	4-10-7
EO M121.03 – TIE KNOTS AND LASHINGS	4-10-10
EO M121.04 – ASSEMBLE A SURVIVAL KIT	4-10-13
EO M121.05 – RECOGNIZE ENVIRONMENTAL HAZARDS	4-10-15
EO M121.06 – IDENTIFY ENVIRONMENTAL INJURIES	4-10-17
EO M121.07 – ERECT A GROUP TENT	4-10-19
EO M121.08 – APPLY “LEAVE NO TRACE” CAMPING	4-10-22
EO M121.09 – FOLLOW CAMP ROUTINE	4-10-26
EO M121.CA – PARTICIPATE AS A MEMBER OF A GROUP DURING A WEEKEND BIVOUAC EXERCISE	4-10-29
EO C121.01 – CONSTRUCT FIELD AMENITIES	4-10-31
EO C121.02 – PARTICIPATE IN A DISCUSSION ON COLD CLIMATE EXPOSURE	4-10-34
EO C121.03 – SELECT COLD WEATHER CLOTHING	4-10-36
EO C121.04 – RECOGNIZE THE EFFECTS OF COLD WEATHER	4-10-39
EO C121.05 – PARTICIPATE IN COLD WEATHER TRAINING	4-10-41
SECTION 11 PO 122 – IDENTIFY LOCATION USING A MAP	4-11-1
EO M122.01 – IDENTIFY TYPES OF MAPS	4-11-2
EO M122.02 – IDENTIFY MARGINAL INFORMATION AND CONVENTIONAL SIGNS	4-11-6
EO M122.03 – INTERPRET CONTOUR LINES	4-11-9
EO M122.04 – ORIENT A MAP BY INSPECTION	4-11-11
EO M122.05 – DETERMINE A GRID REFERENCE	4-11-13
EO M122.CA – FOLLOW A ROUTE LED BY A SECTION COMMANDER	4-11-17
EO C122.01 – PRACTICE NAVIGATION AS A MEMBER OF A SMALL GROUP	4-11-19
SECTION 12 PO 123 – PARTICIPATE IN A DAY HIKE	4-12-1
EO M123.01 – SELECT TREKKING GEAR	4-12-2
EO M123.02 – PARTICIPATE IN A DAY HIKE	4-12-6
EO C123.01 – PARTICIPATE IN ADVENTURE TRAINING	4-12-10
EO C123.02 – ADHERE TO SNOWSHOE MARCH DISCIPLINE	4-12-11
EO C123.03 – PARTICIPATE IN SNOWSHOEING	4-12-13

CHAPTER 1

GENERAL

AIMS

1. The aim of the Cadet Program is to develop in youth the attributes of good citizenship and leadership, promote physical fitness and stimulate the interest of youth in the sea, land and air activities of the Canadian Forces (CF).
2. The aim of the Green Star Program is to provide an Army Cadet with the basic theoretical knowledge and practical experience required to participate in cadet corps activities as a member of a team.

PROGRAM MISSION AND PARTICIPANT OUTCOMES

3. The mission of the Cadet Program is to contribute to the development and preparation of youth for the transition from adolescence to adulthood, enabling cadets to meet the challenges of modern society, through a dynamic, community-based program.
4. Cadet Program participant outcomes are the benefits for the cadet during and/or after their involvement with the program that relate to knowledge, skills, attitudes, values, behaviour, condition or status. The five outcomes of the Cadet Program are:
 - a. emotional and physical well-being;
 - b. social competence;
 - c. cognitive competence;
 - d. proactive citizenship; and
 - e. understanding the CF.
5. The program mission and participant outcomes are explained in greater detail in CATO 11-03, *Cadet Program Mandate*.

OUTLINE OF TRAINING

6. The Star Level Program is a directed program carried out at the cadet corps, which teaches and practices the minimum knowledge and skills necessary to achieve the program outcomes. This program is divided into five levels of training. Normally a cadet will only attempt one star level in a given training year.
7. Each star level is composed of Performance Objectives (POs) subdivided into Enabling Objectives (EOs).

PROGRAM DESIGN

8. The Green Star Program has been designed:
 - a. assuming that the majority of first year cadets are between 12 and 13 years of age;
 - b. using age appropriate training strategies;
 - c. using 30 minutes as a standard period of instruction;
 - d. by providing a programming mix consisting of fixed mandatory and flexible complementary training; and

- e. to include training which is experiential and skills-based, with a lesser focus on theoretical knowledge.

PERFORMANCE OBJECTIVES

9. PO 101 to PO 119 are common to all three elements of the Cadet Program. POs numbered 120 and beyond are elemental specific to the Green Star Program.

10. The following are summaries of the POs included in the Green Star Program:

- a. **Citizenship.** PO 101 – Participate in Citizenship Activities:
 - (1) The aim of Green Star citizenship is to provide a basic understanding of the role of a good citizen within Canadian society.
 - (2) Green Star citizenship contributes directly to the achievement of the program aim of developing the attributes of good citizenship and the participant outcome of proactive citizenship.
- b. **Community Service.** PO 102 – Perform Community Service:
 - (1) The aim of Green Star community service is to encourage cadets to become more active in their communities through participation in a community service activity as a member of a group.
 - (2) Green Star community service contributes directly to the achievement of the program aim of developing the attributes of good citizenship, and the participant outcome of proactive citizenship.
- c. **Leadership.** PO 103 – Participate as a Member of a Team:
 - (1) The aim of Green Star leadership is for the individual cadet to embrace the role of a follower while participating in activities as a member of a team.
 - (2) Green Star leadership contributes directly to the achievement of the program aim of developing the attributes of leadership and the participant outcome of social competence.
- d. **Personal Fitness and Healthy Living.** PO 104 – Develop a Personal Activity Plan:
 - (1) The aim of Green Star personal fitness and healthy living is to encourage cadets to set and pursue personal goals that contribute to active living.
 - (2) Green Star personal fitness and healthy living contributes directly to the achievement of the program aim of promoting physical fitness, and the participant outcome of physical well-being.
- e. **Recreational Sports.** PO 105 – Participate in Recreational Sports:
 - (1) The aim of Green Star recreational sports is to encourage cadets to actively participate in recreational sports activities.
 - (2) Green Star recreational sports contribute directly to the achievement of the program aim of promoting physical fitness and the participant outcome of physical well-being.

- f. **Air Rifle Marksmanship.** PO 106 – Fire the Cadet Air Rifle:
 - (1) The aim of Green Star air rifle marksmanship is to familiarize the cadet with range operations and the firing of the cadet air rifle.
 - (2) Green Star air rifle marksmanship contributes indirectly to the achievement of the program aim of developing the attributes of good citizenship and leadership through the use of competitive shooting as a network for the development of self-discipline and teamwork. It also contributes indirectly to the participant outcome of emotional and physical well-being through building of self-esteem and promotion of an active lifestyle.
- g. **General Cadet Knowledge.** PO 107 – Serve in an Army Cadet Corps:
 - (1) The aim of Green Star general cadet knowledge is to provide cadets with information on the opportunities inherent in the Army Cadet Program, and provide them the basic skills to allow the cadet to integrate comfortably as members of the corps.
 - (2) Green Star general cadet knowledge contributes directly to the achievement of the program aim of stimulating an interest in the land activities of the CF and the participant outcome of understanding the CF.
- h. **Drill.** PO 108 – Participate in an Annual Ceremonial Review (ACR) Parade:
 - (1) The aim of Green Star drill is to provide new cadets with the skills required to competently participate in an ACR parade.
 - (2) Green Star drill contributes directly to the achievement of the program aim of stimulating an interest in the land activities of the CF, and the participant outcome of social competence through participation in a team activity.
- i. PO 109 to PO 119 – Not Allocated.
- j. **CF Familiarization.** PO 120 – Demonstrate Knowledge of the Organization and Traditions of the Canadian Forces:
 - (1) The aim of Green Star CF familiarization is to introduce cadets to CF history and traditions.
 - (2) Green Star CF familiarization contributes directly to the achievement of the program aim of stimulating an interest in the land activities of the CF, and the participant outcome of understanding the CF.
- k. **Field Training.** PO 121 – Participate as a Member of a Group During a Weekend Bivouac Exercise :
 - (1) The aim of Green Star field training is to provide cadets with the opportunity to participate as a member of a group during an outdoor weekend activity.
 - (2) Green Star field training supports Army Cadet Expeditions through building basic skills that will allow a cadet to bivouac comfortably. The Army Cadet Expedition Program develops leadership skills, while enhancing individual self-concepts, such as self-confidence, self-reliance, self-esteem, and self-discipline. This is done through the use of expedition activities, consisting of dynamic travel of no less than one day with an outdoor overnight component combined with challenging adventure-based Army Cadet Adventure Training Activities. Army Cadet Expeditions contribute directly to the achievement of the program aim of developing in youth the attributes of good citizenship and leadership. They also contribute to the promotion of physical fitness, and the participant outcomes of emotional and physical well-being, social competence, cognitive competence, and proactive citizenship.

l. Navigation. PO 122 – Identify Location Using a Map:

- (1) The aim of Green Star navigation is to introduce basic map-using skills that will allow a cadet to locate their position on a map, and relay that position to others by providing a six-figure grid reference.
- (2) Green Star navigation supports Army Cadet Expeditions through the development of navigation skills to be used in conjunction with trekking. The Army Cadet Expedition Program develops leadership skills, while enhancing individual self-concepts, such as self-confidence, self-reliance, self-esteem, and self-discipline. This is done through the use of expedition activities, consisting of dynamic travel of no less than one day with an outdoor overnight component combined with challenging adventure-based Army Cadet Adventure Training Activities. Army Cadet Expeditions contribute directly to the achievement of the program aim of developing in youth the attributes of good citizenship and leadership. They also contribute to the promotion of physical fitness, and the participant outcomes of emotional and physical well-being, social competence, cognitive competence, and proactive citizenship.

m. Trekking. PO 123 – Participate in a Day Hike:

- (1) The aim of Green Star trekking is to give cadets the opportunity to participate in a led day hike where they will be introduced to the basic concepts and skills of trekking.
- (2) Green Star trekking supports Army Cadet Expeditions through the development of trekking as one mode of travel in support of expedition activities. The Army Cadet Expedition Program develops leadership skills, while enhancing individual self-concepts, such as self-confidence, self-reliance, self-esteem, and self-discipline. This is done through the use of expedition activities, consisting of dynamic travel of no less than one day with an outdoor overnight component combined with challenging adventure-based Army Cadet Adventure Training Activities. Army Cadet Expeditions contribute directly to the achievement of the program aim of developing in youth the attributes of good citizenship and leadership. They also contribute to the promotion of physical fitness, and the participant outcomes of emotional and physical well-being, social competence, cognitive competence, and proactive citizenship.

11. All cadet corps are also required to complete the Cadet Harassment and Abuse Prevention (CHAP) Program.

METHOD OF ACHIEVING OBJECTIVES

12. The majority of Green Star POs are skills-related. Skills are acquired through practical periods of instruction and practice. In order to achieve these POs, a hands-on learning approach is essential. The following guidance may assist in the implementation of the Green Star Program:

- a. encourage active participation in classroom lectures;
- b. some theory is required for safety purposes and for introducing new material. However, most material can be taught using hands-on practical methods;
- c. ensure training sessions are well organized and planned for in advance to allow instructors adequate time to prepare for the delivery/conduct of training, including reviewing lesson specifications and instructional guides and creating instructional materials as required;
- d. integrate training such that the material presented during a session or day combines to create a smoothly executed event; and

- e. take adequate time to reflect upon and debrief experiential training activities to ensure cadets learn about both the experience and the ways that experience can be integrated into future experiences.

TRAINING PREREQUISITES

- 13. To participate in the Green Star Program, youths must be members of a cadet corps, as specified in A-CR-CCP-950/PT-001, *Queen's Regulations and Orders for the Canadian Cadet Organization*, art 4.01.
- 14. Cadets participating in the Green Star Program shall normally be between 12 and 13 years of age.

USE OF THE QSP

- 15. This QSP shall be used as the primary authority governing the development, implementation, conduct and evaluation of the Green Star Program.
- 16. The Green Star Program shall be conducted using this QSP as the training control document in conjunction with training support documents included in the Instructional Guide (A-CR-CCP-701/PF-001).
- 17. This QSP shall be used as the primary reference by the Directorate of Cadets for validation of the Green Star Program.

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CHAPTER 2

TRAINING MANAGEMENT DETAILS

RESPONSIBLE AGENCY AND TRAINING ESTABLISHMENTS

1. The Managing Authority for the Army Cadet Star Level Program is the Directorate of Cadets (D Cdts). The conduct of said program is the responsibility of the Regional Cadet Support Units (RCSUs) through authorized Training Establishments (TEs). These TEs include:

- a. Royal Canadian Army Cadet Corps (RCACC); and
- b. Technical TEs, such as:
 - (1) expedition centres; and
 - (2) other zone, detachment or regional TEs as authorized by RCSU Commanding Officers (COs).

TRAINING DETAILS

2. **General.** In accordance with CATO 11-04, *Cadet Program Outline*, and CATO 40-01, *Army Cadet Program Outline*, the Star Level Program is conducted between 1 September and 30 June of each training year through a combination of training sessions and supported training days/weekends. The Star Level Program is divided into two compulsory components that must be completed by all cadets. These components are:

- a. **Mandatory Training.** Mandatory training is a scheme of activities that is requisite for corps, and in some instances specialized TEs, to conduct, and for cadets to accomplish in order to complete the Star Level Program.
- b. **Complementary Training.** Complementary training is a scheme of activities that is requisite for corps, and in some instances specialized TEs, to conduct, and for cadets to accomplish in order to complete the Star Level Program. These activities complement mandatory activities and form an integral part of the Star Level Program. Corps COs have the discretion to choose activities from a range of possibilities, thus allowing them flexibility to tailor the Star Level Program to match the corps' interests and resources.

3. **Green Star Program Outline.** The distribution of mandatory and complementary training in Green Star is as follows:

- a. Mandatory Training:
 - (1) sixty periods of instruction to be conducted during training sessions (three periods per session);
 - (2) eighteen periods of instruction to be conducted during mandatory training days (nine periods per day) for a total of two days;
 - (3) one weekend bivouac Field Training Exercise (FTX); to consist of five periods of instruction (EO M121.07 to EO M121.09) and 13 periods of practical experience (EO M121.CA); and
 - (4) one weekend navigation and trekking FTX; to consist of nine periods (one day) of navigation experience (EO M122.CA) and nine periods (one day) of instruction and experience (EO M123.02);

b. Complementary Training:

- (1) thirty periods of instruction to be conducted during training sessions (three periods per session);
- (2) eighteen periods of instruction to be conducted during complementary training days (nine periods per day) for a total of two days; and
- (3) one weekend Army Cadet Adventure Training Activities (CCP-951), FTX (EO C123.01) or cold weather (CCP-107) FTX (EO C121.05).

4. **Period Allocation.** Periods are 30 minutes in duration. There are 78 periods of mandatory training supported by two weekends of mandatory FTX (of which 14 FTX periods are programmed, and 22 periods are allocated for locally developed skills practice), and a maximum of 48 periods of complementary training supported by one weekend of complementary field training. A detailed period allocation is provided at Annex A. Total period allocation by PO is as follows:

Topic	PO	Performance Objective	Mandatory Periods	Mandatory Field Instruction	Mandatory FTX Experience	Complementary Periods	Complementary FTX Experience
Citizenship	101	Participate in Citizenship Activities	1	–	–	10	–
Community Service	102	Perform Community Service	9	–	–	12	–
Leadership	103	Participate as a Member of a Team	4	–	–	3	–
Personal Fitness and Healthy Living	104	Develop a Personal Activity Plan	3	–	–	1	–
Recreational Sports	105	Participate in Various Sporting Activities in Pursuit of Living a Healthy Lifestyle	9	–	–	27	–
Air Rifle Marksmanship	106	Fire the Cadet Air Rifle	9	–	–	3	–
General Cadet Knowledge	107	Serve in an Army Cadet Corps	7	–	–	5	–
Drill	108	Participate in a Ceremonial Review Parade	14	–	–	9	–
Canadian Forces Familiarization	120	Demonstrate Knowledge of the Organization and Traditions of the Canadian Forces	2	–	–	15	–
Field Training	121	Participate as a Member of a Group During a Weekend Bivouac Exercise	9	5	13	6	18
Navigation	122	Identify Location Using a Map	7	–	9	9	–
Trekking	123	Participate in a Day Hike	1	9	–	10	18
CHAP	N/A	N/A	3	–	–	–	–
Total			78	14	22	110	36

5. **Training Capacity.** The training capacity is limited to the capacity of the cadet corps to meet supervision requirements in accordance with CATO 13-12, and in some cases to established quotas.

6. Training Staff Requirements

a. Corps Training Officer (Trg O):

Rank	MOSID	Number	Qualification
Lt/Capt	00232-02	1	Minimum: DP2 CIC Officer Training Course Preferred: Senior Instructor Course; and CIC Training Officer Course

b. Green Star Course Officer:

Rank	MOSID	Number	Qualification
2Lt/Lt	00232-02	1	Minimum: Land Environmental Training Course Preferred: Senior Instructor Course

Note: This position may also be filled by an OCdt, should circumstances warrant.

c. Instructors:

Rank	MOSID	Number	Qualification
Cadet Sgt and Above	N/A	1 per 10 Cadets	Minimum: Completion of Gold Star Program Preferred: CSTC specialties appropriate for activity requirements (e.g. Air Rifle Coaching Course to instruct Marksmanship, PO 106)

7. **Technical Authorities.** Technical authorities will be required to assist in the instruction of certain mandatory and complementary material, to include:

- a. Range Safety Officer (RSO) (Air Rifle);
- b. Unit Human Rights Advisor (UHRA);
- c. Specialty Instructors as required:
 - (1) Cold Weather Instructor;
 - (2) Orienteering Instructor; and

- d. Instructors as detailed in A-CR-CCP-951/PT-002 and as required; and
- e. Guest speaker(s) as required.

8. **Resource Requirements.** RCSU COs are responsible for ensuring that required equipment and supplies are available. Annex C contains a detailed list of material, audiovisual equipment and training/learning aids required to conduct the training.

TRAINING ADMINISTRATION

9. **Cadets Joining at 14 Years or Older.** COs may combine Green Star and Red Star training to accelerate training for a cadet joining at 14 years or older. These cadets represent the exception and a case-by-case decision is to be made by the CO. The training shall be carried out in accordance with training management guidance. With the exception of cadets joining at age 14 or older, no other star levels may be combined.

10. **Cadet Evaluation.** Details on cadet evaluation are found in Chapter 3.

11. **Reports.** The Trg O should maintain a training file on each cadet to record their progress during the training year. The training file should consist, as a minimum, of a Green Star Program Qualification Record (Chapter 3, Annex B). Training files are temporary documents which may be disposed of upon migration of the Green Star Program Qualification Record to the DND 2399, Cadet Personnel Record.

QUALIFICATION

12. Successful completion of the Green Star Program awards the qualification of Green Star. The Green Star badge (NSN 8455-21-872-2501) is to be awarded to each successful cadet by the cadet corps CO immediately following completion of the course.

13. Upon completion of the Green Star Program, the cadet has met one prerequisite for promotion to the rank of Private (Pte). However, completion of the Green Star Program alone does not ensure promotion. Cadets must meet all other promotion criteria as stipulated in CATO 40-03, *Army Cadet Ranks and Cadet Corps Establishment*.

RELATED DOCUMENTS

14. This QSP is to be used in conjunction with:
- a. Cadet Administration and Training Orders (CATOs); and
 - b. A-CR-CCP-701/PF-001, *Royal Canadian Army Cadets, Green Star – Instructional Guides*.

SPECIAL INSTRUCTIONS

15. **Scheduling.** When planning training, Trg Os are to be familiar with the lesson specifications found in Chapter 4. While sample schedules are provided at Annex B, they do not account for the many variables cadet corps face when developing annual training plans. Some things to consider when developing cadet corps annual training plans are:

- a. The training environment required for each activity:
 - (1) some activities will require an outdoor environment which requires consideration for seasonal climate; and
 - (2) some activities will require the use of a special facility, such as a gymnasium or sports field.
- b. The availability of a technical authority if required to conduct the activity.

- c. The logical grouping and sequencing of EOs to take advantage of interrelationships that exist within the instructional material, e.g. EO M103.02, discusses the importance and process of setting goals in general and is logically delivered prior to EO M104.02, which discusses setting specific goals with regard to personal fitness and healthy living.
- d. The scheduling of training during sessions relative to weekend training, e.g. identifying EOs that must be delivered just prior to a training day or weekend to prepare the cadets for the event.

16. **Training Days/Weekends.** The planning and conducting of training days is the responsibility of the cadet corps and:

- a. Day training shall be conducted at the cadet corps parade location or, where suitable facilities do not exist at the cadet corps parade location, within the local community.
- b. In accordance with CATO 14-06, weekend training shall normally be conducted within 300 kilometres of the cadet corps parade location.
- c. Where support of mandatory or complementary days/weekends is required, requests shall be forwarded to the appropriate RCSU. Refer to CATO 40-01, *Army Cadet Program Outline*, and regional orders for amplified information on support available from RCSUs.
- d. Training days and weekends shall be structured, unless otherwise specified in the individual star level QSP, to include cadets from all levels of the star program.

RESOURCES AND REFERENCES

- 17. A list of resources required to implement training outlined in this QSP is provided at Annex C.
- 18. A list of references used in this QSP is provided at Annex D.

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GREEN STAR PROGRAM TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO	Performance Objective	EO	Enabling Objective	No. of pd
101	Participate in Citizenship Activities	M101.01	Participate in a Discussion on Canadian Symbols	1
		C101.01	Participate in a Tour of a Local Municipal, Provincial, or Federal Political Institution	3
		C101.02	Participate in a Discussion on <i>Historica Minutes</i> Videos	1
		C101.03	Attend a Presentation Given by a Government Representative	2
		C101.04	Attend a Presentation Given by a Member of an Emergency Response Services Agency	2
		C101.05	Attend a Presentation Given by a Representative from a Community Charitable Organization	2
		PO 101 – Total Mandatory		1
		PO 101 – Total Complementary		10
102	Perform Community Service	M102.01	Perform Community Service	9
		C102.01	Participate in a Ceremonial Parade	3
		C102.02	Perform Community Service	9
		PO 102 – Total Mandatory		9
		PO 102 – Total Complementary (max 9 pd allowed)		12
103	Participate as a Member of a Team	M103.01	Participate in a Discussion on the Characteristics and Duties of a Good Follower	1
		M103.02	Map Personal Goals for the Training Year	1
		M103.03	Participate in Team Building Activities	2
		C103.01	Participate in Icebreaker Activities	1
		C103.02	Participate in Self-introductions	1
		C103.03	Participate in Team Building Activities	1
		PO 103 – Total Mandatory		4
		PO 103 – Total Complementary		3
104	Develop a Personal Activity Plan	M104.01	Identify Activities That Will Help Achieve a Healthy Active Lifestyle	1
		M104.02	Develop a Personal Activity Plan	1
		M104.03	Participate in a Discussion on Hygienic Practices During Physical Activity	1
		C104.01	Create Team Goals	1
		PO 104 – Total Mandatory		3
		PO 104 – Total Complementary		1
105	Participate in Recreational Sports	M105.01	Participate in Organized Recreational Team Sports	9
		C105.01	Participate in an Organized Sports Tabloid	9

PO	Performance Objective	EO	Enabling Objective	No. of pd
		C105.02	Participate in an Organized Intramural Sports Event	9
		C105.03	Participate in an Orienteering Event	9
		PO 105 – Total Mandatory		9
		PO 105 – Total Complementary (max 9 pd allowed)		27
106	Fire the Cadet Air Rifle	M106.01	Identify the Parts and Characteristics of the Daisy 853C Air Rifle	1
		M106.02	Carry Out Safety Precautions on the Cadet Air Rifle	1
		M106.03	Apply Basic Marksmanship Techniques	2
		M106.04	Follow Rules and Commands on an Air Rifle Range	1
		M106.05	Clean and Store the Cadet Air Rifle	1
		M106.CA	Participate in a Familiarization Shoot Using the Cadet Air Rifle	3
		C106.01	Participate in a Recreational Shoot Using the Cadet Air Rifle	3
		PO 106 – Total Mandatory		9
		PO 106 – Total Complementary		3
107	Serve in an Army Cadet Corps	M107.01	Participate in Discussion on Year One Training	1
		M107.02	Identify Army Cadet Ranks and Officer Ranks	1
		M107.03	Observe Rules and Procedures for the Paying of Compliments	1
		M107.04	State the Aims and Motto of the Army Cadet Program	1
		M107.05	Wear the Army Cadet Uniform	2
		M107.06	Participate in a Discussion on Year One Summer Training Opportunities	1
		C107.01	Maintain the Army Cadet Uniform	2
		C107.02	Participate in a Tour of the Cadet Corps	1
		C107.03	Participate in an Activity on the History of the Cadet Corps	2
		PO 107 – Total Mandatory		7
		PO 107 – Total Complementary		5
108	Participate in an Annual Ceremonial Review (ACR) Parade	M108.01	Adopt the Positions of Attention, Stand at Ease, and Stand Easy	1
		M108.02	Execute a Salute at the Halt Without Arms	1
		M108.03	Execute Turns at the Halt	1
		M108.04	Close to the Right and Left	1
		M108.05	Execute Paces Forward and to the Rear	1
		M108.06	Execute the Movements Required for a Right Dress	1
		M108.07	Execute an Open Order and Close Order March	1

PO	Performance Objective	EO	Enabling Objective	No. of pd
		M108.08	March and Halt in Quick Time	1
		M108.09	Execute Marking Time, Forward, and Halting in Quick Time	1
		M108.10	Execute a Salute on the March	1
		M108.11	Pay Compliments With a Squad on the March	1
		M108.CA	Participate in an Annual Ceremonial Review Parade	3
		C108.01	Execute Supplementary Drill Movements	6
		C108.02	Participate in a Drill Competition	3
		PO 108 – Total Mandatory		14
		PO 108 – Total Complementary		9
120	Demonstrate Knowledge of the Organization and Traditions of the Canadian Forces	M120.01	Participate in a Discussion of the Roles of the Canadian Forces	1
		M120.02	Describe the History and Traditions of the Affiliated Unit	1
		C120.01	Participate in Canadian Forces Familiarization	9
		C120.02	Identify Current and Past Uniforms of the Canadian Army	3
		C120.03	Participate in a Discussion of a Soldier's Experience	3
		PO 120 – Total Mandatory (max 12 pd allowed)		2
		PO 120 – Total Complementary		15
121	Participate as a Member of a Group During a Weekend Bivouac Exercise	M121.01	Select Personal Equipment	2
		M121.02	Transport Personal Equipment	1
		M121.03	Tie Knots and Lashings	3
		M121.04	Assemble a Survival Kit	1
		M121.05	Recognize Environmental Hazards	1
		M121.06	Identify Environmental Injuries	1
		M121.07	Erect a Group Tent	2 (Field)
		M121.08	Apply “Leave No Trace” Camping	1 (Field)
		M121.09	Follow Camp Routine	2 (Field)
		M121.CA	Participate as a Member of a Group During a Weekend Bivouac Exercise	13 (Field)
		C121.01	Construct Field Amenities	2
		C121.02	Participate in a Discussion on Cold Climate Exposure	1
		C121.03	Select Cold Weather Clothing	1
		C121.04	Recognize the Effects of Cold Weather	2
		C121.05	Participate in Cold Weather Training	18 (Field)

PO	Performance Objective	EO	Enabling Objective	No. of pd
			PO 121 – Total Mandatory	9
			PO 121 – Total Mandatory Field	18
			PO 121 – Total Complementary	6
			PO 121 – Total Complementary Field	18
122	Identify Location Using a Map	M122.01	Identify Types of Maps	1
		M122.02	Identify Marginal Information and Conventional Signs	2
		M122.03	Interpret Contour Lines	1
		M122.04	Orient a Map by Inspection	1
		M122.05	Determine a Grid Reference	2
		M122.CA	Follow a Route Led by a Section Commander	9 (Field)
		C122.01	Practice Navigation as a Member of a Small Group	9
			PO 122 – Total Mandatory	7
			PO 122 – Total Mandatory Field	9
			PO 122 – Total Complementary	9
123	Participate in a Day Hike	M123.01	Select Trekking Gear	1
		M123.02	Participate in a Day Hike	9
		C123.01	Participate in Adventure Training	18 (Field)
		C123.02	Adhere to March Discipline	1
		C123.03	Participate in Snowshoeing	9
			PO 123 – Total Mandatory	1
			PO 123 – Total Mandatory Field	9
			PO 123 – Total Complementary	10
			PO 123 – Total Complementary Field	18
	CHAP	CHAP		3
			CHAP – Total Mandatory	3
			Total Mandatory	78
			Total Mandatory Field	36 (Field)
			Total Complementary (max 46 pd)	110
			Total Complementary Field (max 18 pd)	36 (Field)

TRAINING DAY/WEEKEND ALLOCATION

MANDATORY

Activity	Description	Time
Mandatory Training Periods	Eighteen periods of instruction (nine per day) chosen from the mandatory EOs, to be delivered during a full day of training. In some cases periods have been grouped into logical nine period days in the Lesson Specifications (e.g. PO 102, Perform Community Service, PO 105, Recreational Sports, or PO 106, Air Rifle Marksmanship). However, corps may choose to deliver any EOs that suit their circumstances on these days.	2 Days
Bivouac FTX	One weekend of mandatory support will be provided for cadet corps to participate in a weekend bivouac FTX to include delivery of EO M121.07 to EO M121.09 and practical experience in support of PO 121.	1 Weekend
Navigation/Trekking FTX	One weekend of mandatory support will be provided for cadet corps to participate in a weekend navigation/trekking FTX to include a day of practical experience in support of PO 122 and delivery of EO M123.02.	1 Weekend
Total Mandatory		6 Days

COMPLEMENTARY

Activity	Description	Time
Complementary Training Periods	Eighteen periods of instruction (nine per day) chosen from the complementary EOs, to be delivered during a full day of training. In some cases periods have been grouped into logical nine period days in the Lesson Specifications (e.g. PO 102, Perform Community Service, PO 105, Recreational Sports, or PO 123, Trekking). However, corps may choose to deliver any complementary EOs, that meet their specific circumstances, on these days.	2 Days
Army Cadet Adventure Training Activities FTX	One weekend of complementary support will be provided for cadet corps to participate in <u>either</u> : a. a weekend adventure training FTX (EO C123.01) conducted in accordance with A-CR-CCP-951/PT-002, <i>Royal Canadian Army Cadets Adventure Training Safety Standards</i> ; <u>or</u> b. a weekend cold weather FTX (EO C121.05) conducted in accordance with A-CR-CCP-107/PT-002, <i>Royal Canadian Army Cadet Course Training Plan, Corps Training Program, Winter Adventure Training Manual</i> .	1 Weekend
Total Complementary		4 Days

Note: Supported training days and weekends, unless otherwise specified in this QSP, are to be planned and conducted to include participation by all star levels.

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SAMPLE TRAINING SCHEDULE

SAMPLE 1: FIELD TRAINING FOCUSED UNIT

FIELD TRAINING FOCUSED UNIT TRAINING SESSIONS		Period 1	Period 2	Period 3
Session 1	EO	C103.01 Participate in a Discussion on the Characteristics and Duties of a Good Follower	M107.01 Participate in a Discussion on Year One Training	M103.02 Map Personal Goals for the Training Year
	Instructor			
	Location			
Session 2	EO	M103.03 Participate in Icebreaker Activities	M103.03 Participate in Team Building Activities	M103.01 Participate in a Discussion on the Characteristics and Duties of a Good Follower
	Instructor			
	Location			
Session 3	EO	M107.02 Identify Army Cadet Ranks and Officer Ranks	M108.01 Adopt the Positions of Attention, Stand at Ease, and Stand Easy	M107.03 Observe Rules and Procedures for the Paying of Compliments
	Instructor			
	Location			
Session 4	EO	M108.02 Execute a Salute at the Halt Without Arms	M107.04 State the Aims and Motto of the Army Cadet Program	M108.03 Execute Turns at the Halt
	Instructor			
	Location			
Session 5	EO	M108.04 Close to the Right and Left	M107.05 Wear the Army Cadet Uniform	M107.05 Wear the Army Cadet Uniform
	Instructor			
	Location			
Session 6	EO	C101.01 Participate in a Tour of a Local Municipal, Provincial, or Federal Political Institution	C101.01 Participate in a Tour of a Local Municipal, Provincial, or Federal Political Institution	C101.01 Participate in a Tour of a Local Municipal, Provincial, or Federal Political Institution
	Instructor			
	Location			
Session 7	EO	C107.01 Maintain the Army Cadet Uniform	C107.01 Maintain the Army Cadet Uniform	M108.05 Execute Paces Forward and to the Rear
	Instructor			
	Location			
Session 8	EO	M121.01 Select Personal Equipment	M121.01 Select Personal Equipment	M108.06 Execute the Movements Required for a Right Dress
	Instructor			
	Location			

FIELD TRAINING FOCUSED UNIT TRAINING SESSIONS		Period 1	Period 2	Period 3
Session 9	EO	M121.02 Transport Personal Equipment	M108.08 March and Halt in Quick Time	M121.04 Assemble a Survival Kit
	Instructor			
	Location			
Session 10	EO	C120.02 Identify Current and Past Uniforms of the Canadian Army	C120.02 Identify Current and Past Uniforms of the Canadian Army	C120.02 Identify Current and Past Uniforms of the Canadian Army
	Instructor			
	Location	TOUR	TOUR	TOUR
Session 11	EO	M121.06 Identify Environmental Injuries	M108.07 Execute an Open Order and Close Order March	M108.09 Execute Marking Time, Forward, and Halting in Quick Time
	Instructor			
	Location			
Session 12	EO	M104.01 Identify Activities that Will Help Achieve a Healthy Active Lifestyle	M104.02 Develop a Personal Activity Plan	M108.10 Execute a Salute on the March
	Instructor			
	Location			
Session 13	EO	M105.01 Participate in Organized Recreational Team Sports	M105.01 Participate in Organized Recreational Team Sports	M105.01 Participate in Organized Recreational Team Sports
	Instructor			
	Location			
Session 14	EO	M108.11 Pay Compliments With a Squad on the March	C107.03 Participate in an Activity on the History of the Cadet Corps	C107.03 Participate in an Activity on the History of the Cadet Corps
	Instructor			
	Location			
Session 15	EO	C108.02 Participate in a Drill Competition	C108.02 Participate in a Drill Competition	C108.02 Participate in a Drill Competition
	Instructor			
	Location			
Session 16	EO	M106.01 Identify the Parts and Characteristics of the Daisy 853C Air Rifle	M106.02 Carry Out Safety Precautions on the Cadet Air Rifle	M107.06 Participate in a Discussion on Year One Summer Training Opportunities
	Instructor			
	Location			

FIELD TRAINING FOCUSED UNIT TRAINING SESSIONS		Period 1	Period 2	Period 3
Session 17	EO	C104.01 Create Team Goals	M106.03 Apply Basic Marksmanship Techniques	M106.03 Apply Basic Marksmanship Techniques
	Instructor			
	Location			
Session 18	EO	M101.01 Participate in a Discussion on Canadian Symbols	C101.04 Attend a Presentation Given by a Member of an Emergency Response Services Agency	C101.04 Attend a Presentation Given by a Member of an Emergency Response Services Agency
	Instructor			
	Location			
Session 19	EO	M105.01 Participate in Organized Recreational Team Sports	M105.01 Participate in Organized Recreational Team Sports	M105.01 Participate in Organized Recreational Team Sports
	Instructor			
	Location			
Session 20	EO	M104.03 Participation in a Discussion on Hygienic Practices During Physical Activity	M106.04 Follow Rules and Commands on an Air Rifle Range	M120.01 Participate in a Discussion of the Roles of the Canadian Forces
	Instructor			
	Location			
Session 21	EO	C103.02 Participate in Self-introductions	M120.02 Describe the History and Traditions of the Affiliated Unit	M106.05 Clean and Store the Cadet Air Rifle
	Instructor			
	Location			
Session 22	EO	M106.CA Participate in a Familiarization Shoot Using the Cadet Air Rifle – Handling Test	M106.CA Participate in a Familiarization Shoot Using the Cadet Air Rifle – Handling Test	M106.CA Participate in a Familiarization Shoot Using the Cadet Air Rifle – Handling Test
	Instructor			
	Location			
Session 23	EO	M122.01 Identify Types of Maps	C108.01 Execute Supplementary Drill Movements – Local Need	C120.03 Participate in a Discussion of a Soldier's Experience – Introduction/Letters
	Instructor			
	Location			

FIELD TRAINING FOCUSED UNIT TRAINING SESSIONS		Period 1	Period 2	Period 3
Session 24	EO	M122.02 Identify Marginal Information and Conventional Signs	M122.02 Identify Marginal Information and Conventional Signs	M122.03 Interpret Contour Lines
	Instructor			
	Location			
Session 25	EO	C105.01 Participate in an Organized Sports Tabloid	C105.01 Participate in an Organized Sports Tabloid	C105.01 Participate in an Organized Sports Tabloid
	Instructor			
	Location			
Session 26	EO	M122.04 Orient a Map by Inspection	M122.05 Determine a Grid Reference	M122.05 Determine a Grid Reference
	Instructor			
	Location			
Session 27	EO	C120.03 Participate in a Discussion of a Soldier's Experience – Debrief	C120.03 Participate in a Discussion of a Soldier's Experience – Debrief	M123.01 Select Trekking Gear
	Instructor			
	Location			
Session 28	EO	C122.01 Practice Navigation as a Member of a Small Group	C122.01 Practice Navigation as a Member of a Small Group	C122.01 Practice Navigation as a Member of a Small Group
	Instructor			
	Location			
Session 29	EO	C106.01 Participate in a Recreational Shoot Using the Cadet Air Rifle	C106.01 Participate in a Recreational Shoot Using the Cadet Air Rifle	C106.01 Participate in a Recreational Shoot Using the Cadet Air Rifle
	Instructor			
	Location			
Session 30	EO	M108.CA Participate in an Annual Ceremonial Review Parade	M108.CA Participate in an Annual Ceremonial Review Parade	M108.CA Participate in an Annual Ceremonial Review Parade
	Instructor			
	Location			

SAMPLE 1: MANDATORY DAYS AND WEEKENDS

FIELD TRAINING FOCUSED UNIT TRAINING DAYS Mandatory EOs (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO		CHAP			M121.03 Tie Knots and Lashings			M105.01 Participate in Organized Recreational Team Sports	
	Instructor									
	Location									
Day 2	EO					M102.01 Perform Community Service				
	Instructor									
	Location									

Note: Day 1 to be placed prior to 31 December.

FIELD TRAINING FOCUSED UNIT TRAINING DAYS Bivouac Exercise (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	M121.07 Erect a Group Tent		M121.08 Apply "Leave No Trace" Camping		M121.09 Follow Camp Routine			M121.CA Participate as a Member of a Group During a Weekend Bivouac Exercise	
	Instructor									
	Location									
Day 2	EO					M121.CA Participate as a Member of a Group During a Weekend Bivouac Exercise				
	Instructor									
	Location									

Note: This activity should be placed after Session 11.

FIELD TRAINING FOCUSED UNIT TRAINING DAYS Navigation/Trekking FTX (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	M122.CA Follow a Route Led by a Section Commander								
	Instructor									
	Location									
Day 2	EO	M123.02 Participate in a Day Hike								
	Instructor									
	Location									

Note: This activity should be placed after Session 27.

SAMPLE 1: COMPLEMENTARY DAYS AND WEEKENDS

FIELD TRAINING FOCUSED UNIT TRAINING DAYS Complementary EOs (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	C105.03 Participate in an Orienteering Event								
	Instructor									
	Location									
Day 2	EO	C121.02 Participate in a Discussion on Cold Climate Exposure	C123.02 Adhere to March Discipline	C123.03 Participate in Snowshoeing						
	Instructor									
	Location									

Note: This winter activity should be placed during winter conditions and after Session 11.

FIELD TRAINING FOCUSED UNIT TRAINING DAYS Expedition Elements (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	C123.01 Canoeing Activity IAW A-CR-CCP-951/PT-001, Chapter 3.								
	Instructor									
	Location									
Day 2	EO	C123.01 Canoeing Activity IAW A-CR-CCP-951/PT-001, Chapter 3.								
	Instructor									
	Location									

Note: Canoeing is only one example of the many expedition oriented activities units may wish to carry out.

SAMPLE 2: DRILL AND MARKSMANSHIP FOCUSED CORPS

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING SESSIONS		Period 1	Period 2	Period 3
Session 1	EO	C103.01 Participate in a Discussion on the Characteristics and Duties of a Good Follower	M107.01 Participate in a Discussion on Year One Training	M103.02 Map Personal Goals for the Training Year
	Instructor			
	Location			
Session 2	EO	M103.03 Participate in Icebreaker Activities	M103.03 Participate in Team Building Activities	M103.01 Participate in a Discussion on the Characteristics and Duties of a Good Follower
	Instructor			
	Location			
Session 3	EO	M107.02 Identify Army Cadet Ranks and Officer Ranks	M108.01 Adopt the Positions of Attention, Stand at Ease, and Stand Easy	M107.03 Observe Rules and Procedures for the Paying of Compliments
	Instructor			
	Location			
Session 4	EO	M108.02 Execute a Salute at the Halt Without Arms	M107.04 State the Aims and Motto of the Army Cadet Program	M108.03 Execute Turns at the Halt
	Instructor			
	Location			
Session 5	EO	M108.04 Close to the Right and Left	M107.05 Wear the Army Cadet Uniform	M107.05 Wear the Army Cadet Uniform
	Instructor			
	Location			
Session 6	EO	C101.01 Participate in a Tour of a Local Municipal, Provincial, or Federal Political Institution	C101.01 Participate in a Tour of a Local Municipal, Provincial, or Federal Political Institution	C101.01 Participate in a Tour of a Local Municipal, Provincial, or Federal Political Institution
	Instructor			
	Location			
Session 7	EO	C107.01 Maintain the Army Cadet Uniform	C107.01 Maintain the Army Cadet Uniform	M108.05 Execute Paces Forward and to the Rear
	Instructor			
	Location			
Session 8	EO	M121.01 Select Personal Equipment	M121.01 Select Personal Equipment	M108.06 Execute the Movements Required for a Right Dress
	Instructor			
	Location			

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING SESSIONS		Period 1	Period 2	Period 3
Session 9	EO	M102.01 Perform Community Service	M102.01 Perform Community Service	M102.01 Perform Community Service
	Instructor			
	Location			
Session 10	EO	M121.02 Transport Personal Equipment	M108.07 Execute an Open Order and Close Order March	M121.04 Assemble a Survival Kit
	Instructor			
	Location			
Session 11	EO	C120.02 Identify Current and Past Uniforms of the Canadian Army	C120.02 Identify Current and Past Uniforms of the Canadian Army	C120.02 Identify Current and Past Uniforms of the Canadian Army
	Instructor			
	Location			
Session 12	EO	M121.06 Identify Environmental Injuries	M108.08 March and Halt in Quick Time	M108.10 Execute a Salute on the March
	Instructor			
	Location			
Session 13	EO	M104.01 Identify Activities That Will Help Achieve a Healthy Active Lifestyle	M104.02 Develop a Personal Activity Plan	M108.09 Execute Marking Time, Forward, and Halting in Quick Time
	Instructor			
	Location			
Session 14	EO	M105.01 Participate in Organized Recreational Team Sports	M105.01 Participate in Organized Recreational Team Sports	M105.01 Participate in Organized Recreational Team Sports
	Instructor			
	Location			
Session 15	EO	M108.11 Pay Compliments with a Squad on the March	C107.03 Participate in an Activity on the History of the Cadet Corps	C107.03 Participate in an Activity on the History of the Cadet Corps
	Instructor			
	Location			
Session 16	EO	C108.02 Participate in a Drill Competition	C108.02 Participate in a Drill Competition	C108.02 Participate in a Drill Competition
	Instructor			
	Location			

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING SESSIONS		Period 1	Period 2	Period 3
Session 17	EO	M102.01 Perform Community Service	M102.01 Perform Community Service	M102.01 Perform Community Service
	Instructor			
	Location			
Session 18	EO	M101.01 Participate in a Discussion on Canadian Symbols	M107.06 Participate in a Discussion on Year One Summer Training Opportunities	M120.01 Participate in a Discussion of the Roles of the Canadian Forces
	Instructor			
	Location			
Session 19	EO	M104.03 Participation in a Discussion on Hygienic Practices During Physical Activity	C101.04 Attend a Presentation Given by a Member of an Emergency Response Services Agency	C101.04 Attend a Presentation Given by a Member of an Emergency Response Services Agency
	Instructor			
	Location			
Session 20	EO	M105.01 Participate in Organized Recreational Team Sports	M105.01 Participate in Organized Recreational Team Sports	M105.01 Participate in Organized Recreational Team Sports
	Instructor			
	Location			
Session 21	EO	C108.01 Execute Supplementary Drill Movements – Local Need	M120.02 Describe the History and Traditions of the Affiliated Unit	C120.03 Participate in a Discussion of a Soldier's Experience – Introduction/Letters
	Instructor			
	Location			
Session 22	EO	C105.03 Participate in an Orienteering Event	C105.03 Participate in an Orienteering Event	C105.03 Participate in an Orienteering Event
	Instructor			
	Location			
Session 23	EO	M122.01 Identify Types of Maps	C108.01 Execute Supplementary Drill Movements – Local Need	C101.02 Participate in a Discussion on <i>Historica</i> <i>Minutes</i> Videos
	Instructor			
	Location			

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING SESSIONS		Period 1	Period 2	Period 3
Session 24	EO	M122.02 Identify Marginal Information and Conventional Signs	M122.02 Identify Marginal Information and Conventional Signs	C108.01 Execute Supplementary Drill Movements – Local Need
	Instructor			
	Location			
Session 25	EO	C105.01 Participate in an Organized Sports Tabloid	C105.01 Participate in an Organized Sports Tabloid	C105.01 Participate in an Organized Sports Tabloid
	Instructor			
	Location			
Session 26	EO	M122.04 Orient a Map by Inspection	M122.05 Determine a Grid Reference	M122.05 Determine a Grid Reference
	Instructor			
	Location			
Session 27	EO	C120.03 Participate in a Discussion of a Soldier's Experience – Debrief	C120.03 Participate in a Discussion of a Soldier's Experience – Debrief	M123.01 Select Trekking Gear
	Instructor			
	Location			
Session 28	EO	C122.01 Practice Navigation as a Member of a Small Group	C122.01 Practice Navigation as a Member of a Small Group	C122.01 Practice Navigation as a Member of a Small Group
	Instructor			
	Location			
Session 29	EO	M102.01 Perform Community Service	M102.01 Perform Community Service	M102.01 Perform Community Service
	Instructor			
	Location			
Session 30	EO	M108.CA Participate in an Annual Ceremonial Review Parade	M108.CA Participate in an Annual Ceremonial Review Parade	M108.CA Participate in an Annual Ceremonial Review Parade
	Instructor			
	Location			

SAMPLE 2: MANDATORY DAYS AND WEEKENDS

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING DAYS Mandatory EOs (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	CHAP		M121.03 Tie Knots and Lashings			M105.01 Participate in Organized Recreational Team Sports			
	Instructor									
	Location									
Day 2	EO	M106.01 Identify the Parts and Characteristics of the Daisy 853C Air Rifle	M106.02 Carry Out Safety Precautions on the Cadet Air Rifle	M106.03 Apply Basic Marksmanship Techniques	M106.04 Follow Rules and Commands on an Air Rifle Range	M106.05 Clean and Store the Cadet Air Rifle	M106.CA Participate in a Familiarization Shoot Using the Cadet Air Rifle			
	Instructor									
	Location									

Note: 1. Day 1 to be placed prior to 31 December.

2. Day 2 training to be scheduled before the complementary shooting/recreational sports day.

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING DAYS Bivouac Exercise (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	M121.07 Erect a Group Tent	M121.08 Apply "Leave No Trace" Camping	M121.09 Follow Camp Routine	M121.CA Participate as a Member of a Group During a Weekend Bivouac Exercise					
	Instructor									
	Location									
Day 2	EO	M121.CA Participate as a Member of a Group During a Weekend Bivouac Exercise								
	Instructor									
	Location									

Note: This activity should be scheduled after Session 12.

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING DAYS Navigation/Trecking FTX (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	M122.CA Follow a Route Led by a Section Commander								
	Instructor									
	Location									
Day 2	EO	M123.02 Participate in a Day Hike								
	Instructor									
	Location									

Note: This activity should be scheduled after Session 27.

SAMPLE 2: COMPLEMENTARY DAYS AND WEEKENDS

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING DAYS Complementary EOs (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	C105.02 Participate in an Organized Intramural Sports Event						C106.01 Participate in a Recreational Shoot Using the Cadet Air Rifle		
	Instructor									
	Location									
Day 2	EO	C122.01 Practice Navigation as a Member of a Small Group			C105.03 Participate in an Orienteering Event					
	Instructor									
	Location									

Note: Day one training should be scheduled after the mandatory range training day and familiarization shoot.

DRILL AND MARKSMANSHIP FOCUSED UNIT TRAINING DAYS Expedition Elements (Period Allocation)		Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8	Period 9
Day 1	EO	C123.01 Caving and Abseiling Activity IAW A-CR-CCP-951/PT-001, Chapters 4 to 5.								
	Instructor									
	Location									
Day 2	EO	C123.01 Caving and Abseiling Activity IAW A-CR-CCP-951/PT-001, Chapters 4 to 5.								
	Instructor									
	Location									

Note: Caving and abseiling are two examples of the many expedition-oriented activities units may wish to carry out.

RESOURCE REQUIREMENTS

MANDATORY TRAINING

Item	Quantity
Air mattress	1 per cadet
Air rifle cleaning kit (pellets and oil)	1 per rifle
Army Cadet uniform (complete)	1 per cadet
Backpack	1 per cadet
Coleman lantern	1 per 10 cadets
Coleman two-burner stove	1 per 10 cadets
Coloured pushpins	10 x 3 colours
Compass with romer	1 per 2 cadets
Daisy 853C air rifle	1 per 2 cadets
Day pack	1 per cadet
DVD player	1 per class
Environmental spill kit	1
Fire extinguisher	3
First aid kit	1 per class
Flashlight	1 per group
Funnel	1
Grouping targets	5 per cadet
Gym mats	1 per 2 cadets
Index cards	1 pack per class
Large freezer bags	1 per 2 cadets
Map, air photo	1
Map, Canada	1 per class
Map, digital	1
Map, orienteering	1
Map, outline	1
Map, political	1

Item	Quantity
Map, relief	1
Map, statistical	1
Map, street/road	1
Map, topographical	1 per 2 cadets
Markers (assorted colours)	2 package per class
Masking tape	6 rolls
OHP transparency	10 sheets
Paper	500 sheets
Pellets	50 per cadet
Pens/pencils	1 per cadet
Pot set	1 per 10 cadets
Pylons	8 per class
Rank badges of the Canadian Forces poster	1
RCAC symbols poster	1
Rifle case	1 per rifle
Rope, 5 mm kernmantle, 3 ft	1 per cadet
Safety glasses/goggles	1 pair per rifle
Safety rod	1 per rifle
Scissors	1 per 2 cadets
Sleeping bag	1 per cadet
Sports equipment	In accordance with sport
Stopwatch	1 per class
Stove and lantern fuel	1 per 9 cadets per day
Stretcher	1
Survival kit	1 per class
Target frames and backboard	1 per rifle
Tents (three-man)	1 per 2 cadets
TV	1

Item	Quantity
Twine	1 roll per class
VCR	1 per class
Water bottle	1 per cadet
Water jerry can	1 per group
Whistle	1 per class
Wool blanket	4

COMPLEMENTARY TRAINING

Item	Quantity	PO/EO
<i>Historica Minutes</i> video	1	C101.02
Toothpicks	5 per cadet	C103.01
CD	1	C103.03
CD Player	1	C103.03
Picture puzzle	1 per class	C103.03
Badminton shuttles	3 per class	C105
Basket ball	1 per class	C105
Basket ball net	1 per class	C105
Bean bags	3 per class	C105
Floor hockey net	1 per class	C105.01
Floor hockey stick	1 per class	C105.01
Soccer ball	1 per class	C105.01
Tables	4 per class	C105.01
Volleyball	1 per class	C105.01
Control markers with punches	10 per class	C105.03
Orienteering compasses	1 per 2 cadets	C105.03
Orienteering score cards	1 per 2 cadets	C105.03
Orienteering/recreation maps	1 per 2 cadets	C105.03
Radios, handheld	6 per class	C121
Wash basins	1 per cadet	C121

Item	Quantity	PO/EO
Arctic tent, five-man	1 per 4 cadets	C121.05
Ground sheet	1 per cadet	C121.05
Jacket ECW	1 per cadet	C121.05
Mitts, arctic	1 per cadet	C121.05
Mukluks	1 per cadet	C121.05
Scarf	1 per cadet	C121.05
Sleeping Bag, Arctic (complete)	1 per cadet	C121.05
Snowshoes	1 pair per cadet	C121.05
Toboggan (complete)	1 per 4 cadets	C121.05
Toque	1 per cadet	C121.05
Wind pants	1 per cadet	C121.05
Map, trail	1 per 6 cadets	C122.01

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CHAPTER 3

CADET EVALUATION

PURPOSE

1. The purpose of this chapter is to outline the specific evaluation requirements for the Green Star Program of the Royal Canadian Army Cadets.

LEARNER EVALUATION

2. “Learner evaluation is the assessment of progress made by participants during an instructional programme (formative evaluation) and of their achievement at the end of the programme (summative evaluation).” (A-P9-050-000/PT-Z01, *Manual of Individual Training and Education, Volume 1 (1)*, Glossary).

DEVELOPMENTAL PERIODS

3. A Developmental Period (DP) is a time frame, during a cadet’s progression through the Cadet Program (CP), in which the cadet participates in training and is provided opportunities to develop desired knowledge, skills and attitudes that support the aims of the CP and contribute to the achievement of the CP outcomes. DPs are distinguished by progressive training levels and associated learning objectives ensuring each level of training will be relevant, achievable and age-appropriate for the target audience.

4. The CP is conducted across the three adolescent DPs applicable to the CP population. Outlined in each DP are specific philosophies and approaches to learning which impact training and evaluation. Green Star training and evaluation are participatory in nature. A basic overview of the DP characteristics is outlined at Annex A.

GREEN STAR CADET EVALUATION

5. The intent of Green Star cadet evaluation is to measure the extent of cadet participation in the scheduled mandatory and complementary training and make an assessment by comparing the level of participation to the minimum standard required for qualification.

GREEN STAR QUALIFICATION STANDARD

6. The minimum standard for Green Star Program qualification is:
- a. sixty percent attendance in all scheduled mandatory and complementary training once becoming a member of the corps, as calculated by the cadet corps; and
 - b. successful completion of each PO as outlined in Chapter 4.

ADDITIONAL CADET EVALUATIONS

7. All cadets must successfully complete the Cadet Air Rifle Handling Test, located at Annex C, prior to participating in familiarization or recreational marksmanship activities.

8. No additional cadet evaluations (i.e. theory tests, performance checks, etc.) are to be used to determine Green Star qualification eligibility. Therefore, these national standards are not to be supplemented with regional and/or local standards.

MONITORING CADET PROGRESS

9. Cadets must meet the standard of behaviour and conduct expected from all cadets. The course officer during cadet interviews and personal counselling should adopt a proactive approach towards difficulties.

10. Frequent absences from mandatory and complementary training, that could result in the cadet not meeting the minimum standard for Green Star qualification, must be addressed in accordance with CATO 15-22, *Conduct and Discipline – Cadets*.

REPORTING CADET PROGRESS

11. The progress of each cadet shall be reported using the Green Star Program Qualification Record provided at Annex B, which is also used to determine successful completion of the Green Star Program. The results shall be recorded on, and placed in, the cadet's DND 2399, Cadet Personnel Record.

CADETS NOT MEETING THE MINIMUM QUALIFICATION STANDARD

12. Cadets who do not meet the minimum qualification standard shall be given a reasonable opportunity to complete the training missed. If, by the end of the training year, the cadet still has not successfully attained any PO, the corps CO may waive the minimum qualification standard. When waiving any PO requirement, the cadet corps CO should consider the overall performance of the cadet and the legitimacy of their reason for failing to attain the PO. In granting a waiver, the CO must also consider the cadet's attendance and behaviour.

13. Any cadet for whom a waiver has been issued will not be granted the Green Star Qualification. However, they will progress to Red Star in the second year of their corps membership. If a CO has decided to not grant a waiver based on attendance and/or behaviour, a cadet may be held back to repeat Green Star.

14. Cadets who have been granted a waiver of the minimum qualification standard of Green Star and have progressed to Red Star in the second year of their squadron membership are expected to achieve the missing Green Star Program PO requirements. To facilitate this, cadets can concurrently receive credit for activities completed in Red Star as part of also achieving Green Star.

GREEN STAR CERTIFICATE OF QUALIFICATION

15. The Cadet Certificate of Qualification, CF 558 (NSN 7530-21-870-7685), shall be awarded to each cadet upon successful completion of the Green Star Program. Until cadets who have been waived from the minimum qualification standard have attained said standard, they shall not be granted the Cadet Certificate of Qualification.

ARMY CADET PROGRAM (CP) DEVELOPMENT PERIODS (DPs)

(Under development)

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GREEN STAR PROGRAM QUALIFICATION RECORD

Cadet's Name: _____

Topic	PO	Performance Statement	PO Assessment		CO's Waiver
			Participated	Did Not Participate	
Citizenship	101	Participate in Citizenship Activities			
Community Service	102	Perform Community Service			
Leadership	103	Participate in Team Building Activities			
Personal Fitness and Healthy Living	104	Develop a Personal Activity Plan			
Recreational Sports	105	Participate in Recreational Sports			
Air Rifle Marksmanship	106	Fire the Cadet Air Rifle			
General Cadet Knowledge	107	Serve in an Army Cadet Corps			
Drill	108	Participate in an Annual Ceremonial Review (ACR) Parade			
CF Familiarization	120	Demonstrate Knowledge of the Organization and Traditions of the Canadian Forces			
Field Training	121	Participate as a Member of a Group During a Weekend Bivouac Exercise			
Navigation	122	Identify Location Using a Map			
Trekking	123	Participate in a Day Hike			
CHAP					

Note: The CO's waiver section requires initialling from the Cadet Corps Commanding Officer when being applied.

Green Star Program Qualification Achieved	Yes	
	No	

Trg O's Signature: _____

Date: _____

PERFORMANCE OBJECTIVE (PO) REQUIRED STANDARDS

PO	Performance Statement	Abbreviated Standard
101	Participate in Citizenship Activities	The cadet participated in a discussion of Canadian symbols.
102	Perform Community Service	The cadet participated in a community service activity.
103	Participate in Team Building Activities	The cadet participated in a team building activity.
104	Develop a Personal Activity Plan	The cadet developed a personal activity plan.
105	Participate in Recreational Sports	The cadet participated in a recreational sports activity.
106	Fire the Cadet Air Rifle	The cadet participated in an air rifle familiarization shoot.
107	Serve in a Army Cadet Corps	Over the course of the training year, the cadet demonstrated an ability to properly wear the cadet uniform, pay compliments and show respects to superiors, and was able to state the aims and motto of the Army Cadet Program.
108	Participate in an Annual Ceremonial Review (ACR) Parade	The cadet participated or was excused from an Annual Ceremonial Review Parade.
120	Demonstrate Knowledge of the Organization and Traditions of the Canadian Forces	The cadet participated in a discussion on the history and roles of the Canadian Forces.
121	Participate as a Member of a Group During a Weekend Bivouac Exercise	The cadet selected and packed appropriate personal equipment to allow them to participate in a weekend bivouac field training exercise during which they assisted in the erection of a tent, avoided environmental hazards, followed leave no trace principles, and followed camp routine and camp discipline.
122	Identify Location Using a Map	The cadet properly oriented their map by inspection and located their position on a map using a six-figure grid reference (within ± 100 m).
123	Participate in a Day Hike	The cadet selected appropriate trekking gear and participated in a day hike of no greater than 8 km over Class 1 terrain.
TBD	CHAP	Compulsory participation.

Note: The abbreviated standards are based on the lesson specifications detailed in Chapter 4.

CADET AIR RIFLE HANDLING TEST

Name: _____

Assessed By: _____

Individual Safety Precautions	
Did the cadet:	
1. Ensure the bolt was fully open and to the rear	
2. Ensure the safety catch was in the ON position	
3. Ensure the pump lever was partially open (2 to 3 in.)	
4. Ensure the safety rod was inserted in the barrel and visible in the feed track	
Loading Procedure	
Did the cadet:	
5. Ensure the safety catch was in the ON position	
6. Pump the air rifle, observing a 3-second pause	
7. Open the bolt (if necessary)	
8. Load a pellet (flat end forward)	
9. Close the bolt	
Firing Procedure	
Did the cadet:	
10. Place the safety catch in the OFF position	
11. Aim at the target	
12. Squeeze the trigger	
13. Open the bolt	
14. Place the safety in the ON position	
15. Partially open the pumping handle	
16. Lay down the air rifle	

Unloading Procedure	
Did the cadet:	
17. Open the bolt (without loading a pellet)	
18. Pump the air rifle, observing a 3-second pause	
19. Close the bolt (without loading a pellet)	
20. Place the safety in the OFF position	
21. Aim the rifle at the target	
22. Fire the action	
23. Place the safety catch in the ON position	
Prepare for Inspection	
Did the cadet:	
24. Open the bolt	
25. Open the pump lever slightly	
26. Place the rifle on their shoulder, muzzle pointed down range	
27. Wait to be cleared by the RSO	
Cadet Air Rifle Handling Test Result	
Was the cadet:	
Successful (S)/Unsuccessful (U)	

Notes:

1. Steps shall be conducted sequentially.
2. Cadets may be retested until they are successful.

RSO's Signature: _____

Date: _____

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CHAPTER 4

PERFORMANCE OBJECTIVES AND LESSON SPECIFICATIONS

SECTION 1

PO 101 – PARTICIPATE IN CITIZENSHIP ACTIVITIES

1. **Performance.** Participate in Citizenship Activities.
2. **Conditions**
 - a. Given:
 - (1) *Historica Minutes* videos;
 - (2) transportation as required;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental:
 - (1) in-house: suitable classroom facilities to accommodate the entire group; and
 - (2) tour: determination of conditions suitable for this training is at the discretion of the corps Commanding Officer.
3. **Standard.** In accordance with specified references, the cadet will participate in citizenship activities that will enhance their knowledge of various Canadian symbols that are found at the corps and in the community.
4. **Remarks.** The field trip in EO C101.01 can be completed on a supported day or during three of the 30 complementary sessions that are at the Commanding Officer's discretion.
5. **Complementary Material**
 - a. Complementary material under PO 101 is designed to enhance the cadet's knowledge of Canadian symbols:
 - (1) EO C101.01 allows the cadets to tour a local municipal, provincial or federal political institution;
 - (2) EO C101.02 allows the cadets to watch *Historica Minutes* videos and participate in a discussion;
 - (3) EO C101.03 allows the cadets to participate in a presentation given by a government representative;
 - (4) EO C101.04 allows the cadets to participate in a presentation given by a member of an emergency response services agency; and
 - (5) EO C101.05 allows the cadet to participate in a presentation given by a representative of a charitable organization.
 - b. Complementary training under PO 101 is limited to a total of 10 periods conducted during sessions or on a supported day. Corps are not required to use all 10 periods.

EO M101.01 – PARTICIPATE IN A DISCUSSION ON CANADIAN SYMBOLS

1. **Performance.** Participate in a Discussion on Canadian Symbols.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references the cadet shall participate in a discussion on Canadian symbols, to include:
 - a. National Flag of Canada;
 - b. Canadian National Anthem;
 - c. Canadian Coat of Arms; and
 - d. the maple leaf.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Discuss The National Flag of Canada, to include:</p> <ol style="list-style-type: none"> a. the first Canadian flags, to include: <ol style="list-style-type: none"> (1) the St. George's Cross; (2) the Fleur-de-lis; (3) the Royal Union Flag (1606-1800); and (4) the Canadian Red Ensign; and b. the current National Flag of Canada, to include: <ol style="list-style-type: none"> (1) the Canadian Red Ensign was replaced by the red and white maple leaf flag on February 15th, 1965; (2) the maple leaf has been a national emblem of Canada since 1860 and was deemed a suitable symbol for the current national flag; (3) in the course of history, red and white alternated as the national colours of France and England; and (4) red and white were approved as the official colours of Canada in 1921. 	Activity/ Interactive Lecture	3 min/ 4 min	C0-012 C0-013

TP	Description	Method	Time	Ref
TP2	<p>Discuss the Canadian National Anthem, to include:</p> <ul style="list-style-type: none"> a. “O Canada” was proclaimed as Canada’s national anthem on July 1st, 1980; b. the music was composed by Calixa Lavallée; c. the French lyrics were written by Sir Adolphe-Basile Routhier; and d. the official English lyrics were written by Mr. Justice Robert Stanley Weir in 1908. In 1968, changes to the English lyrics were made. 	Interactive Lecture	5 min	C0-012 C0-013
TP3	<p>Discuss the Canadian Coat of Arms, to include:</p> <ul style="list-style-type: none"> a. the Canadian Coat of Arms was appointed to Canada in the court of Buckingham Palace by His Majesty King George V on 21 November 1921; and b. description of the arms, to include: <ul style="list-style-type: none"> (1) the shield; (2) the ribbon; (3) the helm and mantling; (4) the crest; (5) the supporters; (6) the motto; (7) the four floral emblems; and (8) the imperial crown. 	Interactive Lecture/ Activity	4 min/ 3 min	C0-012 C0-013
TP4	<p>Discuss the maple leaf, to include:</p> <ul style="list-style-type: none"> a. the maple leaf began to serve as a Canadian symbol as early as 1700; b. in August 1860, the leaf was adopted as the national emblem of Canada for use as decorations during a visit by the Prince of Wales; c. in 1867 Alexander Muir composed <i>The Maple Leaf Forever</i> as Canada’s confederation song; d. many regiments during both World War One and Two wore the maple leaf on their uniforms while over seas; and e. the maple leaf was incorporated into The National Flag of Canada in 1965. 	Interactive Lecture	2 min	C0-012 C0-013

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 9 min |
| b. | Interactive Lecture: | 24 min |
| c. | Activity: | 17 min |
| d. | Total: | 30 min |

6. **Substantiation**

- a. The interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature.
- b. The activity was selected to allow for maximum participation in the learning process. It is an interactive way to illustrate and substantiate the lesson material in a concrete manner.

7. **References**

- a. C0-012 Government of Canada. (1995). *Symbols of Canada*. Ottawa, ON.
- b. C0-013 *Canadian Heritage Website*. (2006). Retrieved 16 March 2006, from <http://www.canadianheritage.gc.ca>.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area; and
- b. Picture of Canadian Coat of Arms found in A-CR-CCP-701/PF-001, Chapter 1, Annex A.

9. **Learning Aids**

- a. Flipchart paper and marker;
- b. Cut-outs of Canadian Coat of Arms found in A-CR-CCP-701/PF-001, Chapter 1, Annex A; and
- c. Yellow Bristol board.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm cadets' comprehension of the material during the end of lesson check.

11. **Remarks.** N/A.

EO C101.01 – TOUR A LOCAL MUNICIPAL, PROVINCIAL OR FEDERAL POLITICAL INSTITUTION

1. **Performance.** Tour a Local Municipal, Provincial or Federal Political Institution.
2. **Conditions**
 - a. Given:
 - (1) transportation as required;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Determination of conditions suitable for this training is at the discretion of the Corps Commanding Officer.
3. **Standard.** The cadets shall tour a local municipal, provincial, or federal political institution in order to:
 - a. identify different Canadian symbols that have been described in the classroom; and
 - b. appreciate the different political processes, figures and history.
4. **Teaching Points.** Cadet corps personnel are to determine whether a guide will escort the group or if an instructor from the corps will be responsible for conducting the tour. If the tour is guided, the tour guide should be asked to address the points outlined below. If an instructor from the corps will conduct the tour, the following are to be researched in advance:
 - a. location of the National Flag, Canadian Coat of Arms, the maple leaf and provincial flags;
 - b. when the facilities were established and the historical significance of the building;
 - c. the role of the political institution being visited, to include:
 - (1) law-making;
 - (2) policy development;
 - (3) budgeting; and
 - (4) public services; and
 - d. the political figures involved, to include:
 - (1) selection (elected or appointed);
 - (2) political parties; and
 - (3) special positions.
5. **Time**
 - a. Field Trip: 90 min
 - b. Total: 90 min
6. **Substantiation.** A field trip was chosen to reinforce learning through observing practical application of instructional material previously taught and to introduce material which will be instructed in the future. This method appeals to visual and tactile learners.

7. **References.** N/A.
8. **Training Aids.** N/A.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO.
11. **Remarks**
 - a. There is no instructional guide for this EO.
 - b. This field trip can be completed on a supported day or during one of the 30 complementary sessions during a parade night.
 - c. The CO shall determine the dress for this activity.

EO C101.02 – WATCH *HISTORICA MINUTES* VIDEOS

1. **Performance.** Watch *Historica Minutes* Videos.
2. **Conditions**
 - a. Given:
 - (1) Canadian Heritage videos (*Historica Minutes*);
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references the cadet shall watch Canadian Heritage videos in order to gain an appreciation of significant Canadian historical symbols/figures/events.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain the purpose of Canadian Heritage videos, which is to assist Canadians in developing an appreciation for Canadian historical figures and significant events.</p> <p>Show a series of video clips and lead a discussion on the subject presented in each.</p>	Activity/Group Discussion	27 min	C0-030 C0-046 C0-047 C0-048 C0-049 C0-050

5. **Time**

- | | | |
|----|----------------------------|--------|
| a. | Introduction/Conclusion: | 3 min |
| b. | Activity/Group Discussion: | 27 min |
| c. | Total: | 30 min |

6. **Substantiation**

- a. The activity was selected to allow for maximum participation in the learning process. It is an interactive way to illustrate and substantiate the lesson material in a concrete manner.
- b. The group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References**

- a. C0-030 Historica Foundation of Canada. (ND) *Historica Minutes*. Toronto, ON.

- b. C0-046 *Winnie the Pooh*. (2006). Retrieved 5 May 2006, from http://en.wikipedia.org/wiki/Winnie_the_pooh.
- c. C0-047 *Inukshuk*. (2006). Retrieved 5 May 2006, from <http://en.wikipedia.org/wiki/inukshuk>.
- d. C0-048 *Maple Syrup*. (2006). Retrieved 5 May 2006, from http://en.wikipedia.org/wiki/Maple_syrup.
- e. C0-049 *Bluenose*. (2006). Retrieved 5 May 2006, from http://en.wikipedia.org/wiki/Blue_nose.
- f. C0-050 *Avro Arrow*. (2006). Retrieved 5 May 2006, from http://en.wikipedia.org/wiki/Avro_arrow.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for the classroom/training area;
- b. *Historica Minutes* videos; and
- c. TV/VCR or DVD player.

9. **Learning Aids.** *Historica Minutes* videos.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks.** N/A.

EO C101.03 – PARTICIPATE IN PRESENTATION GIVEN BY A GOVERNMENT REPRESENTATIVE

1. **Performance.** Participate in Presentation Given by a Government Representative.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** The cadet shall participate in a presentation given by a government representative so the cadets may gain an appreciation for government representatives' roles in community development and decision-making.
4. **Teaching Points.** Guest speakers are asked to:
 - a. give a description of the political body they are a member of;
 - b. give a description of their duties;
 - c. give a description of a day in the life of a government representative;
 - d. explain their role in the community;
 - e. relate some anecdotes; and
 - f. facilitate a question and answer period.
5. **Time**
 - a. Interactive Lecture: 60 min
 - b. Total: 60 min
6. **Substantiation.** The interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature. Use of a guest speaker would provide an opportunity for the cadets to meet and hear from a government representative. Using a guest speaker will provide an experienced view and promote interest in the topic.
7. **References.** N/A.
8. **Training Aids.** Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/ presentation area.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO.
11. **Remarks**
 - a. Training aids should be determined by contacting the speaker prior to the presentation. The instructor should also have any required presentation aids readily available.

- b. There is no instructional guide for this EO.
- c. Potential guest speakers should be chosen from government representatives in the community, including municipal councillors, mayor, members of the provincial legislature, and members of Parliament or senators. Other government representatives may be present in the community and may be contacted to ask to come as a guest speaker.

EO C101.04 – PARTICIPATE IN A PRESENTATION GIVEN BY A MEMBER OF AN EMERGENCY RESPONSE SERVICES AGENCY

1. **Performance.** Participate in a Presentation Given by a Member of an Emergency Response Services Agency.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** The cadets shall participate in a presentation given by a member of an emergency response services agency so the cadets may gain an appreciation for the role of emergency response services within their communities.
4. **Teaching Points.** Guest speakers are asked to:
 - a. give a description of the service agency they are a member of;
 - b. give a description of their duties;
 - c. give a description of a day in the life of an emergency response services member;
 - d. explain their role in the community;
 - e. relate some anecdotes; and
 - f. facilitate a question and answer period.
5. **Time**
 - a. Interactive Lecture: 60 min
 - b. Total: 60 min
6. **Substantiation.** The interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature. Use of a guest speaker would provide an opportunity for the cadets to meet and hear from a member of an emergency response services agency. Using a guest speaker will provide an experienced view and promote interest in the topic.
7. **References.** N/A.
8. **Training Aids.** Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/ presentation area.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks**

- a. Training aids should be determined by contacting the speaker prior to the presentation. The instructor should also have any required presentation aids readily available.
- b. There is no instructional guide for this EO.
- c. Possible guest speakers can include a firefighter, a police officer or a paramedic. Other emergency service agencies may be present in the community and may be contacted to ask to come as a guest speaker.

EO C101.05 – PARTICIPATE IN A PRESENTATION GIVEN BY A REPRESENTATIVE OF A CHARITABLE ORGANIZATION

1. **Performance.** Participate in a Presentation Given by a Representative of a Charitable Organization.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** The cadet shall participate in a presentation given by a representative of charitable organization so that they may gain an appreciation for the role of charitable organizations within their community.
4. **Teaching Points.** Guest speakers are asked to:
 - a. give a description of the charitable organization they represent;
 - b. give a description of their duties;
 - c. give a description of a day in the life of a charitable organization representative;
 - d. explain their role in the community;
 - e. relate some anecdotes; and
 - f. facilitate a question and answer period.
5. **Time**
 - a. Interactive Lecture: 60 min
 - b. Total: 60 min
6. **Substantiation.** The interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature. Use of a guest speaker would provide an opportunity for the cadets to meet and hear from a representative of a charitable organization. Using a guest speaker will provide an experienced view and promote interest in the topic.
7. **References.** N/A.
8. **Training Aids.** Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/ presentation area.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks**

- a. Training aids should be determined by contacting the speaker prior to the presentation. The instructor should also have any required presentation aids readily available.
- b. There is no instructional guide for this EO.
- c. Possible guest speakers can include the Heart and Stoke Foundation, the Red Cross, the Canadian Cancer Society, the United Way, UNICEF or local food banks. Other charitable organizations may be present in the community and may be contacted to ask to come as a guest speaker.

SECTION 2

PO 102 – PERFORM COMMUNITY SERVICE

1. **Performance.** Perform Community Service.
2. **Conditions**
 - a. Given:
 - (1) assistance as required; and
 - (2) supervision.
 - b. Denied: N/A.
 - c. Environment: Community service activity.
3. **Standard.** As a member of a team, the cadet will participate in a community service activity that:
 - a. provides a direct benefit to the community (e.g. support of a non-profit group's fundraising event, community clean up, trail maintenance project); and
 - b. promotes the attributes of good citizenship.
4. **Remarks**
 - a. During year one, cadets will be required to take part in a community service activity as a member of a group. Based on this activity, the cadet shall experience the benefits of being an active citizen within the community.
 - b. Community service can be conducted as nine periods during a supported day or over three sessions of three periods each.
 - c. The community service activity selected shall not have any partisan political association, or be seen to promote or support any single religious denomination or belief system.
 - d. Cadet corps should consult with their sponsor in the selection of community service activities.
 - e. The community service selected shall not directly benefit the cadet corps or the cadet corps' sponsor.
5. **Complementary Material**
 - a. Complementary material under PO 102 is designed to provide opportunities for cadets to perform community service through a number of activities, to include:
 - (1) EO C102.01, Participate in a Ceremonial Parade of Remembrance; and/or
 - (2) EO C102.02, Additional Opportunities to Perform Community Service, beyond that provided by EO M102.01.
 - b. Complementary training under PO 102 is limited to a total of nine periods which may be conducted during sessions or on a supported day, of which EO C102.01 may be allocated a maximum of three periods. Cadet corps are not required to use all nine periods.

- c. The only authorized ceremonial parades cadets may participate in under EO C102.01 are:
 - (1) Remembrance Day observances;
 - (2) Battle of the Atlantic parade;
 - (3) Battle of Britain parade; or
 - (4) a suitable parade of remembrance as approved by the applicable RCSU Detachment.
- d. The community service activity selected shall not have any partisan political association, or be seen to promote or support any single religious denomination or belief system.
- e. The community service selected shall not directly benefit the cadet corps or the cadet corps' sponsor.
- f. EO C102.02 may only be conducted following completion of EO M102.01.

EO M102.01 – PERFORM COMMUNITY SERVICE

1. **Performance.** Perform Community Service.
2. **Conditions**
 - a. Given:
 - (1) assistance as required; and
 - (2) supervision.
 - b. Denied: N/A.
 - c. Environment: Community service activity.
3. **Standard.** As a member of a team, the cadet shall participate in a community service activity that:
 - a. provides a direct benefit to the community (e.g. support of a non-profit group's fundraising event, community clean up, trail maintenance project); and
 - b. promotes the attributes of good citizenship.
4. **Teaching Points.** The community service activity should be structured as follows:
 - a. The cadets are to receive a briefing prior to the start of the activity, which may be given by a guest speaker from the community group being assisted, to include an explanation of:
 - (1) the objectives of the activity and why the activity is important;
 - (2) resources that may be required to perform the activity;
 - (3) the set-up of the activity; and
 - (4) the safety guidelines required while performing the activity.
 - b. Cadets will participate in the activity, under supervision (activity to be determined by the corps CO).
 - c. The cadets are to be debriefed on their participation in the activity. They should be asked:
 - (1) how they felt about the activity;
 - (2) what they feel they accomplished;
 - (3) what benefit the community received from their participation; and
 - (4) ways individual cadets can be more active citizens based on this experience.
5. **Time**

	Session	or	Day
a. Briefing:	3 x 10 min		15 min
b. Activity:	3 x 60 min		225 min
c. Guided Discussion:	3 x 20 min		30 min
d. Total:	3 x 90 min		270 min

6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own

experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to draw out reflection and connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.

7. References

- a. C0-014 The Royal Canadian Legion. (2002). *The Royal Canadian Legion: Responding to the Needs of Canadian Communities*. Retrieved 25 May 2006, from http://www.legion.ca/asp/docs/about/community_e.asp.
- b. C0-015 Kiwanis International. (2006). *About Kiwanis*. Retrieved 25 May 2006, from <http://www.kiwanis.org/about>.
- c. C0-016 Lions Club International. (2006). *Lions Clubs International History*. Retrieved 25 May 2006, from http://www.lionsclubs.org/en/content/lions_history.shtml.
- d. C0-017 Rotary International. (2005). *About Rotary*. Retrieved 25 May 2006, from <http://www.rotary.org/aboutrotary/index.html>.
- e. C0-044 UNESCO. (2006). *Canadian Commission for UNESCO*. Retrieved 16 August 2006, from <http://www.unesco.ca>.

8. Training Aids. N/A.

9. Learning Aids. Appropriate equipment/material for the activity.

10. Test Details. There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material immediately following the activity by means of a debriefing.

11. Remarks

- a. A sample listing of community-based/oriented groups could include:
 - (1) the Trans-Canada Trail;
 - (2) local environmental groups;
 - (3) the Children's Wish Foundation;
 - (4) hospital committees;
 - (5) the Alzheimer Society;
 - (6) the Cancer Society;
 - (7) the Arthritis Society;
 - (8) Big Brothers/Sisters;
 - (9) the Royal Canadian Legion;
 - (10) the Rotary Club;
 - (11) the Kinsmen Club;
 - (12) the Kiwanis Club;
 - (13) the Lions Club;
 - (14) a local food bank;

- (15) the Red Cross;
 - (16) the United Way; and
 - (17) UNESCO.
- b. Amplifying information should be obtained from the group being supported to assist the instructor in the development of the initial briefing, and to provide additional information, as required, for specific activities.
 - c. This activity may be conducted over a day (nine periods), or in three sessions (three periods on three occasions) based on local needs.
 - d. The community service activity selected shall not have any partisan political association, or be seen to promote or support any single religious denomination or belief system.
 - e. The community service selected shall not directly benefit the cadet corps or the cadet corps' sponsor.

EO C102.01 – PARTICIPATE IN A CEREMONIAL PARADE

1. **Performance.** Participate in a Ceremonial Parade.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Community ceremonial parade.
3. **Standard.** In accordance with specified references the cadets shall participate in a ceremonial parade as part of a community service activity so that they:
 - a. provide a service to the community; and
 - b. promote attributes of good citizenship.
4. **Teaching Points.** The ceremonial parade activity should be structured as follows:
 - a. The cadets are to receive a briefing prior to the start of the parade, to include:
 - (1) an explanation of the objectives of the parade and why it is important;
 - (2) an explanation of the sequence of events, and their roles during the event; and
 - (3) an explanation of who is organizing the parade and to whom the cadet corps will respond.
 - b. Cadets will fill roles as tasked during the parade.
 - c. The cadets are to be debriefed on their participation in the parade. They should be asked:
 - (1) how they felt about the activity;
 - (2) what they feel they accomplished;
 - (3) what their participation in the parade represents; and
 - (4) ways individual cadets can be more active citizens based on this experience.
5. **Time**

a. Briefing:	10 min
b. Activity:	60 min
c. Group Discussion:	20 min
d. Total:	90 min
6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to draw out reflection and connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.

7. **References**

- a. C0-051 Veteran's Affairs Canada. (1999). *VAC Canada Remembers: Facts on Remembrance Day*. Retrieved 25 May 2006, from http://www.vac_acc.gc.ca/remembers/sub.cfm?source=teach_resources/remdayfact.
- b. C0-052 Veteran's Affairs Canada. (28 April 2003). *The Battle of the Atlantic*. Retrieved 25 May 2006, from <http://www.vac-acc.gc.ca/general/sub.cfm?source=history/secondwar/atlantic/atlfact>.

8. **Training Aids.** N/A.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks**

- a. This activity shall begin with a briefing and end with a debriefing, at which time cadets shall reflect on their participation and provide feedback to the instructor.
- b. Parades supported under this complementary EO are limited to:
 - (1) Remembrance Day observances;
 - (2) Battle of the Atlantic parade; or
 - (3) Battle of Britain parade; or
 - (4) a suitable parade of remembrance as approved by the applicable RCSU Detachment.

EO C102.02 – PERFORM COMMUNITY SERVICE

1. **Performance.** Perform Community Service.
2. **Conditions**
 - a. Given:
 - (1) assistance as required; and
 - (2) supervision.
 - b. Denied: N/A
 - c. Environmental: Community service activity.
3. **Standard.** As a member of a team, the cadet shall participate in an additional community service activity that:
 - a. promotes the attributes of good citizenship; and
 - b. provides a direct benefit to the community.
4. **Teaching Points.** The community service activity should be structured as follows:
 - a. The cadets are to receive a briefing prior to the start of the activity, which may be given by a guest speaker from the community group being assisted, to include an explanation of:
 - (1) the objectives of the activity and why the activity is important;
 - (2) resources that may be required to perform the activity;
 - (3) the set-up of the activity; and
 - (4) the safety guidelines required while performing the activity.
 - b. Cadets will participate in the activity, under supervision (activity to be determined by the corps CO).
 - c. The cadets are to be debriefed on their participation in the activity. They should be asked:
 - (1) how they felt about the activity;
 - (2) what they feel they accomplished;
 - (3) what benefit the community received from their participation; and
 - (4) ways individual cadets can be more active citizens based on this experience.
5. **Time**

	Session	or	Day
a. Briefing:	3 x 10 min		15 min
b. Activity:	3 x 60 min		225 min
c. Guided Discussion:	3 x 20 min		30 min
d. Total:	3 x 90 min		270 min

6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own

experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to draw out reflection and connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.

7. **References.** N/A.
8. **Training Aids.** N/A.
9. **Learning Aids.** Appropriate equipment/material for the activity.
10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material immediately following the activity by means of a debrief.
11. **Remarks**
 - a. This complementary activity provides further opportunity to participate in community service beyond that provided in EO M102.01, Perform Community Service.
 - b. This activity may be conducted over a day (up to nine periods), or in three sessions (three periods on three occasions) based on local needs.
 - c. The community service activity selected shall not have any partisan political association, or be seen to promote or support any single religious denomination or belief system.
 - d. The community service selected shall not directly benefit the cadet corps or the cadet corps' sponsor.

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SECTION 3**PO 103 – PARTICIPATE AS A MEMBER OF A TEAM**

1. **Performance.** Participate as a Member of a Team.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references, the cadet will:
 - a. explain the responsibilities of a follower in a team;
 - b. map personal goals for the training year; and
 - c. participate in team building activities with other members of the corps in order to improve communication skills, enhance teamwork, and build trust and mutual support.
4. **Remarks.** N/A.
5. **Complementary Material**
 - a. Complementary material under PO 103 is designed to enhance the cadets' knowledge of being a member of a team through a number of activities:
 - (1) EO C103.01 allows the cadets to participate in icebreaker activities;
 - (2) EO C103.02 allows the cadets to participate in self-introductions; and
 - (3) EO C103.03 allows the cadets to participate in additional team building activities.
 - b. Complementary training under PO 103 is limited to a total of three periods conducted during sessions or on a supported day. Corps are not required to use all three periods.

EO M103.01 – IDENTIFY THE RESPONSIBILITIES OF A FOLLOWER IN A TEAM

1. **Performance.** Identify the Responsibilities of a Follower in a Team.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references the cadet shall explain the responsibilities of a follower in a team environment.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the following four responsibilities of a follower: <ol style="list-style-type: none"> a. respect the leader and other team members; b. cooperate with others; c. admit mistakes and learning from experience; and d. accept constructive feedback. 	Interactive Lecture	8 min	C0-045
TP2	Explain the following five responsibilities of a follower in a team: <ol style="list-style-type: none"> a. assume responsibility; b. be honest; c. accept other team members for who they are; d. know the job and be prepared; and e. communicate clearly with others. 	Interactive Lecture	8 min	C0-045

5. **Time**
 - a. Introduction/Conclusion: 14 min
 - b. Interactive Lecture: 16 min
 - c. Total: 30 min
6. **Substantiation.** The interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature.

7. **References.** C0-045 Campbell, R. (2006). *Leadership: Getting It Done*. Retrieved 16 March 2006, from <http://www.ssu.missouri.edu/faculty/rcampbell/leadership/chapter5.htm>.
8. **Training Aids.** Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area.
9. **Learning Aids**
 - a. Scrambled words found in A-CR-CCP-701/PF-001, Chapter 3, Annex A; and
 - b. A container.
10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm cadets' comprehension of the material during the end of lesson check.
11. **Remarks.** N/A.

EO M103.02 – MAP PERSONAL GOALS FOR THE TRAINING YEAR

1. **Performance.** Map Personal Goals for the Training Year.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references, cadets shall:
 - a. complete a self-esteem scale;
 - b. map out short-term goals to achieve in the program in the next three months; and
 - c. map out long-term goals to achieve by the end of their first year in the Cadet Program.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Conduct an activity using a self-esteem scale, where the cadets are to place a check mark on the scale that they feel best describes them.	Activity	5 min	C0-022 (p. 15)
TP2	Conduct a goal mapping activity by having the cadets write out: <ol style="list-style-type: none"> a. their goals for the next three months in terms of what they want to achieve at the corps; b. their goals for the end of the training year in terms of what they want to achieve at the corps; and c. the steps they think they will need to take in achieving these goals. 	Activity	10 min	C0-022 (pp. 39 to 42)
TP3	Lead a discussion on the importance of self-esteem and goal mapping in term of the success of the team.	Group Discussion	10 min	C0-021 (pp. 19 to 21 and 45) C0-022 (pp. 14, 15, 17 and 18)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Activity: 15 min
 - c. Group Discussion: 10 min
 - d. Total: 30 min

6. **Substantiation**

- a. The activity was selected to allow for maximum participation in the learning process. It is an interactive way to illustrate and substantiate the lesson material in a concrete manner.
- b. The group discussion method was chosen to allow the cadets to share their knowledge, opinions and feelings about the subject matter, while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References**

- a. C0-021 (ISBN 1-58062-513-4) Adams, B. (2001). *The Everything Leadership Book*. Avon, MA: Adams Media.
- b. C0-022 (ISBN 0-02864-207-4) Cole, K. (2002). *The Complete Idiot's Guide to Clear Communication*. Indianapolis, IN: Alpha Books.

8. **Training Aids.** Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area.

9. **Learning Aids**

- a. Self-esteem scale found in A-CR-CCP-701/PF-001, Chapter 3, Annex B; and
- b. Goal-mapping exercise found in A-CR-CCP-701/PF-001, Chapter 3, Annex C.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks.** These personal goals will be revisited in Red Star.

EO M103.03 – PARTICIPATE IN TEAM BUILDING ACTIVITIES

1. **Performance.** Participate in Team Building Activities.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references the cadets shall:
 - a. participate in team building activities; and
 - b. discuss the characteristics and advantages of a successful team.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Conduct the team building activity “The Human Knot” to include: <ol style="list-style-type: none"> a. dividing the cadets into groups of approximately 10; b. having the cadets stand in a circle; c. having the cadets place their right hand in the centre of the circle and grab the hand of someone across from them. Have the cadets repeat this process with their left hands; and d. having the cadets attempt to untangle the “human knot” without letting go of their hands. 	Activity	10 min	C0-003 (p. 88)
TP2	Conduct the team building activity “Memory” to include: <ol style="list-style-type: none"> a. having cadets observe an overhead for 15 seconds; b. having cadets individually write down as many items as they remember from the overhead; c. recording the number of items that individual cadets recalled on the board/flipchart; d. separating the cadets into two groups; e. having the cadets compile a group list of how many items they recalled; and 	Activity	10 min	C0-005 (p. 27)

TP	Description	Method	Time	Ref
	f. comparing the individual results to the group results.			
TP3	<p>Conduct the team building activity “Silent Birthdays”, to include:</p> <ul style="list-style-type: none"> a. having the cadets line up in birth order from oldest to youngest without speaking; b. assisting the cadets with other non-verbal methods, like pen and paper, if the task becomes difficult; and c. having the cadets state their birthdays and see if the group was successful. 	Activity	10 min	C0-003 (p. 95)
TP4	<p>Lead a discussion on the characteristics of a successful team, to include:</p> <ul style="list-style-type: none"> a. strong communication; b. mutual cooperation and support; c. sharing a common goal; and d. high esprit de corps. <p>Have the cadets discuss the advantages of a successful team, to include:</p> <ul style="list-style-type: none"> a. including everyone; b. producing a better outcome; c. making the task easier to complete because more people are involved; and d. developing communication skills. 	Group Discussion	20 min	C0-004 (pp. 114 to 118)

5. Time

a. Introduction/Conclusion:	10 min
b. Activity:	30 min
c. Group Discussion:	20 min
d. Total:	60 min

6. Substantiation

- a. The activity was selected to allow for maximum participation in the learning process. It is an interactive way to illustrate and substantiate the lesson material in a concrete manner.
- b. The group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References**

- a. C0-003 (ISBN 0-943210-44-5) Pike, B., and Busse, C. (1995). *101 More Games for Trainers*. Minneapolis, MN: Lakewood Publishing.
- b. C0-004 (ISBN 1-58062-577-0) McClain, G., and Romaine, D.S. (2002). *The Everything Managing People Book*. Avon, MA: Adams Media.
- c. C0-005 (ISBN 0-07-046414-6) Scannell, E.E., and Newstrom, J.W. (1994). *Even More Games Trainers Play*. New York: McGraw-Hill.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area; and
- b. Collage provided in A-CR-CCP-701/PF-001, Chapter 3, Annex D.

9. **Learning Aids**

- a. Collage provided in A-CR-CCP-701/PF-001, Chapter 3, Annex D;
- b. Paper and pens; and
- c. Flipchart markers.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks.** N/A.

EO C103.01 – PARTICIPATE IN ICEBREAKER ACTIVITIES

1. **Performance.** Participate in Icebreaker Activities.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references the cadet shall participate in icebreaker activities in order to become familiar with other cadets in the group.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Conduct the icebreaker activity “True Confession Toothpicks” by: <ol style="list-style-type: none"> a. giving each cadet five toothpicks; b. asking the first cadet to talk about something they have never done; c. having other cadets in the group who have done the same thing forfeit a toothpick; and d. continuing the activity until someone has forfeited all their toothpicks. 	Activity	7 min	C0-003 (p. 18)
TP2	Conduct the icebreaker activity “Two Truths and a Lie” by: <ol style="list-style-type: none"> a. having the cadets introduce themselves using three statements. Two statements will be the truth and one statement is to be a lie; b. having the group determine which statement is a lie; and c. continuing the activity until each cadet has given three statements. 	Activity	7 min	C0-029 (p. 331)
TP3	Conduct the icebreaker activity “Self-disclosure Introductions” by having the cadets state their first or last name and attach an adjective. The adjective shall describe a dominant characteristic and start with the first letter of the cadet’s name. An example would be “serious Stan”.	Activity	7 min	C0-028 (p. 15)
TP4	Lead a group discussion on the effectiveness of the icebreakers in introducing themselves to each other.	Group Discussion	5 min	

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 4 min |
| b. | Activity: | 21 min |
| c. | Group Discussion: | 5 min |
| d. | Total: | 30 min |

6. **Substantiation**

- a. The activity was selected to allow for maximum participation in the learning process. It is an interactive way to illustrate and substantiate the lesson material in a concrete manner.
- b. The group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References**

- a. C0-003 (ISBN 0-943210-44-5) Pike, B., and Busse, C. (1995) *101 More Games for Trainers*. Minneapolis, MN: Lakewood Books.
- b. C0-028 (ISBN 0-07-046513-4) Newstrom, J., and Scannell, E. (1998). *The Big Book of Team Building Games*. New York, NY: McGraw-Hill.
- c. C0-029 (ISBN 0-7872-4532-1) Cain, J., and Jolliff, B. (1998). *Teamwork and Teamplay*. Brockport, NY: Kendall/Hunt.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area; and
- b. Toothpicks.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks.** N/A.

EO C103.02 – PARTICIPATE IN SELF-INTRODUCTIONS

1. **Performance.** Participate in Self-introductions.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references the cadet shall introduce themselves to the group.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Conduct a self-introduction activity by having the cadets: <ol style="list-style-type: none"> a. prepare notes before the introductions begin; and b. introduce themselves, to include: <ol style="list-style-type: none"> (1) name; (2) what school they attend; (3) what grade they are in; (4) why they joined cadets; (5) hobbies; (6) interests; (7) in general, career ambitions; and (8) any other information they wish to share with the group. 	Activity	20 min	C0-021 (pp. 2 and 3)
TP2	Lead a discussion on the importance of the self-introduction activity in regards to developing communication skills.	Group Discussion	5 min	

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Activity: 20 min
 - c. Group Discussion: 5 min
 - d. Total: 30 min

6. **Substantiation**

- a. The activity was selected to allow for maximum participation in the learning process. It is an interactive way to illustrate and substantiate the lesson material in a concrete manner.
- b. The group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References.** C0-021 (ISBN 1-58062-513-4) Adams, B. (2001). *The Everything Leadership Book*. Avon, MA: Adams Media.

8. **Training Aids.** Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area.

9. **Learning Aids**

- a. Whiteboard and markers; and
- b. Paper and pens.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks.** N/A.

EO C103.03 – PARTICIPATE IN TEAM BUILDING ACTIVITIES

1. **Performance.** Participate in Team Building Activities.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities to accommodate the entire group.
3. **Standard.** In accordance with specified references the cadet shall:
 - a. participate in team building activities; and
 - b. discuss the characteristics and advantages of a successful team.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Conduct the team building activity “Jigsaw” by: <ol style="list-style-type: none"> a. selecting a puzzle that can be broken into ten subsets; b. distributing the subsets to individuals or small groups to assemble; and c. having the group come together to connect the ten subsets. 	Activity	6 min	C0-028 (pp. 67 and 68)
TP2	Lead a discussion on how the cadets viewed the Jigsaw game in terms of how it fostered teamwork.	Group Discussion	4 min	
TP3	Conduct the team building activity “Alphabetically” by: <ol style="list-style-type: none"> a. having cadets sit and stand in random locations around the room with their eyes closed; b. having one cadet say the first letter of the alphabet; and c. having the remaining cadets state the subsequent letters without having two cadets saying a letter at the same time. 	Activity	11 min	C0-029 (p. 74)
TP4	Lead a discussion on how the cadets viewed the “Alphabetically” game in terms of how it demonstrated the need for teamwork.	Group Discussion	4 min	

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Activity: | 17 min |
| c. | Group Discussion: | 8 min |
| d. | Total: | 30 min |

6. **Substantiation**

- a. The activity was selected to allow for maximum participation in the learning process. It is an interactive way to illustrate and substantiate the lesson material in a concrete manner.
- b. The group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References**

- a. C0-028 (ISBN 0-07-046513-4) Newstrom, J., and Scannell, E. (1998). *The Big Book of Team Building Games*. New York, NY: McGraw-Hill.
- b. C0-029 (ISBN 0-7872-4532-1) Cain, J., and Jolliff, B. (1998). *Teamwork and Teamplay*. Brockport, NY: Kendall/Hunt.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area;
- b. Picture puzzle; and
- c. CD player and CDs (optional).

9. **Learning Aids.** Picture puzzle.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks.** N/A.

SECTION 4

PO 104 – DEVELOP A PERSONAL ACTIVITY PLAN

1. **Performance.** Develop a Personal Activity Plan.
2. **Conditions**
 - a. Given:
 - (1) access to *Canada's Physical Activity Guide to Healthy Active Living*;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Any conditions.
3. **Standard.** In accordance with *Canada's Physical Activity Guide to Healthy Active Living*, the cadet will develop a personal activity plan, to include:
 - a. developing short and long term individual goals that are SMART (specific, measurable, achievable, realistic and timely); and
 - b. creating an activity plan that includes:
 - (1) activities that will help to achieve goals;
 - (2) a balance between light effort to maximum effort activities;
 - (3) participation in activities at least once a week that fit the cadet's lifestyle; and
 - (4) simple activities that can be done with little planning;
4. **Remarks.** N/A.
5. **Complementary Material**
 - a. Complementary material under PO 104 is designed to enhance a cadet's personal activity plan through the creation of team goals as a member of a group (EO C104.01).
 - b. Complementary training under PO 104 is limited to a total of three periods conducted during a session or on a supported day. If Personal Fitness and Healthy Living is completed in a training session or as an aspect of a full-day activity, it will be comprised of three periods. Units are not required to use all three periods.

EO M104.01 – IDENTIFY ACTIVITIES THAT WILL HELP ACHIEVE A HEALTHY ACTIVE LIFESTYLE

1. **Performance.** Identify Activities that Will Help Achieve a Healthy Active Lifestyle.
2. **Conditions**
 - a. Given:
 - (1) a copy of *Canada's Physical Activity Guide to Healthy Active Living*;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities/training area large enough to accommodate entire group.
3. **Standard.** In accordance with *Canada's Physical Activity Guide to Healthy Active Living*, the cadet shall identify activities that will help achieve a healthy and active lifestyle.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Introduce cadets to <i>Canada's Physical Activity Guide to Healthy Active Living</i> , to include: <ol style="list-style-type: none"> a. page 4 – Check Out What You Are Doing Now; b. page 5 – Benefits of Physical Activity; c. page 6 – What Are You Into; d. page 8 – Let's Get Active; and e. page 10 – Crank Up Your Activity. 	Interactive Lecture	7 min	C0-020 (pp. 4 to 10)
TP2	Discuss the types of activities that will help achieve a healthy lifestyle, to include: <ol style="list-style-type: none"> a. activities that raise the heart rate; b. simple, everyday activities such as walking, skipping, running, raking leaves, skateboarding, etc.; c. playing physical games with friends/family; and d. options that do not cost money or require a gym membership. 	Group Discussion	18 min	C0-020 (p. 10)

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	7 min
c.	Group Discussion:	18 min
d.	Total:	30 min

6. **Substantiation**

- a. For TP1, the interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature.
- b. For TP2, the group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References.** C0-020 (ISBN 0-662-32899) Minister of Health. (2002). *Canada's Physical Activity Guide to Healthy Active Living* [Brochure].

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and
- b. *Canada's Physical Activity Guide to Healthy Active Living*.

9. **Learning Aids.** *Canada's Physical Activity Guide to Healthy Active Living*.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the conduct of the activity associated with TP2.

11. **Remarks.** N/A.

EO M104.02 – DEVELOP A PERSONAL ACTIVITY PLAN

1. **Performance.** Develop a Personal Activity Plan.
2. **Conditions**
 - a. Given:
 - (1) access to *Canada's Physical Activity Guide to Healthy Active Living*;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities/training area large enough to accommodate entire group.
3. **Standard.** In accordance with *Canada's Physical Activity Guide to Healthy Active Living*, the cadet shall develop a personal activity plan that includes:
 - a. short- and long-term goals; and
 - b. physical activities.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the concept of goals, to include: <ol style="list-style-type: none"> a. definition of a goal; b. difference between short-term and long-term goals; c. individual and team goals; d. how to develop goals; and e. goals should be SMART (specific, measurable, achievable, realistic and timely). 	Interactive Lecture	5 min	C0-019 (p. 31)
TP2	Explain how to create a personal activity plan, to include: <ol style="list-style-type: none"> a. activities that will help to achieve goals; b. balance between moderate activities and vigorous activities; c. participation in activities at least once a week that fit the cadet's lifestyle; and d. simple activities that can be done with little planning. 	Interactive Lecture	5 min	C0-020 (pp. 4, 8 and 9)
TP3	Have the cadets create an activity plan, assisting them as required.	Individual Activity	15 min	

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 10 min |
| c. | Individual Activity: | 15 min |
| d. | Total: | 30 min |

6. **Substantiation**

- a. For TP1 and TP2, the interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature.
- b. The practical activity in TP3 will verify the cadets' understanding of the material and will allow them to apply the knowledge acquired during the lesson. The cadets will complete the exercise under direction and supervision.

7. **References**

- a. C0-019 (ISBN 0-7894-7147-7) Eaton, J., and Johnson, R. (2001). *Coaching Successfully*. New York: Dorling, Kindersley.
- b. C0-020 (ISBN 0-662-32899) Minister of Health. (2002). *Canada's Physical Activity Guide to Healthy Active Living* [Brochure].
- c. C0-024 Barber, Katherine (Ed.) (2001). *The Canadian Oxford Dictionary*. Don Mills: Oxford University Press.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Paper;
- c. Pens/pencils; and
- d. *Canada's Physical Activity Guide to Healthy Active Living*.

9. **Learning Aids**

- a. *Canada's Physical Activity Guide to Healthy Active Living*; and
- b. Outline of an activity plan.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the conduct of the individual activity associated with TP3.

11. **Remarks.** N/A.

EO M104.03 – PARTICIPATION IN A DISCUSSION ON HYGIENIC PRACTICES DURING PHYSICAL ACTIVITY

1. **Performance.** Participation in a Discussion on Hygienic Practices During Physical Activity.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities/training area large enough to accommodate entire group.
3. **Standard.** The cadet shall participate in a discussion on hygiene practices and clothing choices for physical activity.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Lead a discussion on wearing the proper clothing for participating in physical activity, to include: <ol style="list-style-type: none"> a. layering of clothing appropriate to environment and activity; b. clothing materials that do not interfere with perspiration; and c. appropriate footwear. 	Group Discussion/ Brainstorming	10 min	C0-026 (Retrieved 19 April 2006) C2-012 (pp. 39 to 65) C2-017 (p. 47)
TP2	Lead a discussion on hygiene during physical activity, to include: <ol style="list-style-type: none"> a. wearing deodorant; and b. wearing clean clothes. 	Group Discussion/ Brainstorming	5 min	C2-004 (p. 6)
TP3	Lead a discussion on hygiene after physical activity, to include: <ol style="list-style-type: none"> a. changing damp or wet clothing; and b. showering/sponge-bathing after physical activity. 	Group Discussion/ Brainstorming	10 min	C2-004 (p. 6)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Group Discussion/Brainstorming: 25 min
 - c. Total: 30 min
6. **Substantiation.** The group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If

the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References**

- a. C0-026 *At Health Mental Health*. (2006). Retrieved 19 May 2006, from www.athealth.com.
- b. C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Paul Tawrell.
- c. C2-017 (ISBN 0-7627-0476-4) Roberts, H. (1999). *Basic Essentials, Backpacking*. Guilford, CT: The Globe Pequot Press.
- d. C3-024 (ISBN 0-7627-0476-4) Roberts, H. (1989). *Basic Essentials Backpacking*. Guilford, CT: The Globe Pequot Press.

8. **Training Aids.** Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check.

11. **Remarks.** N/A.

EO C104.01 – CREATE TEAM GOALS

1. **Performance.** Create Team Goals.

2. **Conditions**

a. Given:

- (1) access to *Canada's Physical Activity Guide to Healthy Active Living*;
- (2) supervision; and
- (3) assistance as required.

b. Denied: N/A.

c. Environmental: Suitable classroom facilities/training area large enough to accommodate entire group.

3. **Standard.** In accordance with *Canada's Physical Activity Guide to Healthy Active Living*, the cadet shall, as a member of a group, create team goals for the year, to include:

- a. short-term goals; and
- b. long-term goals.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Lead a group discussion where the cadets are to create team goals for the year. Note: The cadets can brainstorm together to come up with ideas for their goals. The cadets shall record their team goals and create a chart to track their progress.	Group Discussion/ Brainstorming	25 min	C0-020

5. **Time**

- a. Introduction/Conclusion: 5 min
- b. Group Discussion/Brainstorming: 25 min
- c. Total: 30 min

6. **Substantiation.** The group discussion method was chosen to allow the cadets to share their knowledge, opinions, and feelings about the subject matter while still allowing the instructor to control the direction of the discussion. The instructor must ensure that points not brought forth by the class are presented. If the instructor follows the Instructional Guide, including the questions posed, this will allow the cadets to express, in their own words, what they learned from this lesson and how they may apply the information.

7. **References.** C0-020 (ISBN 0-662-32899) Minister of Health. (2002). *Canada's Physical Activity Guide to Healthy Active Living* [Brochure].

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;

- b. *Canada's Physical Activity Guide to Healthy Active Living*;
 - c. Paper; and
 - d. Pens/pencils.
9. **Learning Aids.** Access to *Canada's Physical Activity Guide to Healthy Active Living*.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the creation of team goals.
11. **Remarks.** N/A.

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SECTION 5

PO 105 – PARTICIPATE IN RECREATIONAL SPORTS

1. **Performance.** Participate in Recreational Sports.
2. **Conditions**
 - a. Given:
 - (1) sports equipment;
 - (2) opportunity to participate in organized recreational team sports;
 - (3) supervision;
 - (4) assistance as required;
 - (5) Canadian Cadet Organizations' (CCO) list of acceptable sports;
 - (6) safety equipment.
 - b. Denied: N/A.
 - c. Environmental: Appropriate sporting venue.
3. **Standard.** In accordance with specified references the cadets will participate in organized recreational team sports, to include:
 - a. receiving a briefing on the specific sport's rules and regulations;
 - b. taking part in a warm-up;
 - c. actively participating in a given sporting event; and
 - d. taking part in a cool-down.
4. **Remarks**
 - a. First year cadets' focus will be on sport participation.
 - b. Recreational sports can be carried out as nine periods during a supported day or over three sessions of three periods each.
5. **Complementary Material**
 - a. Complementary material under PO 105 is designed to enhance a cadet's pursuit of living a healthy lifestyle through a number of activities:
 - (1) EO C105.01 allows the cadets to participate in an organized sports tabloid;
 - (2) EO C105.02 allows the cadets to participate in an organized intramural sports event; and
 - (3) EO C105.03 allows the cadets to participate in an orienteering event.
 - b. Complementary training under PO 105 is limited to a total of nine periods conducted during sessions or on a supported day. If recreational sports is carried out over the three training sessions, it will be comprised of three periods of training per night. If recreational sports is carried out as a full-day activity, it will be comprised of nine periods. Units are not required to use all nine periods.

EO M105.01 – PARTICIPATE IN ORGANIZED RECREATIONAL TEAM SPORTS

1. **Performance.** Participate in Organized Recreational Team Sports.
2. **Conditions**
 - a. Given:
 - (1) sports equipment;
 - (2) opportunity to participate in organized recreational team sports;
 - (3) supervision;
 - (4) assistance as required; and
 - (5) safety equipment.
 - b. Denied: N/A.
 - c. Environmental: Appropriate sporting venue.
3. **Standard.** In accordance with specified references the cadet shall:
 - a. demonstrate a basic understanding of the specific sport's rules and regulations;
 - b. participate in a warm-up;
 - c. actively participate in a given sporting event; and
 - d. participate in a cool-down.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Introduce cadets to a specific sport's rules and regulations, to include: <ol style="list-style-type: none"> a. an overview of how to play the sport; and b. rules and regulations of the sport. 	Interactive Lecture	10 min	C0-001
TP2	Conduct a warm-up session, composed of light cardiovascular activities, meant to: <ol style="list-style-type: none"> a. stretch the muscles and ligaments; b. gradually increase respiratory action and heart rate; c. expand the muscles' capillaries to accommodate the increase in blood circulation; and d. raise muscle temperature to facilitate reactions in muscle tissue. 	Participation	10 min	C0-002 (pp. 109 to 113)
TP3	Supervise the cadets' participation in a given sports activity.	Participation	60 min/ 240 min	

TP	Description	Method	Time	Ref
TP4	Conduct a cool-down session, composed of light cardiovascular activities, meant to: a. prepare the respiratory and cardiovascular systems to return to their normal state; and b. stretch the muscles and ligaments.	Participation	10 min	C0-002 (pp. 109 to 113)

5. **Time**

	Session	or	Day
a. Introduction/Conclusion:	10 min		10 min
b. Participation in Warm-up:	10 min		10 min
c. Participation in Activity:	60 min		240 min
d. Participation in Cool-down:	10 min		10 min
e. Total:	90 min		270 min

6. **Substantiation.** The participation method was chosen for this lesson as it allows the cadets to engage freely in the activity. The cadets should be encouraged to interact with all other group members. The instructor must foster an environment that involves the contributions of all cadets, regardless of their skill level. This methodology requires adequate supervision by senior cadets and adult staff.

7. **References**

- a. C0-001 (ISBN 0-88011-807-5) Human Kinetics with Thomas Hanlon. (1998). *The Sports Rules Book: Essential Rules for 54 Sports*. USA: Human Kinetics Publishers, Inc.
- b. C0-002 (ISBN 0-88962-630-8) LeBlanc, J., and Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.

8. **Training Aids**

- a. Sports equipment;
- b. First aid kit;
- c. Pylons;
- d. Whistles;
- e. Stopwatch; and
- f. Gym mats.

9. **Learning Aids.** Sports equipment.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks**

- a. Organized recreational team sports can be carried out as nine periods during a supported day or over three sessions of three periods each.
- b. First-year cadets' focus shall be on sport participation.

- c. The CCO list of approved sports can be found in A-CR-CCP-701/PF-001, Chapter 5, Annex A.
- d. The following Websites were consulted when developing this lesson:
 - (1) C0-001 (ISBN 0-88011-807-5), Human Kinetics with Thomas Hanlon. (1998). *The Sports Rules Book: Essential Rules for 54 Sports*. USA: Human Kinetics Publishers, Inc.
 - (2) C0-030 Ringette Canada. Retrieved 27 April 2006, from www.ringette.ca.
 - (3) C0-031 Ultimate. Retrieved 27 April 2006, from www.whatisultimate.com.
 - (4) C0-032 Stanford Intramurals, Department of Athletics, Physical Education and Recreation. Retrieved 30 April 2006, from www.stanford.edu/group/Intramurals/kickballrules.html.
 - (5) C0-033 NFLCANADA.COM. Retrieved 30 April 2006, from www.slam.canoe.ca/FlagFootball/Rules/home.html.
 - (6) C0-034 Ultimate Players Association. Retrieved 27 April 2006, from www.upa.org/ultimate.
 - (7) C0-035 World Adult Kickball Association (WAKA). Retrieved 1 May 2006, from www.kickball.com.
 - (8) C0-036 Women's Heart Foundation. Retrieved 25 April 2006, from www.womensheart.org/content/Exercise/stretching_exercise.asp.
 - (9) C0-037 Retrieved 25 April 2006, from www.walkablock.com/stretch2.gif.
 - (10) C0-038 Retrieved 25 April 2006, from www.shelterpub.com/_fitness/online_stretches.gif.
 - (11) C0-039 Retrieved 25 April 2006, from www.eeshop.unl.edu.
 - (12) C0-040 Retrieved 25 April 2006, from www.losethebackpain.com.
 - (13) C0-041 Retrieved 25 April 2006, from www.roadcycling.com/artman/upload/stretches.jpg.
 - (14) C0-042 Spine Universe. Retrieved 25 April 2006, from www.spineuniverse.com.

EO C105.01 – PARTICIPATE IN AN ORGANIZED SPORTS TABLOID

1. **Performance.** Participate in an Organized Sports Tabloid.
2. **Conditions**
 - a. Given:
 - (1) appropriate activity equipment;
 - (2) safety equipment;
 - (3) opportunity to participate in an organized sports tabloid;
 - (4) supervision; and
 - (5) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Appropriate sporting venue.
3. **Standard.** In accordance with specified references the cadet shall:
 - a. participate in a warm-up;
 - b. actively participate in organized intramural sports; and
 - c. participate in a cool-down.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Introduce cadets to the sport tabloid's rules and regulations.	Interactive Lecture	10 min	
TP2	Conduct a warm-up session, composed of light cardiovascular activities, meant to: <ol style="list-style-type: none"> a. stretch the muscles and ligaments; b. gradually increase respiratory action and heart rate; c. expand the muscles' capillaries to accommodate the increase in blood circulation; and d. raise muscle temperature to facilitate reactions in muscle tissue. 	Participation	10 min	C0-002 (pp. 109 to 113)
TP3	Supervise the cadets' participation in an organized sports tabloid.	Participation	60 min/ 240 min	

TP	Description	Method	Time	Ref
TP4	Conduct a cool-down, composed of light cardiovascular activities, meant to: a. prepare the respiratory and cardiovascular systems to return to their normal state; and b. stretch the muscles and ligaments.	Participation	10 min	C0-002 (pp. 109 to 113)

5. **Time**

	Session	or	Day
a. Introduction/Conclusion:	10 min		10 min
b. Participation in Warm-up:	10 min		10 min
c. Participation in Activity:	60 min		240 min
d. Participation in Cool-down:	10 min		10 min
e. Total:	90 min		270 min

6. **Substantiation.** The participation method was chosen for this lesson as it allows the cadets to engage freely in the activity. The cadets should be encouraged to interact with all other group members. The instructor must foster an environment that involves the contributions of all cadets, regardless of their skill level. This methodology requires adequate supervision by senior cadets and adult staff.

7. **References.** C0-002 (ISBN 0-88962-630-8) LeBlanc, J., and Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.

8. **Training Aids**

- a. Equipment for sports tabloid IAW A-CR-CCP-701/PF-001, Chapter 5, Annex E;
- b. Tables;
- c. Chairs;
- d. Paper;
- e. Tape;
- f. First aid kit;
- g. Whistles;
- h. Stopwatch;
- i. Master score sheet;
- j. Station score sheet; and
- k. Gym mats.

9. **Learning Aids.** Equipment for sports tabloid.

10. **Test Details.** There is no formal assessment of this EO.

11. Remarks

- a. Organized sports tabloid can be carried out as nine complementary periods during a supported day or over three sessions of three periods each.
- b. First-year cadets' focus shall be on sport participation.
- c. The CCO list of approved tabloid sports can be found in A-CR-CCP-701/PF-001, Chapter 5, Annex A.
- d. The following Websites were consulted when developing this lesson:
 - (1) C0-001 (ISBN 0-88011-807-5), Human Kinetics with Thomas Hanlon. (1998). *The Sports Rules Book: Essential Rules for 54 Sports*. USA: Human Kinetics Publishers, Inc.
 - (2) C0-030 Ringette Canada. Retrieved 27 April 2006, from www.ringette.ca.
 - (3) C0-031 Ultimate. Retrieved 27 April 2006, from www.whatisultimate.com.
 - (4) C0-032 Stanford Intramurals, Department of Athletics, Physical Education and Recreation. Retrieved 30 April 2006, from www.stanford.edu/group/Intramurals/kickballrules.html.
 - (5) C0-033 NFLCANADA.COM. Retrieved 30 April 2006, from www.slam.canoe.ca/FlagFootball/Rules/home.html.
 - (6) C0-034 Ultimate Players Association. Retrieved 27 April 2006, from www.upa.org/ultimate.
 - (7) C0-035 World Adult Kickball Association (WAKA). Retrieved 1 May 2006, from www.kickball.com.
 - (8) C0-036 Women's Heart Foundation. Retrieved 25 April 2006, from www.womensheart.org/content/Exercise/stretching_exercise.asp.
 - (9) C0-037 Retrieved 25 April 2006, from www.walkablock.com/stretch2.gif.
 - (10) C0-038 Retrieved 25 April 2006, from www.shelterpub.com/_fitness/online_stretches.gif.
 - (11) C0-039 Retrieved 25 April 2006, from www.eeshop.unl.edu.
 - (12) C0-040 Retrieved 25 April 2006, from www.losethebackpain.com.
 - (13) C0-041 Retrieved 25 April 2006, from www.roadcycling.com/artman/upload/stretches.jpg.
 - (14) C0-042 Spine Universe. Retrieved 25 April 2006, from www.spineuniverse.com.

EO C105.02 – PARTICIPATE IN AN ORGANIZED INTRAMURAL SPORTS EVENT

1. **Performance.** Participate in an Organized Intramural Sports Event.
2. **Conditions**
 - a. Given:
 - (1) sports equipment;
 - (2) opportunity to participate in an intramural sports event;
 - (3) safety equipment;
 - (4) supervision; and
 - (5) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Appropriate sporting venue.
3. **Standard.** In accordance with specified references the cadet shall:
 - a. demonstrate a basic understanding of intramural sports and their rules and regulations;
 - b. participate in a warm-up;
 - c. actively participate in organized intramural sports; and
 - d. participate in a cool-down.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Introduce cadets to a specific sport chosen from A-CR-CCP-701/PF-001, Chapter 5, Annex A and its rules and regulations, which can be found in A-CR-CCP-701/PF-001, Chapter 5, Annex B. Note: Sports will be dependent on resources available and must be a recognized CCO sport.	Lecture	5 min	C0-001
TP2	Introduce cadets to the procedures to be used for the intramural sports event.	Lecture	5 min	
TP3	Conduct a warm-up session, composed of light cardiovascular activities, meant to: <ol style="list-style-type: none"> a. stretch the muscles and ligaments; b. gradually increase respiratory action and heart rate; c. expand the muscles' capillaries to accommodate the increase in blood circulation; and 	Participation	10 min	C0-002 (pp. 109 to 113)

TP	Description	Method	Time	Ref
	d. raise muscle temperature to facilitate reactions in muscle tissue.			
TP4	Supervise the cadets' participation in organized intramural sports.	Participation	60 min/ 240 min	
TP5	Conduct a cool-down, composed of light cardiovascular activities, meant to: a. prepare the respiratory and cardiovascular systems to return to their normal state; and b. stretch the muscles and ligaments.	Participation	10 min	C0-002 (pp. 109 to 113)

5. Time

	Session	or	Day
a. Introduction/Conclusion:	10 min		10 min
b. Participation in Warm-up:	10 min		10 min
c. Participation in Activity:	60 min		240 min
d. Participation in Cool-down:	10 min		10 min
e. Total:	90 min		270 min

6. **Substantiation.** The participation method was chosen for this lesson as it allows the cadets to engage freely in the activity. The cadets should be encouraged to interact with all other group members. The instructor must foster an environment that involves the contributions of all cadets, regardless of their skill level. This methodology requires adequate supervision by senior cadets and adult staff.

7. References

- C0-001 (ISBN 0-88011-807-5) Hanlon, T. (1998). *The Sports Rules Book: Essential Rules for 54 Sports*. USA: Human Kinetics Publishers.
- C0-002 (ISBN 0-88962-630-8) LeBlanc, J., and Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.

8. Training Aids

- Sports equipment;
- First aid kit;
- Pylons;
- Whistles;
- Stopwatch; and
- Gym mats.

9. **Learning Aids.** Sports equipment.

10. **Test Details.** There is no formal assessment of this EO.

11. Remarks

- a. Organized intramural sports can be carried out as nine complementary periods during a supported day or over three sessions of three periods each.
- b. The CCO list of approved intramural sports can be found in A-CR-CCP-701/PF-001, Chapter 5, Annex A.
- c. First-year cadets' focus shall be on sport participation.
- d. The following Websites were consulted when developing this lesson:
 - (1) C0-001 (ISBN 0-88011-807-5), Human Kinetics with Thomas Hanlon. (1998). *The Sports Rules Book: Essential Rules for 54 Sports*. USA: Human Kinetics Publishers, Inc.
 - (2) C0-030 Ringette Canada. Retrieved 27 April 2006, from www.ringette.ca.
 - (3) C0-031 Ultimate. Retrieved 27 April 2006, from www.whatisultimate.com.
 - (4) C0-032 Stanford Intramurals, Department of Athletics, Physical Education and Recreation. Retrieved 30 April 2006, from www.stanford.edu/group/Intramurals/kickballrules.html.
 - (5) C0-033 NFLCANADA.COM. Retrieved 30 April 2006, from www.slam.canoe.ca/FlagFootball/Rules/home.html.
 - (6) C0-034 Ultimate Players Association. Retrieved 27 April 2006, from www.upa.org/ultimate.
 - (7) C0-035 World Adult Kickball Association (WAKA). Retrieved 1 May 2006, from www.kickball.com.
 - (8) C0-036 Women's Heart Foundation. Retrieved 25 April 2006, from www.womensheart.org/content/Exercise/stretching_exercise.asp.
 - (9) C0-037 Retrieved 25 April 2006, from www.walkablock.com/stretch2.gif.
 - (10) C0-038 Retrieved 25 April 2006, from www.shelterpub.com/_fitness/online_stretches.gif.
 - (11) C0-039 Retrieved 25 April 2006, from www.eeshop.unl.edu.
 - (12) C0-040 Retrieved 25 April 2006, from www.losethebackpain.com.
 - (13) C0-041 Retrieved 25 April 2006, from www.roadcycling.com/artman/upload/stretches.jpg.
 - (14) C0-042 Spine Universe. Retrieved 25 April 2006, from www.spineuniverse.com.

EO C105.03 – PARTICIPATE IN AN ORIENTEERING EVENT

1. **Performance.** Participate in an Orienteering Event.
2. **Conditions**
 - a. Given:
 - (1) orienteering/recreation maps;
 - (2) orienteering compasses;
 - (3) control markers with punches;
 - (4) score cards;
 - (5) description sheets;
 - (6) a prepared orienteering course;
 - (7) a stopwatch;
 - (8) whistles;
 - (9) supervision; and
 - (10) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting during the day (training area large enough to set a basic orienteering course), under favourable weather conditions.
3. **Standard.** In accordance with specified references, the cadet shall:
 - a. be introduced to the use of orienteering equipment;
 - b. be introduced to orienteering techniques;
 - c. be introduced to techniques of route evaluation;
 - d. be introduced to map-reading techniques;
 - e. participate in a warm-up;
 - f. participate in an orienteering event; and
 - g. participate in a cool-down.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain orienteering equipment, to include:	Interactive Lecture	15 min	C0-007 (pp. 11, 12, 76, 162, 196, 197, and 204)

TP	Description	Method	Time	Ref
	a. orienteering maps and the marginal information found on them, to include: <ol style="list-style-type: none"> (1) scale; (2) International Orienteering Federation (IOF) colours; (3) IOF symbols; (4) contour lines; and (5) contour intervals; b. orienteering compasses, to include: <ol style="list-style-type: none"> (1) magnetic needle; (2) compass housing; and (3) base plate; and c. scoring equipment, to include: <ol style="list-style-type: none"> (1) control markers; (2) punches; (3) description sheets; and (4) score cards. 			C0-008 (pp. 20, 23 to 38, and 40)
TP2	Explain and demonstrate the following orienteering techniques: <ol style="list-style-type: none"> a. folding and holding the map; b. orienting a map by inspection; c. thumbing position; d. determining distance; and e. checking off features. Note: Allow cadets to practice the various techniques.	Demonstration and Performance	15 min	C0-008 (pp. 44 and 45) C0-023 (p. 17)
TP3	Explain the following techniques for route evaluation: <ol style="list-style-type: none"> a. handrails; b. catching or collecting features; c. attack points; d. attacking from above; e. height assessment versus detouring around; and f. long easy route versus short tough route. 	Interactive Lecture	10 min	C0-023 (pp. 14 to 16) C0-011 (pp. 36 and 37)
TP4	Explain (and demonstrate where applicable) the following map reading techniques:	Interactive Lecture	10 min	C0-010 (pp. 1 to 9) C0-011 (pp. 7 and 8)

TP	Description	Method	Time	Ref
	a. "CART" technique, in that CART is an acronym for: (1) Control; (2) Attack point; (3) Route choice; and (4) Technique; b. simplifying the map; c. rough map reading; d. precision map reading; e. pace counting; and f. distance estimation.			
TP5	Conduct a warm-up session, composed of light cardiovascular activities, meant to: a. stretch the muscles and ligaments; b. gradually increase respiratory action and heart rate; c. expand the muscles' capillaries to accommodate the increase in blood circulation; and d. raise muscle temperature to facilitate reactions in muscle tissue.	Participation	10 min	C0-002 (pp. 109 to 113)
TP6	Supervise the cadet's participation in an orienteering event, where they will: a. progress through three starting grid blocks where they will: (1) receive the map and start time; (2) copy the course points from the master map onto their own; and (3) orient the map to begin the course; b. run a course with a minimum of five points to be retrieved in the specified order; c. apply orienteering techniques and read the orienteering map; d. evaluate their route as they progress through the course; and e. finish the race by: (1) running through the finish area; (2) crossing the finish line; and (3) submitting the score cards for verification.	Participation	200 min	

TP	Description	Method	Time	Ref
TP7	Conduct a cool-down, composed of light cardiovascular activities, meant to: <ul style="list-style-type: none"> a. prepare the respiratory and cardiovascular systems to return to their normal state; and b. stretch the muscles and ligaments. 		10 min	C0-002 (pp. 109 to 113)

5. Time

- a. Introduction/Conclusion: 10 min
- b. Interactive Lecture: 35 min
- c. Demonstration and Performance: 15 min
- d. Participation: 210 min
- e. Total: 270 min

6. Substantiation

- a. The interactive lecture method was chosen for TP1 and TP4 as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature.
- b. The demonstration and performance methods were chosen for TP2 due to the practical nature of the subject matter. These methods provide the instructor the opportunity to introduce the subject matter, demonstrate procedures and observe the cadets practicing and performing the skill. The demonstration and performance methods must always be used when the taxonomic level of the material requires a performance of a skill. These methods are highly developmentally appropriate for young cadets.
- c. The participation method was chosen for TP5 to TP7 as it allows the cadets to engage freely in the activity. The cadets should be encouraged to interact with all other group members. The instructor must foster an environment that involves the contributions of all cadets, regardless of their skill level. This methodology requires adequate supervision by senior cadets and adult staff.

7. References

- a. C0-002 (ISBN 0-88962-630-8) LeBlanc, J., and Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.
- b. C0-007 (ISBN 0-02-029265-1) Kjellstrom, B. (1994). *Be Expert With Map & Compass: The Complete Orienteering Handbook*. New York: Hungry Minds, Inc.
- c. C0-008 A-CR-CCP-151/PT-001 Canadian Orienteering Federation. (1983). *Orienteering Level 1 Coaching Certification*. National Coaching Certification Program, Canadian Orienteering Federation.
- d. C0-009 International Orienteering Federation. (2006). <http://www.orienteering.org/footo/pictsymb.htm>.

- e. C0-010 Stott, W. (1987). *Armchair Orienteering II: A Practical Guide to Route Planning*. Winnipeg: Manitoba Orienteering Association.
- f. C0-011 Canadian Orienteering Federation. (1985). *Orienteering Level Two Coaching Certification*.
- g. C0-023 A-CR-CCP-150/PT-001 Chapman, J.R. Major, M.B.E. (1968). *Orienteering: An Aid to Training*. London, England: Hillside Printing & Publishing Co.

8. **Training Aids**

- a. Orienteering/recreation maps;
- b. Orienteering compasses;
- c. Control markers with punches;
- d. Stopwatch;
- e. Score cards;
- f. Description sheets;
- g. Paper;
- h. Pencils;
- i. Radios;
- j. Gym mats;
- k. First aid kit;
- l. Rope; and
- m. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids**

- a. Orienteering/recreation maps;
- b. Orienteering compasses;
- c. Control markers with punches;
- d. Score cards; and
- e. Description sheets.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' knowledge of the material during the conduct of the orienteering event.

11. **Remarks**

- a. First-year cadets' focus shall be on participation and skill acquisition.
- b. If orienteering is carried out in the three training sessions, it will be comprised of two periods of training on the first night, followed by two training sessions for the conduct of orienteering events.
- c. If orienteering is carried out as a full-day activity, it will be comprised of nine periods.

- d. The following Websites were consulted when developing this lesson:
- (1) C0-036 Women's Heart Foundation. Retrieved 25 April 2006, from www.womensheart.org/content/Exercise/stretching_exercise.asp.
 - (2) C0-037 Retrieved 25 April 2006, from www.walkablock.com/stretch2.gif.
 - (3) C0-038 Retrieved 25 April 2006, from www.shelterpub.com/_fitness/online_stretches.gif.
 - (4) C0-039 Retrieved 25 April 2006, from www.eeshop.unl.edu.
 - (5) C0-040 Retrieved 25 April 2006, from www.losethebackpain.com.
 - (6) C0-041 Retrieved 25 April 2006, from www.roadcycling.com/artman/upload/stretches.jpg.
 - (7) C0-042 Spine Universe. Retrieved 25 April 2006, from www.spineuniverse.com.

SECTION 6
PO 106 – FIRE THE CADET AIR RIFLE

1. **Performance.** Fire the Cadet Air Rifle.
2. **Conditions**
 - a. Given:
 - (1) cadet air rifle;
 - (2) air rifle safety rod;
 - (3) approved air rifle pellets;
 - (4) target frame;
 - (5) target;
 - (6) supervision; and
 - (7) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, *Cadet Marksmanship Program Reference Manual*, Chapter 1, sect 8.
3. **Standard.** In accordance with specified references the cadet will fire 25 pellets using the cadet air rifle by:
 - a. carrying out safety precautions;
 - b. performing a handling test;
 - c. applying basic marksmanship techniques; and
 - d. following the rules of and commands given on a range.
4. **Remarks.** Cadets will perform a handling test and demonstrate an understanding of the rules of, and commands given on, an air rifle range prior to firing pellets or cleaning pellets on a cadet air rifle range.
5. **Complementary Material**
 - a. Complementary material under PO 106 is designed to provide additional air rifle marksmanship experience through EO C106.01, Recreational Shooting Opportunities.
 - b. Complementary training under EO C106.01 is a total of three periods conducted during a session or on a supported day.
 - c. EO C106.01 may only be conducted following completion of all lessons associated with PO 106, Fire the Cadet Air Rifle.

EO M106.01 – IDENTIFY THE PARTS AND CHARACTERISTICS OF THE DAISY 853C AIR RIFLE

1. **Performance.** Identify the Parts and Characteristics of the Daisy 853C Air Rifle.
2. **Conditions**
 - a. Given:
 - (1) Daisy 853C air rifle;
 - (2) assistance as required; and
 - (3) supervision.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facility and/or air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard.** In accordance with A-CR-CCP-177/PT-001, the cadet shall identify the parts and list the characteristics of the Daisy 853C air rifle.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Identify the parts of the Daisy 853C air rifle, to include: <ol style="list-style-type: none"> a. butt plate; b. spacers; c. small of the butt; d. stock; e. fore end; f. sling bracket; g. trigger; h. trigger guard; i. safety catch; j. bolt; k. pump handle; l. front sight; m. rear sight; n. muzzle; o. barrel with barrel weight; p. bore; q. feed track; r. chamber; s. sling; t. single shot adapter; and 	Interactive Lecture	13 min	A0-027 (p. 2-5, Diagram)

TP	Description	Method	Time	Ref
	u. five-shot clip. Note: The instructor shall ensure that the cadet can identify the parts of the cadet air rifle by physically pointing to the proper part on the rifle or on an unlabeled diagram.			
TP2	Identify the characteristics of the Daisy 853C air rifle, to include: a. action; b. length; c. weight; d. calibre; e. front sight; f. rear sight; g. muzzle velocity; h. loading; i. stock; and j. safety.	Interactive Lecture	12 min	A0-027 (p. 2-5)

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References.** A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids**

- a. Daisy 853C air rifle; and
- b. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids.** Daisy 853C air rifle.

10. **Test Details.** Assessment of this EO shall be carried out during the end of lesson check. While there is no formal assessment of this EO, every cadet is required to successfully complete the Cadet Air Rifle Handling Test provided at Chapter 3, Annex C.

11. **Remarks.** N/A.

EO M106.02 – CARRY OUT SAFETY PRECAUTIONS ON THE CADET AIR RIFLE

1. **Performance.** Carry Out Safety Precautions on the Cadet Air Rifle.
2. **Conditions**
 - a. Given:
 - (1) cadet air rifle;
 - (2) air rifle case;
 - (3) air rifle safety rod;
 - (4) assistance as required; and
 - (5) supervision.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard.** In accordance with A-CR-CCP-177/PT-001, the cadet shall:
 - a. carry out individual safety precautions on the cadet air rifle by:
 - (1) ensuring the bolt is fully to the rear;
 - (2) ensuring the safety catch is on;
 - (3) ensuring the pump handle is partially open; and
 - (4) ensuring the safety rod is inserted in the barrel; and
 - b. observe safety regulations, to include:
 - (1) treating the rifle as if it is loaded;
 - (2) not pointing the rifle at anyone;
 - (3) keeping the rifle pointed down range at all times;
 - (4) holding the rifle vertically when moving to and from the firing point;
 - (5) keeping fingers off the trigger until ready to fire;
 - (6) wearing safety glasses/goggles; and
 - (7) washing hands after every practice/shoot (to avoid ingestion of lead).

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain and demonstrate safe rifle status for the cadet air rifle, to include: <ol style="list-style-type: none"> a. removing a rifle from its case; 	Demonstration and Performance	10 min	A0-027 (pp. 1-3-1 and 1-3-2, para 3.1 to 3.1.4)

TP	Description	Method	Time	Ref
	<ul style="list-style-type: none"> b. ensuring safety measures are in place by engaging the safety catch (pushing it towards the right so no red is seen); c. ensuring the safety rod is inserted into the barrel; and d. ensuring safe rifle status when: <ul style="list-style-type: none"> (1) the rifle is in the case, by: <ul style="list-style-type: none"> (a) engaging the safety catch; (b) ensuring the bolt is forward; (c) ensuring the action is not cocked; and (d) leaving pump handle partially open (5 to 8 cm); (2) on the firing line, by: <ul style="list-style-type: none"> (a) engaging the safety catch; (b) ensuring the bolt is to the rear; and (c) leaving the pump handle partially open; and (3) not on the firing line, by: <ul style="list-style-type: none"> (a) engaging the safety catch; (b) ensuring the bolt is to the rear; (c) placing the safety rod in the barrel (visible in the feed track); and (d) leaving the pump handle partially open. 			
TP2	<p>Explain, demonstrate, and have the cadets carry out individual safety precautions for the cadet air rifle by:</p> <ul style="list-style-type: none"> a. ensuring the bolt is open fully to the rear; b. ensuring the safety catch is in the ON position; c. ensuring the pump handle partially open; and d. placing safety rod in the barrel. <p>Note: Cadets will be required to perform this skill during their air rifle handling test.</p>	Demonstration and Performance	10 min	A0-027 (p. 1-3-3, para 3.1.5)
TP3	<p>Explain and demonstrate (where applicable) safety regulations for the cadet air rifle, to include:</p> <ul style="list-style-type: none"> a. treating the air rifle as if it is loaded; 	Interactive Lecture	5 min	A0-027 (pp. 1-3-3 and 1-3-4,

TP	Description	Method	Time	Ref
	b. never pointing the air rifle at anyone; c. holding the rifle vertically when moving to and from the firing point; d. leaving fingers off the trigger until ready to fire; e. wearing safety glasses/goggles; and f. employing hygiene on the range by washing hands after every practice.			para 3.2, and para 3.4)

5. Time

- | | | |
|----|----------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Demonstration/Performance: | 20 min |
| c. | Interactive Lecture: | 5 min |
| d. | Total: | 30 min |

6. Substantiation

- a. The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
- b. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. References. A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. Training Aids

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Cadet air rifle;
- c. Safety glasses/goggles;
- d. Rifle case; and
- e. Air rifle safety rod.

9. Learning Aids

- a. Cadet air rifle;
- b. Safety glasses/goggles; and
- c. Air rifle safety rod.

10. **Test Details.** Assessment of this EO shall be carried out during the end of lesson check. While there is no formal assessment of this EO, every cadet is required to successfully complete the Cadet Air Rifle Handling Test provided at Chapter 3, Annex C.
11. **Remarks**
 - a. The instructor must ensure that the sequencing for the demonstration is done correctly since the cadet must mirror their actions.
 - b. The optimal ratio of air rifles to cadets is 1:2.

EO M106.03 – APPLY BASIC MARKSMANSHIP TECHNIQUES

1. **Performance.** Apply Basic Marksmanship Techniques.
2. **Conditions**
 - a. Given:
 - (1) cadet air rifle;
 - (2) single pellet adaptor
 - (3) assistance as required; and
 - (4) supervision.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard.** In accordance with A-CR-CCP-177/PT-001, the cadet shall apply basic marksmanship techniques, to include:
 - a. adopting the prone position;
 - b. basic holding;
 - c. basic aiming;
 - d. loading;
 - e. firing; and
 - f. unloading.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain, demonstrate, and have the cadets adopt the prone position, as follows:</p> <ol style="list-style-type: none"> a. position is natural, without strain, comfortable, and stable; b. body should form an angle with the line of sight; c. spine should remain straight; d. left leg should be parallel with the spine; e. right foot should turn out and point to the right; f. left foot should either be straight or point towards the right; and g. right knee should form an angle with the left leg. 	Demonstration and Performance	4 min	A0-027 (p. 2-7)

TP	Description	Method	Time	Ref
TP2	<p>Explain, demonstrate, and have the cadets hold the cadet air rifle, in that the:</p> <ul style="list-style-type: none"> a. left elbow should be positioned slightly to the left of the rifle; b. left hand must rest firmly against the sling swivel, and the fingers should be relaxed and not grip the fore end; c. right hand should slightly grip the small of the butt with constant pressure; d. right thumb should be placed on the stock directly behind the rear sight or around the small of the butt; e. right elbow should rest naturally where it falls, a comfortable distance from the rifle; f. the shoulders should be straight and form right angles with the spine; g. the butt plate is kept firmly in the hollow of the shoulder; and h. the head rests comfortably on the stock and remains straight. <p>Note: When the face is placed on the butt, the cadets should be looking directly through the sights. If this is not the case, their position should be modified.</p>	Demonstration and Performance	7 min	A0-027 (pp. 2-7 and 2-8)
TP3	<p>Explain, demonstrate, and have the cadets aim the cadet air rifle, as follows:</p> <ul style="list-style-type: none"> a. the aiming process, including: <ul style="list-style-type: none"> (1) adopting a comfortable position; and (2) ensuring proper body alignment with the target; b. sight alignment; and c. sight picture. 	Demonstration and Performance	4 min	A0-027 (p. 2-11)
TP4	<p>Explain, demonstrate, and have the cadets load, unload, and prepare for inspection the cadet air rifle, as follows:</p>	Demonstration and Performance	14 min	A0-027 (p. 2-16)

TP	Description	Method	Time	Ref
	<p>a. loading the cadet air rifle, to include:</p> <ol style="list-style-type: none"> (1) picking up the rifle with the left hand; (2) ensuring safety catch is in the ON position; (3) pumping the air rifle, pausing for three seconds; (4) bringing pump handle back to closed position; (5) loading a pellet; and (6) closing the bolt; <p>b. unloading the cadet air rifle, to include:</p> <ol style="list-style-type: none"> (1) opening the bolt (do not insert a pellet); (2) pumping the air rifle, pausing for three seconds; (3) closing the bolt (do not insert a pellet); (4) placing the safety catch in the OFF position; (5) aiming the rifle at the target; (6) squeezing the trigger; (7) placing the safety catch in the ON position; and <p>c. preparing for inspection, to include:</p> <ol style="list-style-type: none"> (1) opening the bolt; (2) opening the pump handle slightly; (3) placing the rifle on the shoulder, muzzle pointed down range; (4) waiting to be cleared by the RSO; and (5) laying the rifle down. <p>Note: Cadets will be required to perform these skills during their air rifle handling test. The pellet guide shall be used for training, although cadets may be introduced to the five-round clip prior to actual firing.</p>			
TP5	<p>Explain, demonstrate, and have the cadets practice the sequence for firing the cadet air rifle, to include:</p> <ol style="list-style-type: none"> a. when the RSO gives the command, placing safety catch in the OFF position; b. aiming the air rifle at the target; 	Demonstration and Performance	22 min	A0-027 (p. 2-16)

TP	Description	Method	Time	Ref
	c. squeezing the trigger; d. opening the bolt, pumping the rifle, reloading, aiming and firing; e. repeating last step until firing is complete; f. upon completion, placing the safety catch in the ON position and partially opening the pump handle; and g. laying the air rifle down. Note: Cadets will be required to perform this skill during their air rifle handling test.			

5. **Time**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction/Conclusion: | 9 min |
| b. | Demonstration and Performance: | 51 min |
| c. | Total: | 60 min |

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids**

- Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and
- Cadet air rifle.

9. **Learning Aids.** Cadet air rifle.

10. **Test Details.** Assessment of this EO shall be carried out during the end of lesson check. While there is no formal assessment of this EO, every cadet is required to successfully complete the Cadet Air Rifle Handling Test provided at Chapter 3, Annex C.

11. **Remarks.** N/A.

EO M106.04 – FOLLOW RULES AND COMMANDS ON AN AIR RIFLE RANGE

1. **Performance.** Follow Rules and Commands on an Air Rifle Range.
2. **Conditions**
 - a. Given:
 - (1) cadet air rifle;
 - (2) Range Standing Orders;
 - (3) assistance as required; and
 - (4) supervision.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard.** In accordance with A-CR-CCP-177/PT-001, the cadet shall:
 - a. follow rules on the range; and
 - b. follow commands on the range.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain rules cadets must follow on the range, to include:</p> <ol style="list-style-type: none"> a. rifles will be safety checked (proved) when picked up, handed to, or received from another person; b. rifles are never pointed at any person; c. safety rods shall be inserted into the barrels of rifles when not in use on the range; d. horseplay is forbidden on the range; e. rifles, whether loaded or not, will always be pointed down range; f. eating is not permitted on or near the range or around the pellets; g. all personnel shall read or be briefed on the contents of the Range Standing Orders; and h. the RSO's directions and orders are to be obeyed at all times. <p>Note: The instructor will read pertinent sections of local Range Standing Orders during this period.</p>	Interactive Lecture	10 min	Local Range Standing Orders

TP	Description	Method	Time	Ref
TP2	<p>Explain, demonstrate, and have the cadets respond to the following range commands:</p> <ul style="list-style-type: none"> a. Cover off your firing point; b. Place your equipment down and stand back; c. Adopt the prone position; d. "G.R.I.T.", in that GRIT is the acronym for: <ul style="list-style-type: none"> (1) Group (relay); (2) Range; (3) Indication; and (4) Type of fire; e. Load, commence firing; f. Cease fire; g. Resume fire; h. Unload; i. Stand up; j. Change targets; and k. Change relay. <p>Note: The information in this TP should be reviewed prior to any cadet participating in a range practice.</p>	Demonstration and Performance	15 min	A0-027 (p. 1-8-4)

5. Time

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	10 min
c.	Demonstration and Performance:	15 min
d.	Total:	30 min

6. Substantiation

- a. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- b. The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Local range standing orders;
- c. Cadet air rifle;
- d. Safety glasses/goggles; and
- e. Air rifle safety rod.

9. **Learning Aids**

- a. Cadet air rifle;
- b. Safety glasses/goggles; and
- c. Air rifle safety rod.

10. **Test Details.** Assessment of this EO shall be carried out during the end of lesson check. While there is no formal assessment of this EO, every cadet is required to successfully complete the Cadet Air Rifle Handling Test provided at Chapter 3, Annex C.

11. **Remarks.** N/A.

EO M106.05 – CLEAN AND STORE THE CADET AIR RIFLE

1. **Performance.** Clean and Store the Cadet Air Rifle.
2. **Conditions**
 - a. Given:
 - (1) cadet air rifle;
 - (2) air rifle case;
 - (3) appropriate air rifle cleaning kit;
 - (4) air rifle safety rod;
 - (5) supervision; and
 - (6) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard.** In accordance with A-CR-CCP-177/PT-001, the cadet shall:
 - a. clean the cadet air rifle, to include:
 - (1) before firing by firing two to three felt cleaning pellets; and
 - (2) after firing by firing two to three felt cleaning pellets; and
 - b. store the cadet air rifle.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain and demonstrate the procedure for cleaning the cadet air rifle, to include:</p> <ol style="list-style-type: none"> a. the importance of cleaning the air rifle; b. cleaning procedure for the air rifle; and c. when to clean the air rifle, to include: <ol style="list-style-type: none"> (1) before firing; (2) after firing; and (3) periodically. <p>Note: Cadets should be given an opportunity to conduct a before or after firing cleaning during the familiarization shoot.</p>	Demonstration and Performance	15 min	A0-027 (pp. 1-10-1 and 1-10-2)
TP2	<p>Explain and demonstrate the sequence for storing the air rifle, to include:</p> <ol style="list-style-type: none"> a. cocking the action (bolt forward); b. sliding the safety rod into the barrel; 	Demonstration and Performance	10 min	A0-027 (p. 1-3-2, para 3.1.4)

TP	Description	Method	Time	Ref
	c. placing the rifle in the case in the direction of the arrow on the case; d. confirming the pumping handle is partially open; e. confirming the safety catch is ON; f. closing the case; and g. ensuring the case is pointed in a safe direction.			

5. **Time**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Demonstration and Performance: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Air rifle case;
- c. Cadet air rifle;
- d. Air rifle safety rod; and
- e. Air rifle cleaning kit.

9. **Learning Aids**

- a. Air rifle case;
- b. Cadet air rifle; and
- c. Air rifle safety rod.

10. **Test Details.** Assessment of this EO shall be carried out during the end of lesson check. While there is no formal assessment of this EO, every cadet is required to successfully complete the Cadet Air Rifle Handling Test provided at Chapter 3, Annex C.

11. **Remarks.** N/A.

EO M106.CA – PARTICIPATE IN A FAMILIARIZATION SHOOT USING THE CADET AIR RIFLE

1. **Performance.** Participate in a Familiarization Shoot Using the Cadet Air Rifle.
2. **Conditions**
 - a. Given:
 - (1) cadet air rifles;
 - (2) air rifle safety rods;
 - (3) safety glasses/goggles;
 - (4) pellets;
 - (5) target frame;
 - (6) suitable targets;
 - (7) range assistants;
 - (8) a qualified Range Safety Officer (RSO);
 - (9) assistance as required; and
 - (10) supervision.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard.** In accordance with the specified references, the cadet shall participate in a familiarization shoot.
4. **Teaching Points.** The familiarization shooting activity should be structured as follows:
 - a. The cadets are to receive a range briefing prior to the start of the activity, to include:
 - (1) the reading of pertinent sections of range standing orders;
 - (2) a review of rules and commands used on an air rifle range (EO M106.04);
 - (3) a review of the layout of the range; and
 - (4) a reminder for cadets to practice proper hygiene by washing their hands after firing;
 - b. Cadets will be tested by range staff using the format in Chapter 3;
 - c. Cadets will participate in a familiarization shoot, under the supervision of a qualified RSO; and
 - d. The instructor shall review the Recreational Shooting Program with the cadets and help them identify any targets that may contribute towards a recognition under the Recreational Shooting Program.
5. **Time**
 - a. Activity: 90 min
 - b. Total: 90 min

6. **Substantiation.** This activity was chosen to provide practical training on procedures that may be unfamiliar to some cadets. The performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method appeals to all learning styles.
7. **References**
 - a. A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.
 - b. A0-028 D Cdts. (2005). CATO 14-41, *Annex E, Appendix 1, Marksmanship, Rifles, and Ammunitions*. In *Cadet Administrative and Training Orders* (Vol. 1, 8 pages). Ottawa, ON.
8. **Training Aids.** N/A.
9. **Learning Aids**
 - a. Cadet air rifle;
 - b. Safety glasses/goggles;
 - c. Air rifle safety rod;
 - d. Pellets;
 - e. Target frame; and
 - f. Suitable targets.
10. **Test Details.** Assessment of this EO shall be carried out during the end of lesson check. While there is no formal assessment of this EO, every cadet is required to successfully complete the Cadet Air Rifle Handling Test provided at Chapter 3, Annex C.
11. **Remarks**
 - a. The RSO shall ensure that all rules and procedures are strictly adhered to.
 - b. Cadets shall successfully complete the Cadet Air Rifle Handling Test prior to firing pellets or cleaning pellets on a cadet air rifle range.

EO C106.01 – PARTICIPATE IN A RECREATIONAL SHOOT USING THE CADET AIR RIFLE

1. **Performance.** Participate in a Recreational Shoot Using the Cadet Air Rifle.
2. **Conditions**
 - a. Given:
 - (1) cadet air rifles;
 - (2) air rifle safety rods;
 - (3) safety glasses/goggles;
 - (4) pellets;
 - (5) target frame;
 - (6) suitable targets;
 - (7) range assistants;
 - (8) a qualified Range Safety Officer (RSO);
 - (9) assistance as required; and
 - (10) supervision.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard.** In accordance with the specified references, the cadet shall participate in a recreational shoot.
4. **Teaching Points.** The recreational shooting activity should be structured as follows:
 - a. The cadets are to receive a range briefing prior to the start of the activity, to include:
 - (1) the reading of pertinent sections of range standing orders;
 - (2) a review of rules and commands used on an air rifle range (EO M106.04);
 - (3) a review of the layout of the range; and
 - (4) a reminder for cadets to practice proper hygiene by washing their hands after firing;
 - b. Cadets who have not completed a handling test, during the current training year, will be tested by range staff using the format in Chapter 3;
 - c. Cadets will participate in a recreational shoot, under the supervision of a qualified RSO; and
 - d. The cadets are to be allowed to review their targets and, assisted by senior cadets, select targets that may be eligible for recognition under the Recreational Shooting Program.
5. **Time**
 - a. Activity: 90 min
 - b. Total: 90 min

6. **Substantiation.** This activity was chosen to provide additional practical training on procedures that may be unfamiliar to some cadets. It also provides an opportunity for cadets to practice under supervision the skills learned in mandatory lessons.
7. **References**
 - a. A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.
 - b. A0-028 D Cdts. (2005). CATO 14-41, *Annex E, Appendix 1, Marksmanship, Rifles, and Ammunitions*. In *Cadet Administrative and Training Orders* (Vol. 1, 8 pages). Ottawa, ON.
8. **Training Aids.** N/A.
9. **Learning Aids**
 - a. Cadet air rifle;
 - b. Safety glasses/goggles;
 - c. Air rifle safety rod;
 - d. Pellets;
 - e. Target frame; and
 - f. Suitable targets.
10. **Test Details.** Assessment of this EO shall be carried out during the end of lesson check. While there is no formal assessment of this EO, every cadet is required to successfully complete the Cadet Air Rifle Handling Test provided at Chapter 3, Annex C.
11. **Remarks**
 - a. The RSO shall ensure that all rules and procedures are strictly adhered to.
 - b. Cadets shall successfully complete the Cadet Air Rifle Handling Test prior to firing pellets or cleaning pellets on a cadet air rifle range.

SECTION 7
PO 107 – SERVE IN AN ARMY CADET CORPS

1. **Performance.** Serve in an Army Cadet Corps.
2. **Conditions**
 - a. Given:
 - (1) uniform parts based on elemental requirements;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Any conditions.
3. **Standard.** In accordance with specified references, the cadet will:
 - a. identify year one corps program and summer training opportunities;
 - b. pay compliments to senior ranks;
 - c. correctly address senior ranks;
 - d. pay proper respects to senior ranks;
 - e. state the aims and motto of the Army Cadet Program; and
 - f. wear the Army Cadet uniform.
4. **Remarks.** N/A.
5. **Complementary Material**
 - a. Complementary material under PO 107 is designed to enhance a cadet's participation in their cadet corps through a number of activities:
 - (1) EO C107.01 allows the cadets to maintain the Army Cadet uniform;
 - (2) EO C107.02 allows the cadets to become familiar with the corps; and
 - (3) EO C107.03 allows the cadets to become familiar with the corps history.
 - b. Complementary training under PO 107 is limited to a total of five periods conducted during sessions or on a supported day. Units are not required to use all five periods.

EO M107.01 – PARTICIPATE IN A DISCUSSION ON YEAR ONE TRAINING

1. **Performance.** Participate in a Discussion on Year One Training.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** In accordance with specified references, the cadets shall participate in a discussion on aspects of participation in the Green Star Program.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Discuss the content and format of the POs of year one training, to include:</p> <ol style="list-style-type: none"> a. training common to the sea, army and air elements of the CCO, to include: <ol style="list-style-type: none"> (1) citizenship; (2) community service; (3) leadership; (4) personal fitness and healthy living; (5) recreational sports; (6) air rifle marksmanship; (7) general cadet knowledge; (8) drill; and (9) Cadet Harassment and Abuse Prevention (CHAP) Program; and b. Army elemental training, to include: <ol style="list-style-type: none"> (1) expedition related training. Expedition training in year one is accomplished through instruction on: <ol style="list-style-type: none"> (a) field training; (b) navigation; and (c) trekking; and (2) Canadian Army and civilian outdoor community familiarization. 	Interactive Lecture	6 min	A2-031

TP	Description	Method	Time	Ref
	Note: Expedition is defined as any activity that consists of dynamic travel of no less than 36 hours in duration, where there is a clear goal associated with the activity.			
TP2	Discuss available optional training at the cadet corps, to include: a. cultural education/travel; b. music, to include: (1) military; and (2) pipes and drums; and c. summer and winter biathlon; d. first aid; and e. other opportunities as resources allow.	Interactive Lecture	4 min	A2-031
TP3	Cover the elements needed in order to establish a Full Value Contract: a. be here; b. be safe; c. set goals; d. be honest; and e. let go and move on. Note: Cadets should be introduced to the existing corps FVC. Where one does not exist the instructor would need an additional period to develop a FVC.	Activity	15 min	C2-038 C2-039

5. Time

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 10 min |
| c. | In-class Activity: | 15 min |
| d. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. References

- a. A2-031 D Cdts. (2003). CATO 40-01, *Army Cadet Program Outline*. In Cadet Administrative and Training Orders (Vol. 4). Ottawa, ON.

- b. C2-038 (ISBN 0-7872-2459-6) Henton, M. (1996). *Adventure in the Classroom: Using Adventure to Strengthen Learning and Build a Community of Life-long Learners*. Dubuque, IA: Kendall Hunt Publishing.
 - c. C2-039 (ISBN 0825199905) Frank, L.S. (2001). *The Caring Classroom: Using Adventure To Create Community in the Classroom and Beyond*. Dubuque, IA: Kendall Hunt Publishing.
- 8. **Training Aids.** Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area.
- 9. **Learning Aids.** N/A.
- 10. **Test Details.** There is no formal assessment of this EO.
- 11. **Remarks.** This period should follow EO M103.02 and EO M103.03.

EO M107.02 – IDENTIFY ARMY CADET RANKS AND OFFICER RANKS

1. **Performance.** Identify Army Cadet Ranks and Officer Ranks.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** In accordance with specified references, the cadet shall identify the rank structure of:
 - a. the Royal Canadian Army Cadets (RCAC); and
 - b. the army element of the Canadian Forces (CF).
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain, and confirm through an educational game, the structure and rank insignia of the RCAC, to include:</p> <ol style="list-style-type: none"> a. Private (Pte); b. Corporal (Cpl); c. Master Corporal (MCpl); d. Sergeant (Sgt); e. Warrant Officer (WO); f. Master Warrant Officer (MWO); and g. Chief Warrant Officer (CWO). <p>Note: Explain to cadets that the rank insignia of the Army Cadets is the same as the NCM rank insignia of the army element of the CF.</p>	Interactive Lecture	12 min	A2-030 (pp. 2/5 to 4/5)
TP2	<p>Explain, and confirm through an educational game, the officer structure and rank insignia of the army element of the CF, to include:</p> <ol style="list-style-type: none"> a. a subordinate officer; Officer Cadet (OCdt); b. junior officers, to include: <ol style="list-style-type: none"> (1) Second Lieutenant (2Lt); (2) Lieutenant (Lt); and (3) Captain (Capt); 	Interactive Lecture	13 min	A0-001 A0-009 (Chapter 3, sect 1, art 3.01, para 1)

TP	Description	Method	Time	Ref
	c. senior officers, to include: (1) Major (Maj); (2) Lieutenant Colonel (LCol); and (3) Colonel (Col); and d. general officers, to include: (1) Brigadier General (BGen); (2) Major General (MGen); (3) Lieutenant General (LGen); and (4) General (Gen).			

5. Time

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. References

- A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces Dress Instructions*. Ottawa, ON: The Department of National Defence.
- A0-009 A-AA-100-000/AA-003 Canadian Forces. (2006). *QR&O Chapter 3, Section 1 Ranks and Designations of Ranks*. Ottawa, ON: The Department of National Defence.
- A2-030 D Cds. (2005). CATO 40-03, *Army Cadet Ranks and Cadet Corps Establishment*. In *Cadet Administrative and Training Orders* (Vol. 4, 5 pages). Ottawa, ON.

8. Training Aids

- Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- Royal Canadian Army Cadet Symbols poster; and
- Rank Badges of the Canadian Forces poster.

9. **Learning Aids.** Rank Badges of the Canadian Army handout.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' knowledge of ranks during the end of lesson check.

11. **Remarks.** Where practical, instructors are encouraged to have the actual rank badges on hand so that the cadets can pass them around. Where not practical, a cut out of the badge could be used.

EO M107.03 – OBSERVE RULES AND PROCEDURES FOR THE PAYING OF COMPLIMENTS

1. **Performance.** Observe Rules and Procedures for the Paying of Compliments.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** In accordance with specified references, the cadet shall observe rules and procedures for the paying of compliments, to include:
 - a. addressing cadet NCMs and subordinate officers;
 - b. addressing commissioned officers;
 - c. action on entering and leaving an office; and
 - d. other occasions to pay compliments.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain the following procedures for addressing a cadet NCO or subordinate officer:</p> <ol style="list-style-type: none"> a. standing at the position of attention after approaching the NCO/subordinate officer; b. not saluting, as NCOs/subordinate officers do not hold a commission; c. addressing the NCO/subordinate officer by rank and surname and, subsequently, by rank (Pte – Sgt) or sir/ma'am (wo +) throughout the conversation; and d. remaining at the position of attention for the duration of the conversation. <p>Note: Officer Cadets may be saluted by cadets out of respect; however, this not in recognition of a Queen's Commission.</p>	Interactive Lecture/ Activity	7 min	A0-002 (Chapter 1, pp. 1-2-2 and 1-2-3)
TP2	<p>Explain the following procedures for addressing a commissioned officer:</p> <ol style="list-style-type: none"> a. standing at the position of attention after approaching the officer; b. saluting in accordance with the <i>Canadian Forces Manual of Drill and Ceremonial</i>; 	Interactive Lecture/ Activity	5 min	A0-002 (Chapter 1, pp. 1-2-2 and 1-2-3)

TP	Description	Method	Time	Ref
	<ul style="list-style-type: none"> c. addressing the officer by rank and surname and, subsequently, by sir or ma'am throughout the conversation; d. remaining at the position of attention for the duration of the conversation unless otherwise directed by the commissioned officer; and e. saluting when the conversation is complete. 			
TP3	<p>Explain the following regulations for paying compliments inside a building:</p> <ul style="list-style-type: none"> a. cadets shall salute indoors only if the following conditions apply: <ul style="list-style-type: none"> (1) on parade; (2) ceremonial occasion; or (3) when entering and leaving offices; b. when entering an office the cadet shall: <ul style="list-style-type: none"> (1) stand at the position of attention at the doorway; (2) salute if wearing headdress and the office occupant holds a commission; and (3) ask permission to enter; c. when leaving an office the cadet shall: <ul style="list-style-type: none"> (1) stand at the position of attention at the doorway; (2) salute if wearing headdress and the office occupant holds a commission; and (3) depart; d. cadets will turn their head and offer a polite greeting when meeting an officer in a common area; and e. it is not normally customary to wear headdress inside a building, other than an armoury or a drill hall. 	Interactive Lecture/ Activity	9 min	A0-002 (Chapter 1, pp. 1-2-3 and 1-2-4)
TP4	<p>Explain other occasions to pay compliments, to include when:</p> <ul style="list-style-type: none"> a. the Canadian or another foreign national anthem is played; b. the Royal Anthem is played; c. recognizing a commissioned officer who is not in uniform; 	Interactive Lecture	4 min	A0-002 (Chapter 1, pp. 1-2-3 and 1-2-4)

TP	Description	Method	Time	Ref
	d. the national flag is being raised and lowered; e. the ensign is being lowered and raised; f. boarding and upon disembarking any of Her Majesty's Canadian ships or those of a foreign service, cadets shall pay compliments to the quarterdeck; and g. when in civilian clothing compliments are paid by doffing a cap/hat.			

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	14 min
c.	Activity:	11 min
d.	Total:	30 min

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm cadets' comprehension of the material during parade nights and other activities at the corps.
11. **Remarks.** N/A.

EO M107.04 – STATE THE AIMS AND MOTTO OF THE ARMY CADET PROGRAM

1. **Performance.** State the Aims and Motto of the Army Cadet Program.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** In accordance with specified references, the cadet shall:
 - a. become familiar with the mission and vision of the Cadet Program;
 - b. state the aims of the Army Cadet Program; and
 - c. state the motto of the Army Cadet Program.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	State the mission of the Cadet Program, which is to contribute to the development and preparation of youth for the transition to adulthood, enabling them to meet the challenges of modern society, through a dynamic, community-based program.	Interactive Lecture	7 min	A0-003
TP2	State the vision of the Cadet Program, which is to be a relevant, credible and proactive youth development organization, offering the program of choice for Canada's youth, preparing them to become the leaders of tomorrow through a set of fun, challenging, well organized and safe activities.	Interactive Lecture	7 min	A0-003
TP3	Describe the three aims of the Cadet Program, to include: <ol style="list-style-type: none"> a. developing in youth the attributes of good citizenship and leadership; b. promoting physical fitness; and c. stimulating the interest of youth in the sea, land and air activities of the Canadian Forces. 	Interactive Lecture	7 min	A0-003
TP4	State the motto of the Army Cadet Program, which is Acer Acerpori (as the maple, so the sapling).	Interactive Lecture	3 min	C2-040 Policy 3.1

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 6 min |
| b. | Interactive Lecture: | 24 min |
| c. | Activity: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References**

- a. A0-010 D Cdts. (1999). CATO 11-03, *Cadet Program Mandate*. In *Cadet Administrative and Training Orders* (Vol. 1). Ottawa, ON.
- b. C2-040 The Army Cadet League of Canada. (2006). *Policy 3.1: Aim of the Canadian Cadet Organizations*. Retrieved 25 May 2006, from http://www.armycadetleague.ca/templates/pdf/refmanual/english/pol_3_1.pdf.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area; and
- b. Paper and markers suitable for activities.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm cadets' comprehension of the material during the end of lesson check.

11. **Remarks.** N/A.

EO M107.05 – WEAR THE ARMY CADET UNIFORM

1. **Performance.** Wear the Army Cadet Uniform.
2. **Conditions**
 - a. Given:
 - (1) Army Cadet uniform (complete);
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** In accordance with CATO 46-01, *Royal Canadian Army Cadet Dress Instructions*, the cadet shall wear the cadet uniform in a manner that reflects credit on the CCM, to include:
 - a. wearing properly formed and positioned headdress;
 - b. ensuring uniform is clean and pressed, and worn with shone boots;
 - c. ensuring hair is neatly groomed and conservatively styled;
 - d. wearing only the jewellery permitted; and
 - e. conforming to the body adornment rules (e.g. make-up, piercing).
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the general rules and responsibilities for the cadet uniform, to include: <ol style="list-style-type: none"> a. occasions to wear the uniform; b. responsibility for the Army Cadet uniform; and c. general appearance of uniform. 	Interactive Lecture	5 min	A2-028 (pp. 9/27 and 10/27)
TP2	Explain and demonstrate the correct manner in which to wear headdress, to include: <ol style="list-style-type: none"> a. the beret; b. the beret insignia; c. the wide-brimmed tan summer hat; and d. the toque. 	Interactive Lecture/ Demonstration	5 min	A2028 (pp. 10/27 and 11/27) C2-035
TP3	Explain and demonstrate the correct manner in which to wear and care for clothing on the upper body, to include: <ol style="list-style-type: none"> a. insignia, shoulder title RCAC; 	Interactive Lecture/ Demonstration	12 min	A2-028 (pp. 11/27 to 14/27)

TP	Description	Method	Time	Ref
	b. insignia, cadet, maple leaf; c. cadet slip-on; d. cadet armlet; e. shirt, cadet, short sleeve; f. undershirt; g. grey sports T-shirt; h. white undershirt; i. turtleneck sweater; j. uniform jacket; k. jacket belt; l. all-season jacket; m. necktie; n. nametag; o. black wool gloves; and p. black mitts.			
TP4	Explain and demonstrate the correct manner in which to wear and care for clothing on the lower body, to include: a. trousers; b. trouser belt; c. boots; d. grey sports shorts; and e. running shoes.	Interactive Lecture/ Demonstration	8 min	A2-028 (pp. 11/27 to 14/27)
TP5	Explain and demonstrate, where practical, the following in relation to personal appearance while in uniform: a. general appearance considerations; b. hairstyle, to include: (1) general appearance of hair; (2) male cadet hairstyle; (3) sideburns; (4) moustache; and (5) female cadet hairstyles; c. make-up; d. jewellery; e. tattoos and piercing; f. undergarments; g. eyeglasses/sunglasses;	Interactive Lecture/ Demonstration	12 min	A2-028 (pp. 15/27 to 19/27) A0-002

TP	Description	Method	Time	Ref
	h. other items, to include: (1) civilian clothing; (2) civilian pattern backpack; and (3) purse; and i. carrying items while in uniform.			
TP6	Explain the orders of dress for the Army Cadet uniform, to include: a. C-2 Duty Dress; b. C-2A Duty Dress; c. C-3 Duty Dress (cold weather); and d. PT – Physical Training Dress. Note: A cadet wearing each form of uniform is the best way to illustrate the wearing of the uniform.	Interactive Lecture	8 min	A2-028 a. (p. A-4/14) b. (p. A-5/14) c. (p. A-6/14) d. (p. A-11/14)

5. Time

- | | |
|---|--------|
| a. Introduction/Conclusion: | 10 min |
| b. Interactive Lecture and Demonstration: | 50 min |
| c. Total: | 60 min |

6. Substantiation

- The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- The demonstration method provides the instructor the opportunity to introduce the subject matter, and demonstrate and explain procedures. This method appeals to auditory and visual learning styles.

7. References

- A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
- A2-028 D Cdts. (2005). CATO 46-01, *Army Cadet Dress Instructions*. In Cadet Administrative and Training Orders (Vol. 4, 27 pages). Ottawa, ON.
- C2-039 Apparel Search. (2005). *Berets in the Military: Canada*. Retrieved 25 May 2006, from http://www.apparelsearch.com/definitions/headwear_hats/beret_definitions.htm.

8. Training Aids

- Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area; and
- Army Cadet uniform (complete).

9. **Learning Aids.** Army Cadet uniform (complete).
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm cadets' comprehension of the material during the end of lesson check, parade night routines, and uniform inspections at the corps.
11. **Remarks.** Instructors are encouraged to obtain from local resources polish, a toothbrush for welts, and a soft cloth to demonstrate the proper technique for shining drill boots.

EO M107.06 – PARTICIPATE IN A DISCUSSION ON YEAR ONE SUMMER TRAINING OPPORTUNITIES

1. **Performance.** Participate in a Discussion on Year One Summer Training Opportunities.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** In accordance with specified references, the cadet shall participate in a discussion on summer training opportunities, to include:
 - a. the basic course; and
 - b. summer training courses.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Discuss the Basic Army Cadet (BAC) CSTC Program course for all cadets who attend year one training, to include:</p> <ol style="list-style-type: none"> a. duration; b. location; c. aim, “The aim of the Basic Army Cadet Course is to develop followership and to familiarize cadets with the Cadet Summer Training Centre (CSTC) program and to encourage cadets to pursue further Army Cadet CSTC specialist training”; d. the components of the course, to include: <ol style="list-style-type: none"> (1) introduction to specialties; (2) introduction to community living; (3) building self-confidence; (4) air rifle marksmanship; (5) adventure training; (6) leadership; (7) development of self-discipline; and (8) experiencing the army element of the Canadian Cadet Organization (CCO); and 	Interactive Lecture	15 min	A2-027 A2-029 (pp. 1-2 to 1-4)

TP	Description	Method	Time	Ref
	<p>e. some additional opportunities provided on all CSTC Program courses, to include:</p> <ul style="list-style-type: none"> (1) weekly parades; (2) life skills; (3) recreation sports; (4) swimming; and (5) a graduation parade. <p>Note: When identifying location, only the CSTC the cadet will attend should be identified. Photos may be shown if available.</p>			
TP2	<p>In order to promote an interest in future summer training opportunities, the instructor shall:</p> <p>a. introduce the Army Cadet CSTC program for year two on; to include:</p> <ul style="list-style-type: none"> (1) leadership courses, to include: <ul style="list-style-type: none"> (a) Army Cadet Introduction to Leadership; (b) Army Cadet Leadership Instructor Course; and (c) Army Cadet Advanced Ceremonial Drill Course; (2) expedition courses, to include: <ul style="list-style-type: none"> (a) Army Cadet Introduction to Expedition; (b) Army Cadet Expedition Instructor Course; (c) Army Cadet Leadership and Challenge Course; and (d) Army Cadet Senior Expeditions (Outward Bound Wales, Outward Bound Scotland, Maple Leaf); 	Interactive Lecture	10 min	A2-027

TP	Description	Method	Time	Ref
	<p>(3) target rifle marksmanship courses, to include:</p> <ul style="list-style-type: none"> (a) Army Cadet Introduction to Rifle Marksmanship Course; (b) Army Cadet Intermediate Target Rifle Marksmanship Course; (c) Army Cadet Advanced Target Rifle Marksmanship Course; and (d) National Army Cadet Target Rifle Marksmanship Team; <p>(4) air rifle coach course, to include: Air Rifle Marksmanship Instructor Course (Year 3/4);</p> <p>(5) military band courses, to include:</p> <ul style="list-style-type: none"> (a) Basic Military Band Musician Course; (b) Junior Military Band Musician Course (Year 3/4); and (c) Intermediate Military Band Musician Course (Year 4/5); <p>(6) pipes and drums, to include:</p> <ul style="list-style-type: none"> (a) Basic Pipe Band Musician Course; (b) Junior Pipe Band Musician Course (Year 3/4); and (c) Intermediate Pipe Band Musician Course; <p>(7) fitness and sports, to include:</p> <ul style="list-style-type: none"> (a) Introduction to Fitness and Sports Course; and (b) Fitness and Sports Instructor Course; <p>(8) Other courses and exchanges:</p> <ul style="list-style-type: none"> (a) Basic Parachutist (Year 5/6); (b) Army Cadet Exchanges (Year 5/6) <p>b. staff employment opportunities (Year 4+).</p> <p>Note: Instructors should make cadets aware that cadets who join the program when they are older are eligible to be considered for a year two or year three course.</p>			

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References**

- a. A2-027 D Cdts. (2005). CATO 42-01, *Summer Training Directive Royal Canadian Army Cadets*. In Cadet Administrative and Training Orders (Vol. 4). Ottawa: ON.
- b. A2-029 A-CR-CCP-500/PT-001 D Cdts 3-2. (2004). *Basic Army Cadet Course Training Plan*. Ottawa ON: The Department of National Defence.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area; and
- b. Royal Canadian Army Cadet Symbols poster.

9. **Learning Aids.** Summer course progression handout.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks.** Where practical the instructor should have actual examples of the various badges. Where that is not practical a cut out of the badge should be used.

EO C107.01 – MAINTAIN THE ARMY CADET UNIFORM

1. **Performance.** Maintain the Army Cadet Uniform.
2. **Conditions**
 - a. Given:
 - (1) Army Cadet uniform (complete);
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** In accordance with CATO 46-01, *Army Cadet Dress Instructions*, the cadet shall maintain the Army Cadet uniform, to include:
 - a. ensuring uniform is clean;
 - b. ensuring footwear is clean and shone; and
 - c. ensuring uniform is pressed.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain tips for ironing the uniform, to include: <ol style="list-style-type: none"> a. ensuring surface of iron is clean; b. ensuring iron is not too hot; c. ensuring article of uniform is clean; d. using a spray bottle or starch; and e. using a pressing cloth which will prevent parts of the uniform from becoming shinny (some examples of items that can be used as a pressing cloth include a thin towel, pillow case, old cotton cloth and a paper bag.) 	Interactive Lecture	2 min	A2-028
TP2	Demonstrate the correct method of care for the trousers, to include: <ol style="list-style-type: none"> a. should be well pressed and free of dirt and lint at all times; b. a crease will extend down the centre of each leg in the front and the back; and c. each crease shall extend from the top of the leg to the bottom. 	Demonstration	4 min	A2-028

TP	Description	Method	Time	Ref
TP3	Demonstrate the correct method of care for the linden green short sleeve shirt, to include: <ul style="list-style-type: none"> a. it should be kept clean and pressed; b. creases should extend down the centre of each sleeve; and c. use starch to help the shirt keep its creases. 	Demonstration	4 min	A2-028
TP4	Demonstrate the correct method of care for the tunic, to include: <ul style="list-style-type: none"> a. the sleeves will be roll pressed with no creases; b. the belt should be even with no twists; c. the buckle is to be centred in front; and d. contents of the pockets should not bulge. 	Demonstration	4 min	A2-028
TP5	Demonstrate general guidelines for polishing the boots, to include: <ul style="list-style-type: none"> a. the method for polishing the boots, to include: <ul style="list-style-type: none"> (1) cleaning the boot welts with an old toothbrush and black boot polish; (2) using a polish cloth wrapped around the index finger; (3) applying a moderate amount of polish to the cloth; (4) applying the polish in a circular motion to the area being polished; (5) starting with large circles to cover the area with polish; (6) using smaller circles as the polish gets worked into the boot; and (7) continuing to work in a circular motion until the circles formed by the polish are no longer visible. The whole boot is to be polished, not just the toe; and b. lacing the boots, to include: <ul style="list-style-type: none"> (1) boots are to be laced straight across; (2) when the boots are tied the laces are to be tucked inside the boots; and (3) boots should not be tied too tightly. 	Demonstration	4 min	A2-028

TP	Description	Method	Time	Ref
TP6	Demonstrate the correct method of care for the beret, to include: a. washing the beret with a mild detergent; and b. forming the beret.	Demonstration	2 min	A2-028
TP7	Demonstrate the method for wearing the hair, to include the following: a. Hair shall be neatly groomed and conservatively styled. The length, bulk and style of hair shall not preclude the proper wear of the beret. Style and colour shall not be bizarre, exaggerated or of unusual appearance. Unusual colours such as green, bright red, orange, purple etc. are not permitted. Hair must be secured or styled back to reveal the face and any accessories used to secure or control hairstyles shall be as unobtrusive as possible. b. Male cadets' hair shall be taper trimmed at the back, sides, and above the ears to blend with the hair-style. It shall be no more than 15 cm in length and sufficiently short that, when the hair is groomed and beret is removed, no hair shall touch the ears or fall below the top of the eyebrows. c. Sideburns shall not extend below a line horizontally bisecting the ear, and shall be squared off horizontally at the bottom edge and taper-trimmed to conform to the overall hairstyle. d. Female cadets' hair shall not extend below the lower edge of the shirt collar. Braids, if worn, shall be styled conservatively, tied tightly, and secured at the end by a knot or a small unadorned fastener. A single braid shall be worn in the centre of the back. Double braids shall be worn behind the shoulders. When gathered behind the head and braided, hair shall not extend below the top of the armpit.	Demonstration	2 min	A2-028 A0-001
TP8	Supervise and advise cadets as they practice maintaining the uniform, to include: a. trousers; b. short sleeved shirt; c. tunic; and d. boots.	Performance	31 min	

5. **Time**

a.	Introduction/Conclusion:	7 min
b.	Interactive Lecture:	2 min
c.	Demonstration:	20 min
d.	Performance:	31 min
e.	Total:	60 min

6. **Substantiation**

- a. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- b. The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References**

- a. A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces Dress Instructions*. Ottawa, ON: The Department of National Defence.
- b. A2-028 D Cdts. (2005). CATO 46-01, *Army Cadet Dress Instructions*. In *Cadet Administrative and Training Orders* (Vol. 4, 27 pages). Ottawa, ON.

8. **Training Aids.** Army Cadet uniform (complete).

9. **Learning Aids.** Army Cadet uniform (complete).

10. **Test Details.** There is no formal assessment of this EO. Cadets will be expected to properly wear the Army Cadet uniform on an ongoing basis.

11. **Remarks**

- a. An assistant instructor would be beneficial in this class to help demonstrate the proper maintenance of the uniform.
- b. The ratio of cadets to supplies shall be such that every cadet shall have an equal opportunity for meaningful participation.
- c. In suitable quantities, the instructor is expected to locally acquire some of the resources to enhance this period, to include:
 - (1) ironing board;
 - (2) iron;
 - (3) starch;
 - (4) black boot polish;
 - (5) soft boot cloth;

- (6) toothbrush for boot welts;
- (7) scissors;
- (8) lint brush;
- (9) hair elastics;
- (10) bobby pins; and
- (11) hair net.

EO C107.02 – PARTICIPATE IN A TOUR OF THE CADET CORPS

1. **Performance.** Participate in a Tour of the Cadet Corps.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Any conditions.
3. **Standard.** The cadet shall participate in a tour of the cadet corps in order to:
 - a. identify key areas of the cadet corps;
 - b. identify the cadet corps staff; and
 - c. develop knowledge of cadet corps's rules and procedures.
4. **Teaching Points.** Cadets are to be given a tour of the cadet corps facilities and be introduced to the cadet corps staff. The tour should include a visit to and a discussion of the following, as appropriate:
 - a. parade square (protocols and respect);
 - b. classrooms;
 - c. break areas/canteen, to include:
 - (1) availability; and
 - (2) appropriate use;
 - d. washrooms;
 - e. communications areas (bulletin boards and sign up sheets);
 - f. Commanding Officer's office;
 - g. administration office;
 - h. training office;
 - i. supply areas; and
 - j. out of bounds areas.
5. **Time**

a. Introduction/Conclusion:	5 min
b. Tour:	25 min
c. Total:	30 min
6. **Substantiation.** The tour method was chosen to reinforce learning through observing the practical application of instructional material previously presented, or as an introduction to material which will be presented in the future. This method appeals to visual and tactile/kinaesthetic learners.

7. **References.** N/A.
8. **Training Aids.** N/A.
9. **Learning Aids.** Cadet corps passports found in A-CR-CCP-701/PF-001, Chapter 7, Annex E.
10. **Test Details.** There is no formal assessment of this EO.
11. **Remarks.** N/A.

EO C107.03 – PARTICIPATE IN AN ACTIVITY ON THE HISTORY OF THE CADET CORPS

1. **Performance.** Participate in an Activity on the History of the Cadet Corps.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group and conduct of the activity.
3. **Standard.** The cadet shall participate in an activity on the history of the cadet corps with respect to the following areas:
 - a. formation of the cadet corps;
 - b. significant cadet corps developments; and
 - c. awards and accomplishments within the cadet corps.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Conduct a cadet corps history learning station activity, by: <ol style="list-style-type: none"> a. preparing learning stations on the following three topics: <ol style="list-style-type: none"> (1) cadet corps formation; (2) cadet corps developments; and (3) cadet corps accomplishments; b. dividing the cadets into groups of four; c. having them research different topics related to the cadet's unit history and answer questions found on provided cards; and d. having the cadets prepare the information they have retrieved for presentation on flipcharts. 	Activity	40 min	
TP2	Lead a group discussion, to include having: <ol style="list-style-type: none"> a. the groups present the information they have collected; and b. the cadets answer questions about what they learned from the activity. 	Group Discussion	10 min	

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 10 min |
| b. | Activity: | 40 min |
| c. | Group Discussion: | 10 min |
| d. | Total: | 60 min |

6. **Substantiation**

- a. The in class activity method was chosen to allow cadets to develop knowledge by structuring an activity to draw out teaching points. An instructor will summarize the learning to ensure all aspects of the teaching point are covered. This method appeals to a variety of learning styles.
- b. The group discussion method was chosen to allow the cadets to share their experiences, knowledge, opinions, and feelings about the subject matter while allowing the instructor to focus and direct the discussion to meet a broad framework of anticipated outcomes. While exploring individual and peer experiences, teaching points are identified and summarized by the instructor. This method appeals to auditory learners.

7. **References.** N/A.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboards/flipcharts/OHP) appropriate for classroom/training area; and
- b. Materials required for preparation of learning stations.

9. **Learning Aids**

- a. Learning stations; and
- b. Flipchart paper and markers.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks.** Information used by the instructor for the learning stations will depend on materials available at each unit.

SECTION 8

PO 108 – PARTICIPATE IN AN ANNUAL CEREMONIAL REVIEW PARADE

1. **Performance.** Participate in an Annual Ceremonial Review Parade.
2. **Conditions**
 - a. Given:
 - (1) parade area;
 - (2) words of command;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet will participate as a member of a squad in an Annual Ceremonial Review Parade where they will:
 - a. fall in;
 - b. dress to the right;
 - c. be inspected;
 - d. march past;
 - e. advance; and
 - f. be dismissed.
4. **Remarks**
 - a. A nightly opening and closing parade should be included in the normal routine of the unit. The opening parade should be section level and include falling in, calling the roll, a brief drill practice, and falling out. The closing parade should be conducted at the unit level and include falling in, announcements, a brief drill practice including marching and wheeling, and falling out. The length of the parades will vary based on the needs of the individual cadet unit.
 - b. A monthly Commanding Officer's Parade following the sequence of an Annual Ceremonial Review Parade should be conducted in the place of an opening or closing parade. This will introduce cadets to the format of an Annual Ceremonial Review Parade and will also allow cadets to practice the requisite skills in sequence.
 - c. The development of drill skills is a progressive process. As such, the sequencing of the EOs follows the normal sequencing of instruction. Instructors are advised to follow the sequencing of the EOs as listed.

5. Complementary Material

- a. Complementary material under PO 108 is designed to allow additional opportunities for cadet units with an interest in drill to develop cadets' drill abilities through a number of activities, to include:
 - (1) EO C108.01, which allows up to six periods of drill instruction, not included in the mandatory program, to be selected from A-PD-201-000/PT-000, Chapter 2 or Chapter 3; and
 - (2) EO C108.02, which allows cadets to participate in a drill competition which tests their drill precision in material taught during the conduct of the mandatory program.
- b. Complementary training under PO 108 is limited to a total of nine periods conducted during sessions or on a supported day. Units are not required to use all nine periods.
- c. A lesson specification will not be provided for EO C108.01.

EO M108.01 – ADOPT THE POSITIONS OF ATTENTION, STAND AT EASE, AND STAND EASY

1. **Performance.** Adopt the Positions of Attention, Stand at Ease, and Stand Easy.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform the following individual drill movements:
 - a. the position of attention;
 - b. stand at ease from attention;
 - c. attention from stand at ease;
 - d. stand easy; and
 - e. stand at ease from stand easy.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate the following standing drill positions and individual drill movements and allow cadets to practice: <ol style="list-style-type: none"> a. attention; b. stand at ease; c. stand at ease from attention; d. attention from stand at ease; e. stand easy; f. stand easy from stand at ease; and g. stand at ease from stand easy. 	Demonstration and Performance	25 min	A0-002 (pp. 2-2 to 2-8)

5. **Time**

- | | |
|-----------------------------------|--------|
| a. Introduction/Conclusion: | 5 min |
| b. Demonstration and Performance: | 25 min |
| c. Total: | 30 min |

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the

opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.02 – EXECUTE A SALUTE AT THE HALT WITHOUT ARMS

1. **Performance.** Execute a Salute at the Halt Without Arms.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall execute salutes at the halt without arms, to the front, left, and right.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate saluting at the halt and allow cadets to practice.	Demonstration and Performance	25 min	A0-002 (pp. 2-10 to 2-12)

5. **Time**

- a. Introduction/Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
 7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
 8. **Training Aids.** Assistant instructors as required.
 9. **Learning Aids.** N/A.
 10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
 11. **Remarks.** N/A.

EO M108.03 – EXECUTE TURNS AT THE HALT

1. **Performance.** Execute Turns at the Halt.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall execute turns at the halt, to include:
 - a. right turns;
 - b. left turns; and
 - c. about turns.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate turning at the halt and allow cadets to practice: <ol style="list-style-type: none"> a. left; b. right; and c. about turns. 	Demonstration and Performance	25 min	A0-002 (pp. 2-12 to 2-13)

5. **Time**

- | | |
|-----------------------------------|--------|
| a. Introduction/Conclusion: | 5 min |
| b. Demonstration and Performance: | 25 min |
| c. Total: | 30 min |

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.04 – CLOSE TO THE RIGHT AND LEFT

1. **Performance.** Close to the Right and Left.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform the following individual drill movements:
 - a. closing to the right; and
 - b. closing to the left.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate closing to the right/left and allow cadets to practice.	Demonstration and Performance	25 min	A0-002 (pp. 2-14 and 2-15)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.05 – EXECUTE PACES FORWARD AND TO THE REAR

1. **Performance.** Execute Paces Forward and to the Rear.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform the following individual drill movements:
 - a. paces forward; and
 - b. paces to the rear.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate paces forward and to the rear at the halt and allow cadets to practice.	Demonstration and Performance	25 min	A0-002 (pp. 2-17 and 2-18)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.06 – EXECUTE THE MOVEMENTS REQUIRED FOR A RIGHT DRESS

1. **Performance.** Execute the Movements Required for a Right Dress.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform:
 - a. right dress;
 - b. shoulder dress;
 - c. elbow dress; and
 - d. eyes front.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate dressing and allow cadets to practice: <ol style="list-style-type: none"> a. right dress; b. shoulder dress; c. elbow dress; and d. eyes front. 	Demonstration and Performance	25 min	A0-002 (pp. 2-18 to 2-20)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.07 – EXECUTE AN OPEN ORDER AND CLOSE ORDER MARCH

1. **Performance.** Execute an Open Order and Close Order March.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform the following individual drill movements at the halt:
 - a. open order march; and
 - b. close order march.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate open and close order march at the halt and allow cadets to practice.	Demonstration and Performance	25 min	A0-002 (pp. 2-18 to 2-20)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.08 – MARCH AND HALT IN QUICK TIME

1. **Performance.** March and Halt in Quick Time.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform the following individual drill movements:
 - a. marching in quick time; and
 - b. halting in quick time.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate marching and halting in quick time and allow cadets to practice.	Demonstration and Performance	25 min	A0-002 (pp. 3-6 and 3-7)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.09 – EXECUTE MARKING TIME, FORWARD, AND HALTING IN QUICK TIME

1. **Performance.** Execute Marking Time, Forward, and Halting in Quick Time.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform the following individual drill movements:
 - a. marking time in quick time;
 - b. forward (while marking time); and
 - c. halting in quick time (while marking time).
4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate and allow cadets to practice the following drill movements: <ol style="list-style-type: none"> a. marking time in quick time; b. forward from marking time; and c. halting in quick time from marking time. 	Demonstration and Performance	25 min	A0-002 (pp. 3-15 to 3-17)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.10 – EXECUTE A SALUTE ON THE MARCH

1. **Performance.** Execute a Salute on the March.

2. **Conditions**

- a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
- b. Denied: N/A.
- c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.

3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform a salute on the march.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate saluting on the march and allow cadets to practice.	Demonstration and Performance	25 min	A0-002 (pp. 3-24 to 3-26)

5. **Time**

- a. Introduction/Conclusion: 5 min
- b. Demonstration and Performance: 25 min
- c. Total: 30 min

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.

8. **Training Aids.** Assistant instructors as required.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.

11. **Remarks.** N/A.

EO M108.11 – PAY COMPLIMENTS WITH A SQUAD ON THE MARCH

1. **Performance.** Pay Compliments With a Squad on the March.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall perform the following individual drill movements on the march:
 - a. eyes right (left); and
 - b. eyes front.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TPs	Explain and demonstrate paying compliments on the march and allow cadets to practice: <ol style="list-style-type: none"> a. eyes right (left); and b. eyes front. 	Demonstration and Performance	25 min	A0-002 (p. 3-26)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks.** N/A.

EO M108.CA – PARTICIPATE IN AN ANNUAL CEREMONIAL REVIEW PARADE

1. **Performance.** Participate in an Annual Ceremonial Review Parade.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall participate in an Annual Ceremonial Review Parade.
4. **Teaching Points**
 - a. The cadets will have practiced the parade format throughout the training year during Commanding Officer's parades. However, a review of the parade format is recommended prior to the actual parade.
 - b. The cadets shall be debriefed on their participation in the Annual Ceremonial Review Parade by asking them:
 - (1) how they felt about the activity;
 - (2) what they feel they accomplished;
 - (3) what they have learned from participating in a ceremonial parade; and
 - (4) how this experience may be applied to their life outside of cadets.
5. **Time**
 - a. Activity: 90 min
 - b. Total: 90 min
6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to encourage reflection and make connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.
10. **Test Details.** These periods are to serve as a confirmation of the skills learned and practiced during the lessons associated with PO 108.

11. **Remarks.** Closing parades shall serve as an opportunity to practice the skills required for proper execution of an Annual Ceremonial Review Parade.

EO C108.01 – EXECUTE SUPPLEMENTARY DRILL MOVEMENTS

1. **Performance.** Execute Supplementary Drill Movements.
2. **Conditions**
 - a. Given:
 - (1) words of command;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: Assistance.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall participate as a member of a group in supplementary drill training. Drill training shall be selected from A-PD-201-000/PT-000, Chapter 2 or Chapter 3, to meet the needs of the cadet unit.
4. **Teaching Points.** As per A-PD-201-000/PT-000.
5. **Time**
 - a. Demonstration and Performance: 180 min
 - b. Total: 180 min
6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Assistant instructors as required.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to perform the movements during the end of lesson check, and ongoing feedback will be provided during future drill practices, weekly parade nights, and ceremonial parades.
11. **Remarks**
 - a. Instruction shall follow the methodology employed in the mandatory EOs.
 - b. This EO is allotted up to six periods, which may be scheduled according to the requirements of the movement(s) to be taught and the needs of the cadet unit.
 - c. Units may choose to invite a member of the Regular Force or Primary Reserve to be guest instructors for these periods to allow cadets greater exposure to members of the Canadian Forces and to improve the quality of instructions in units where the movements may not have been previously instructed.

EO C108.02 – PARTICIPATE IN A DRILL COMPETITION

1. **Performance.** Participate in a Drill Competition.
2. **Conditions**
 - a. Given:
 - (1) words of command; and
 - (2) supervision.
 - b. Denied: Assistance.
 - c. Environmental: A drill hall or, in favourable weather, an outdoor parade square.
3. **Standard.** In accordance with A-PD-201-000/PT-000, the cadet shall participate as a member of a group in a drill competition.
4. **Teaching Points**
 - a. A formal competition shall be structured to include all of the drill movements taught during the mandatory program.
 - b. The competition shall be assessed; however, the focus should be upon making the activity fun for the cadets.
 - c. In smaller units without adequate numbers to hold a formal competition, the unit may modify the competition according to their circumstances (i.e. Conducting a Simon-says type of elimination activity for a group of five cadets).
5. **Time**
 - a. Activity: 90 min
 - b. Total: 90 min
6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to draw out reflection and connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.
7. **References.** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces Manual of Drill and Ceremonial*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** N/A.
9. **Learning Aids.** N/A.
10. **Test Details.** These periods are to serve as a confirmation of the skills learned and practiced during the lessons associated with PO 108.
11. **Remarks.** N/A.

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SECTION 9

PO 120 – DEMONSTRATE KNOWLEDGE OF THE ORGANIZATION AND TRADITIONS OF THE CANADIAN FORCES

1. **Performance.** Demonstrate Knowledge of the Organization and Traditions of the Canadian Forces.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Any conditions.
3. **Standard.** The cadet will demonstrate knowledge of the organization and traditions of the Canadian Forces through questioning on:
 - a. the history of the Canadian Forces; and
 - b. the role of each element.
4. **Remarks.** N/A.
5. **Complementary Material**
 - a. Complementary material under PO 120 is designed to enhance a cadet's understanding of the traditions and role of the CF through a number of activities:
 - (1) EO C120.01 provides cadets the opportunity to tour affiliated units/CF bases or benefit from guest speakers at the cadet corps;
 - (2) EO C120.02 provides cadets the opportunity to more fully explore the role and development of uniforms within the CF; and
 - (3) EO C120.03 provides cadets the opportunity to contact a deployed soldier and share their experience with other cadets.
 - b. Complementary training under PO 120 is limited to a total of 12 periods conducted during sessions or on a supported day, of which no more than nine may be used in support of EO C120.01. Units are not required to use all 12 periods.
 - c. For cadets participating in EO C120.03, instructors are reminded that all communications shall flow between the cadet unit and the deployed soldier and that no personal contact information for cadets (e.g. address, phone number) shall be released outside of the cadet organization.

EO M120.01 – PARTICIPATE IN A DISCUSSION OF THE ROLES OF THE CANADIAN FORCES

1. **Performance.** Participate in a Discussion of the Roles of the Canadian Forces.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** The cadet shall participate in a discussion on the roles of the Canadian Forces, to include:
 - a. mission and objectives of the Canadian Forces; and
 - b. elemental role of the Canadian Army.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss the history of the CF, to include: <ol style="list-style-type: none"> a. inception (unification 1968); b. defining the three elements (army, navy, air force); and c. mission and objectives: <ol style="list-style-type: none"> (1) defend Canada and Canadian interests; (2) defence of North America in cooperation with the United States; and (3) contributing to international peace and security. 	Interactive Lecture	5 min	C2-022 (pp. 1-29 to 1-37) A2-018
TP2	Explain the role of each element, to include: <ol style="list-style-type: none"> a. Army: <ol style="list-style-type: none"> (1) national defence; (2) Canada/US cooperation; (3) contribution to international security (peacekeeping); (4) civil defence; and (5) emergency response (natural disasters); 	Interactive Lecture	10 min	A2-019 A2-020 A2-021 C2-021 C2-022 (pp. 1-29 to 1-37)

TP	Description	Method	Time	Ref
	<p>b. Navy:</p> <ul style="list-style-type: none"> (1) coastal defence; (2) fisheries patrol; (3) drug enforcement; (4) search and rescue; (5) NATO deployment; and (6) emergency response; and <p>c. Air Force:</p> <ul style="list-style-type: none"> (1) air defence; (2) NATO deployment; (3) search and rescue; (4) air transport; and (5) emergency response. <p>Note: The roles of the Canadian Army shall be stressed over the other two elements.</p>			
TP3	<p>Indicate the locations of CF bases, including those that house Cadet Summer Training Centres (CSTC):</p> <p>a. land forces:</p> <ul style="list-style-type: none"> (1) Canadian Forces Base (CFB) Edmonton (AB); (2) CFB Borden (Barrie, ON); (3) CFB Gagetown (Oromocto, NB); (4) CFB Valcartier (Quebec City, QC); (5) CFB Petawawa (ON); (6) CFB Shilo (Brandon, MB); and (7) CFB Wainwright (AB); <p>b. maritime forces:</p> <ul style="list-style-type: none"> (1) CFB Halifax (NS); (2) CFB Esquimalt (BC); (3) CFB Greenwood (NS); and (4) CFB Shearwater (NS); <p>c. Air Forces:</p> <ul style="list-style-type: none"> (1) 1 Wing Kingston (ON); (2) 3 Wing Bagotville (QC); (3) 4 Wing Cold Lake (AB); (4) 5 Wing Goose Bay (NL); (5) 8 Wing Trenton (ON); 	Interactive Lecture	10 min	C2-021 C2-022 (pp. 1-29 to 1-37)

TP	Description	Method	Time	Ref
	<p>(6) 9 Wing Gander (NL);</p> <p>(7) 12 Wing Shearwater (NS);</p> <p>(8) 14 Wing Greenwood (NS);</p> <p>(9) 15 Wing Moose Jaw (SK);</p> <p>(10) 16 Wing Borden (ON);</p> <p>(11) 17 Wing Winnipeg (MB);</p> <p>(12) 19 Wing Comox (BC); and</p> <p>(13) 22 Wing North Bay (ON); and</p> <p>d. bases CSTCs are housed on:</p> <p>(1) CFB Borden/Blackdown Army CSTC;</p> <p>(2) CFB Gagetown/Argonaut Army CSTC;</p> <p>(3) CFB Valcartier/Valcartier Army CSTC;</p> <p>(4) CFB Trenton/Trenton Air CSTC;</p> <p>(5) CFB Greenwood/Greenwood Air CSTC;</p> <p>(6) CFB Cold Lake/Cold Lake Air CSTC;</p> <p>(7) CFB Comox/Regional Gliding School and HMCS Quadra Sea CSTC; and</p> <p>(8) CFB Kingston/HMCS Ontario Sea CSTC.</p>			

5. Time

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. References

- a. A2-018 Assistant Deputy Minister (Public Affairs). (12 September 2005). *About DND/CF: Our Mission*. Retrieved 25 May 2006, from http://www.forces.gc.ca/site/about/mission_e.asp.
- b. A2-019 Air Force Public Affairs. (2004). *Canada's Air Force: Mission and Roles*. Retrieved 25 May 2006, from http://www.airforce.gc.ca/today1_e.asp.
- c. A2-020 Department of National Defence. (2002). *About MARLANT: History, Facilities, and Role*. Retrieved 25 May 2006, from http://www.navy.forces.gc.ca/marlant/about/marlant_about_e.asp.
- d. A2-021 Department of National Defence. (2004). *Maritime Forces Pacific: MARPAC Overview*. Retrieved 25 May 2006, from http://www.navy.forces.gc.ca/marpac/home/marpac_home_e.asp?category=4.

- e. C2-021 Department of National Defence. (2004). *Canadian Military History Gateway, Volume 3*. Retrieved 25 May 2006, from http://www.cmg.gc.ca/cmh/en/page_540.asp.
- f. C2-022 0-9680685-7-X CDIA. (2004). *The Canadian Defence Almanac*. Ottawa ON: Canadian Defence Industries Association.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and
- b. Map of Canada.

9. **Learning Aids.** Handouts.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material during the end of lesson check.

11. **Remarks**

- a. There is no requirement to go into great detail to introduce the cadet to the Canadian Forces at a basic level.
- b. If available, a guest speaker may give this lecture, but with the understanding that the topic is to be kept very general. The speaker should be familiar with the requirements of the period. It is the responsibility of the instructor to ensure any information not covered is provided to the cadets through a question and answer session following the presentation.

EO M120.02 – DESCRIBE THE HISTORY AND TRADITIONS OF THE AFFILIATED UNIT

1. **Performance.** Describe the History and Traditions of the Affiliated Unit.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** The cadet shall describe:
 - a. the history and accomplishments of the affiliated unit; and
 - b. the relationship between the affiliated unit and the cadet corps.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Discuss the history of the corps' affiliated unit, to include:</p> <ol style="list-style-type: none"> a. location of the unit, to include: <ol style="list-style-type: none"> (1) headquarters; (2) sub-units; and (3) other affiliated cadet corps; b. founding of the unit, to include: <ol style="list-style-type: none"> (1) predecessor and evolution; and (2) when affiliation with the corps began; and c. awards and accoutrements, such as: <ol style="list-style-type: none"> (1) battle honours; and (2) trophies. 	Interactive Lecture	15 min	
TP2	<p>Discuss the roles and responsibilities of the affiliated unit, to include:</p> <ol style="list-style-type: none"> a. appointment of a liaison officer to assist the cadet corps; and b. provide such assistance as may be practical to enable the cadet corps to achieve its aim. 	Interactive Lecture	10 min	A2-023 A2-025

5. Time

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. References

- a. A2-023 A-CR-CCP-950/PT-001 Canadian Forces. (2006). *QR (Cadets) Chapter 2, Section 25 Affiliation*. Ottawa, ON: The Department of National Defence.
- b. A2-024 Gilbert, C. (1964). *The Regiments and Corps of the Canadian Army: Volume One of the Canadian Army List*. Ottawa, ON: Department of National Defence.
- c. A2-025 A-CR-CCP-950/PT-001 Canadian Forces. (2006). *QR (Cadets) Chapter 2, Section 26 Change of Affiliation*. Ottawa, ON: The Department of National Defence.
- d. C2-025 Historica. (2006). *Canadian Forces Bases*. Retrieved 25 May 2006, from <http://www.thecanadianencyclopedia.com>.
- e. C2-026 (ISBN 0-7705-1197-X) Stanley, G.F.G. (1974). *Canada's Soldiers: The Military History of an Unmilitary People* (3rd ed.). Toronto, ON: Macmillan Company of Canada Ltd.
- f. C2-027 Wikipedia. (2005). *Canadian Regiments*. Retrieved 25 May 2006, from http://en.wikipedia.org/wiki/category:canadian_regiments.
- g. C2-028 (ISBN 0-9688562-0-9) Gregory, M. (2005). *Compendium of Canadian Regiments: A Civilian's Perspective*. Ottawa, ON: Michael Gregory.

8. **Training Aids.** Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material during the end of lesson check.

11. Remarks

- a. If possible, a guest speaker from the affiliated unit should deliver this lecture.
- b. The instructor should attempt to obtain as much reference material from the affiliated unit library as possible to support the teaching points.
- c. This lecture could precede a visit of the unit's facilities and/or museum as presented in EO C120.01.

EO C120.01 – PARTICIPATE IN CANADIAN FORCES FAMILIARIZATION

1. **Performance.** Participate in Canadian Forces Familiarization.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: CF familiarization tour.
3. **Standard.** The cadet shall participate in an activity to assist them in gaining a better understanding of:
 - a. the mission and objectives of the Canadian Forces;
 - b. the role of the Canadian Army; or
 - c. the affiliated unit's history, contribution, and role in supporting the cadet unit.
4. **Teaching Points**
 - a. EO C120.01, Participation in Canadian Forces Familiarization, is an opportunity for cadet units to invite guest speakers and/or to visit the military community during a tour.
 - b. Authorized activities in support of this EO include:
 - (1) participating in a tour of the affiliated unit, to include:
 - (a) an introduction to the history of the affiliated unit;
 - (b) a description of the role the unit plays in the CF;
 - (c) a description of the support the unit provides to cadet units;
 - (d) a tour of unit facilities;
 - (e) a tour of the unit historical collection/museum;
 - (f) a tour of military vehicles/equipment; and/or
 - (g) an introduction to the unit Commanding Officer/Honourary Colonel/Honourary Lieutenant Colonel;

- (2) Participate in a tour of a Canadian Forces base, to include:
 - (a) an introduction to the history of the base;
 - (b) a description of the role the base plays in the CF;
 - (c) a description of the units supported by the base;
 - (d) a tour of base/unit facilities;
 - (e) a tour of the base historical collection/museum;
 - (f) a tour of military vehicles/equipment; and/or
 - (g) an introduction to a member of the base command staff or school/unit Commandant/Commanding Officer;
- (3) participating in a presentation by a member of the Canadian Forces, to include:
 - (a) reasons the member decided to enrol in the CF;
 - (b) description of the unit the member belongs to including its role in the CF;
 - (c) description of the member's trade and details about that trade;
 - (d) description of any CF operations the member has been involved with (with pictures if possible); and
 - (e) significant memories the member has of experiences while a member of the CF; and
- (4) identify personal equipment of the Canadian Army, to include:
 - (a) Canadian Disruptive Pattern (CADPAT) woodland/arid;
 - (b) combat jacket;
 - (c) combat hat;
 - (d) lightweight thermal underwear;
 - (e) temperate gloves;
 - (f) wet weather boots;
 - (g) Extreme Cold Weather (ECW) parka;
 - (h) winter gloves;
 - (i) bib overalls;
 - (j) fleece top and bottom;
 - (k) combat pants (lined);
 - (l) combat jacket (lined);
 - (m) toque;
 - (n) mukluks;
 - (o) scarf;

- (p) multi-tool;
 - (q) tactical vest;
 - (r) small pack system;
 - (s) rucksack;
 - (t) light assault radio;
 - (u) combat net radio (HF);
 - (v) air/ground radio;
 - (w) Night Vision Goggles (NVG);
 - (x) ballistic eyewear/visor; and/or
 - (y) fragmentation vest.
- c. Following participation in the activity the cadets are to be provided sufficient time to debrief, ideally with a guest speaker present, on their participation in the activity. They should be asked:
- (1) what they learned about the Canadian Forces/military bases/affiliated units/being a soldier;
 - (2) what interested them the most; and
 - (3) how the visit/tour helped the cadet understand the Canadian Forces.

5. Time

- | | |
|----------------------|--------|
| a. Briefing: | 15 min |
| b. Activity: | 60 min |
| c. Group Discussion: | 15 min |
| d. Total: | 90 min |

6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to draw out reflection and connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.

7. References

- a. A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces Dress Instructions*. Ottawa, ON: The Department of National Defence.
- b. A2-011 Department of National Defence. (2003). *Clothe the Soldier: Items and Clothing*. Retrieved 25 May 2006, from http://www.army.forces.gc.ca/chief_land_staff/clothe_the_soldier/hab/2/2_e.asp.
- c. A2-013 Wikipedia. (20 May 2006). *Uniforms of the Canadian Forces*. Retrieved 25 May 2006, from http://en.wikipedia.org/wiki/Canadian_forces#uniforms.
- d. A2-015 Smith, J.O. (2006). *Order of Battle for Canadian Regiments in 1945*. Retrieved 25 May 2006, from <http://www.johnowensmith.co.uk/cdnoob.htm>.

- e. A2-016 Carlile, H. (2005). *Uniform History*. Retrieved 25 May 2006, from http://collections.ic.gc.ca/fort_henry/backway/uniformsHistory.html.
 - f. A2-017 Department of National Defence. (2004). *Canadian Military History Gateway Images*. Retrieved 25 May 2006, from http://www.cmg.gc.ca/cmh/en/image_176.asp?page_id=215.
 - g. A2-023 A-CR-CCP-950/PT-001 Canadian Forces. (2006). *QR (Cadets) Chapter 2, Section 25 Affiliation*. Ottawa, ON: The Department of National Defence.
 - h. A2-024 Gilbert, C. (1964). *The Regiments and Corps of the Canadian Army: Volume One of the Canadian Army List*. Ottawa ON: Department of National Defence.
 - i. A2-025 A-CR-CCP-950/PT-001 Canadian Forces. (2006). *QR (Cadets) Chapter 2, Section 26 Change of Affiliation*. Ottawa, ON: The Department of National Defence.
 - j. C2-018 (ISBN 1-54176-302-0) Chartrand, R. (Ed.). (2001). *Distinguishing Patches: Formation Patches of the Canadian Army*. Oxford, UK: Osprey Publishing.
 - k. C2-020 (ISBN 1-894581-07-5) Dorosh, M.A. (2001). *Dressed To Kill*. Ottawa, ON: Service Publications.
 - l. C2-024 Taylor, A.D. (2005). *Customs of the Navy, Chapter 3 – Uniforms*. Retrieved 25 May 2006, from <http://www.readyayeready.com/tradition/customs-of-the-navy/3-uniforms.htm>.
 - m. C2-025 Historica. (2006). *Canadian Forces Bases*. Retrieved 25 May 2006, from <http://www.thecanadianencyclopedia.com>.
 - n. C2-026 (ISBN 0-7705-1197-X) Stanley, G.F.G. (1974). *Canada's Soldiers: The Military History of an Unmilitary People* (3rd ed.). Toronto, ON: Macmillan Company of Canada Ltd.
 - o. C2-027 Wikipedia. (2005). *Canadian Regiments*. Retrieved 25 May 2006, from http://en.wikipedia.org/wiki/category:canadian_regiments.
 - p. C2-028 (ISBN 0-9688562-0-9) Gregory, M. (2005). *Compendium of Canadian Regiments: A Civilian's Perspective*. Ottawa, ON: Michael Gregory.
8. **Training Aids.** Presentation aids, as applicable.
 9. **Learning Aids.** Handouts.
 10. **Test Details.** There is no formal assessment of this EO.
 11. **Remarks**
 - a. Support for this EO relies heavily on the relationship the cadet unit has with the affiliated unit, military base, and/or individual members of the Canadian Forces.
 - b. A maximum of nine complementary periods may be allocated to complementary activities under PO 120 (includes EO C120.01, EO C120.02 and EO C120.03). Periods may be conducted either over a supported complementary day or in up to three sessions. Units are not required to use all nine periods.
 - c. Presentations and tours are not required to go into great detail. Cadets may be asked questions at the end of presentations to determine their level of understanding of the material.
 - d. EO M120.02 shall precede this activity, in order to provide appropriate background information.

EO C120.02 – IDENTIFY CURRENT AND PAST UNIFORMS OF THE CANADIAN ARMY

1. **Performance.** Identify Current and Past Uniforms of the Canadian Army.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom training area large enough to accommodate entire group.
3. **Standard.** The cadets shall identify the role and function of military uniforms and recognize historical uniforms.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss the history of the uniform, to include: <ol style="list-style-type: none"> a. origin; b. reason for wearing of uniforms; and c. styles. 	Interactive Lecture	30 min	A2-015 A2-016 A2-017 C2-018 C2-026 C2-027
TP2	Discuss past uniforms, to include: <ol style="list-style-type: none"> a. service dress; b. khaki dress; c. battle dress; d. bush dress; e. work dress; f. No. 4 base dress; and g. combats. 	Interactive Lecture	30 min	A2-013
TP3	Discuss present uniforms, to include: <ol style="list-style-type: none"> a. DEUs; b. CADPAT; and c. mess dress. 	Interactive Lecture	30 min	A0-001 A2-011 A2-012 A2-013

5. **Time**
 - a. Introduction/Conclusion: 15 min
 - b. Interactive Lecture: 75 min
 - c. Total: 90 min

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
7. **References**
 - a. A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces Dress Instructions*. Ottawa, ON: The Department of National Defence.
 - b. A2-011 Department of National Defence. (2003). *Clothe the Soldier: Items and Clothing*. Retrieved 25 May 2006, from http://www.army.forces.gc.ca/chief_land_staff/clothe_the_soldier/hab/2/2_e.asp.
 - c. A2-013 Wikipedia. (20 May 2006). *Uniforms of the Canadian Forces*. Retrieved 25 May 2006, from http://en.wikipedia.org/wiki/Canadian_forces#uniforms.
 - d. A2-015 Smith, J.O. (2006). *Order of Battle for Canadian Regiments in 1945*. Retrieved 25 May 2006, from www.johnowensmith.co.uk/cdnoob.htm.
 - e. A2-016 Carlile, H. (2005). *Uniform History*. Retrieved 25 May 2006, from http://collections.ic.gc.ca/fort_henry/backway/uniformsHistory.html.
 - f. A2-017 Department of National Defence. (2004). *Canadian Military History Gateway Images*. Retrieved 25 May 2006, from http://www.cmg.gc.ca/cmh/en/image_176.asp?page_id=215.
 - g. C2-018 (ISBN 1-54176-302-0) Chartrand, R. (Ed.). (2001). *Distinguishing Patches: Formation Patches of the Canadian Army*. Oxford, UK: Osprey Publishing.
 - h. C2-020 (ISBN 1-894581-07-5) Dorosh, M.A. (2001). *Dressed To Kill*. Ottawa, ON: Service Publications.
 - i. C2-024 Taylor, A.D. (2005). *Customs of the Navy, Chapter 3 – Uniforms*. Retrieved 25 May 2006, from <http://www.readyayeready.com/tradition/customs-of-the-navy/3-uniforms.htm>.
8. **Training Aids.** Appropriate examples of Army uniforms.
9. **Learning Aids.** Handouts.
10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material during the end of lesson check.
11. **Remarks**
 - a. If possible a guest instructor with specialist knowledge should deliver this lecture. The speaker should be made aware of the requirements of the period. It is the responsibility of the instructor to ensure any information not covered is provided to the cadets through a question and answer session following the presentation(s).
 - b. Where possible, examples of a variety of uniforms should be presented experientially. This may be achieved by cooperation with a local military museum, affiliated unit, fort, or enactment group.

EO C120.03 – PARTICIPATE IN A DISCUSSION OF A SOLDIER’S EXPERIENCE

1. **Performance.** Participate in a Discussion of a Soldier’s Experience.
2. **Conditions**
 - a. Given:
 - (1) contact with a deployed member of the CF;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable training area or classroom.
3. **Standard.** As a group, Green Star cadets shall contact deployed soldiers to gain an understanding of the soldiers’ experience and the role of the CF during deployments.
4. **Teaching Points.** This discussion of a soldier’s experience is based on each individual cadet’s experiences in contacting deployed soldiers, and shall be structured as follows:
 - a. The instructor shall consult the CF Website, and the affiliated unit, to obtain the contact information for a suitable number of deployed soldiers. Where possible, cadets can send postcards to unidentified soldiers as part of the CF message board. Where instructors are having difficulty obtaining contact information additional assistance may be requested from RCSU detachments.
 - b. In the first period, instructors will introduce the topic to cadets, and provide the cadets with some background to current deployment missions. Cadets will then prepare a group list of three questions they would like to ask deployed soldiers.
 - c. Individually, cadets will prepare letters or emails for deployed soldiers that include some basic information about themselves, their cadet unit, and the three questions decided upon. All contact information for the cadet shall be care of the cadet unit. Cadets are to be monitored to ensure they do not provide personal information in the letters. Letters will then be turned in to the unit and sent to the soldier(s).
 - d. After a suitable period of time, a second period of 60 minutes will be conducted to review replies received, and to allow cadets to read their replies to the group. Cadets will then be led in a group discussion to debrief the activity. Questions can include:
 - (1) what did you learn about the role of the CF?
 - (2) did anything surprise you about what the soldiers said in their replies? and
 - (3) how did you feel about this activity?
5. **Time**
 - a. Briefing: 15 min
 - b. Activity (First Session): 15 min
 - c. Activity (Second Session): 45 min
 - d. Group Discussion: 15 min
 - e. Total: 90 min

6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from and continuously modified by their own experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to draw out reflection and connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.
7. **References**
 - a. A0-005 Assistant Deputy Minister (Public Affairs). (2006). *Morale by Message Board*. Retrieved 25 May 2006, from http://www.forces.gc.ca/site/community/messageboard/index_e.asp.
 - b. A0-006 Assistant Deputy Minister (Public Affairs). (2006). *Addresses for Overseas Operations*. Retrieved 25 May 2006, from http://www.forces.gc.ca/site/community/messageboard/addresses_e.asp.
8. **Training Aids.** Current map of CF deployments.
9. **Learning Aids.** Appropriate equipment/material for the activity.
10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material prior to beginning the actual activity and immediately following by means of a debrief.
11. **Remarks**
 - a. The member being contacted should ideally be someone with a link to the cadet corps, affiliated unit, or the community. If no one is available that meets these criteria, then any deployed CF member may be contacted.
 - b. Amplifying information can be located on the Internet to assist the instructor in the development of lesson plans for this activity.
 - c. Cadet units are reminded that it is not always possible for deployed soldiers to receive large digital files via the internet. File size should be a consideration.
 - d. Optionally, cadet units may wish to send a video of their activities or a cadet yearbook. Sponsor committees should be contacted prior to this lesson to secure support if costs are involved in doing so.

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SECTION 10**PO 121 – PARTICIPATE AS A MEMBER OF A GROUP DURING A WEEKEND BIVOUAC EXERCISE**

1. **Performance.** Participate as a Member of a Group During a Weekend Bivouac Exercise.
2. **Conditions**
 - a. Given:
 - (1) personal equipment;
 - (2) backpack;
 - (3) sleeping bag;
 - (4) sleeping pad;
 - (5) tent;
 - (6) supervision; and
 - (7) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during an outdoor weekend bivouac Field Training Exercise (FTX).
3. **Standard.** In accordance with specified references the cadet will participate in a weekend bivouac exercise, to include:
 - a. selecting and transporting personal equipment;
 - b. erecting a group tent;
 - c. following the principles of leave no trace camping;
 - d. following camp routine and camp discipline; and
 - e. avoiding environmental hazards and injuries.
4. **Remarks**
 - a. Army Cadet Expeditions combine skills developed in the areas of Field Training, Trekking, Navigation, and Outdoor Leadership. Field Training contributes to Army Cadet Expeditions by developing the ability of cadets to live comfortably in a bivouac site.
 - b. Green Star cadets are expected to take part in a minimum of one weekend bivouac exercise during the training year. During this exercise direct mentorship by a senior cadet is required. Activities during the exercise shall be structured to be group oriented.
 - c. EO M121.07, EO M121.08, and EO M121.09 are to be conducted practically during the bivouac FTX. These periods are allocated time as guidance for instruction; however, this time is not to be considered as part of the mandatory period allocation.

5. Complementary Material

- a. Complementary material under PO 121 is designed to provide additional bivouac skills through two activities, which include:
 - (1) EO C121.01, Construct Field Amenities. This complementary package is designed to enhance knots and lashings skills by introducing new skills in a performance based environment; and
 - (2) EO C121.02 to EO C121.05, Winter Field Training. Green Star cadets will be introduced to techniques to make activities in the cold safe and comfortable.
- b. Cadet corps planning to conduct EO C121.05 are required to have previously completed EO C121.02 to EO C121.04. Cadet corps may also conduct EO C121.02 to EO C121.04 as stand-alone lessons conducted during sessions or on a supported day.
- c. EO C121.05 shall follow the training outlined in A-CR-CCP-107/PT-002 and may be combined with EO C123.02 and EO C123.03. If the cadet unit chooses to conduct a cold weather FTX, a heated shelter should be provided for warming up and weekend accommodations as required. Implementation of a cold weather FTX shall be under the direct supervision of a qualified Cold Weather Instructor.

EO M121.01 – SELECT PERSONAL EQUIPMENT

1. **Performance.** Select Personal Equipment.
2. **Conditions**
 - a. Given:
 - (1) examples of personal equipment;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate entire group.
3. **Standard.** In accordance with specified references the cadet, prior to participating in a bivouac FTX, shall select:
 - a. personal clothing;
 - b. sleeping bags;
 - c. sleeping pads; and
 - d. additional items.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain what should be considered when selecting clothing for an outdoor activity, to include:</p> <ol style="list-style-type: none"> a. the layering system, to include: <ol style="list-style-type: none"> (1) principles, such as: <ol style="list-style-type: none"> (a) temperature control; (b) insulation; and (c) appropriate materials; and (2) common layering systems, to include: <ol style="list-style-type: none"> (a) base layer; (b) insulation layer; and (c) outer layer; b. dressing the parts of the body; and c. additional articles of clothing that would be required according to environmental conditions, to include: <ol style="list-style-type: none"> (1) cold weather wear; (2) wet weather wear; and (3) warm weather wear. 	Group Discussion	20 min	<ol style="list-style-type: none"> a. C2-012 (pp. 39 to 47) b. C2-012 (pp. 62 to 65) c. C2-010 (pp. 502 to 515)

TP	Description	Method	Time	Ref
	Note: As this material is being presented, have the cadets develop a list of items to bring for an upcoming exercise.			
TP2	<p>Discuss the following considerations when selecting sleeping bags for an outdoor activity, to include:</p> <ul style="list-style-type: none"> a. insulating material, such as: <ul style="list-style-type: none"> (1) natural insulation; and (2) synthetic insulation; b. types, to include: <ul style="list-style-type: none"> (1) rectangular bags; (2) barrel bags; (3) mummy bags; and (4) military bags; and c. other selection considerations, to include: <ul style="list-style-type: none"> (1) temperature range the bag will be used in; (2) compactness; (3) weight; (4) cost; (5) fit to the cadet's body; and (6) durability. 	Interactive Lecture	10 min	<ul style="list-style-type: none"> a. C2-012 (pp. 62 to 65) b. A2-010
TP3	<p>Describe sleeping pads, to include:</p> <ul style="list-style-type: none"> a. cushioning; b. insulating; and c. types. 	Interactive Lecture	10 min	C2-009 (pp. 76 and 77)
TP4	<p>Explain the selection of additional personal equipment based on the season and type of activity, to include:</p> <ul style="list-style-type: none"> a. bug repellent; b. flashlight; c. lip balm; d. map and compass; e. matches; f. notepad and pencil; g. pocket knife; h. sun screen; i. survival kit; and 	Interactive Lecture	10 min	

TP	Description	Method	Time	Ref
	j. whistle.			

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 10 min |
| b. | Interactive Lecture: | 50 min |
| c. | Total: | 60 min |

6. **Substantiation**

- a. The group discussion method was chosen to allow the cadets to share their experiences, knowledge, opinions, and feelings about the subject matter while allowing the instructor to focus and direct the discussion to meet a broad framework of anticipated outcomes. While exploring individual and peer experiences, teaching points are identified and summarized by the instructor. This method appeals to auditory learners.
- b. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References**

- a. A2-010 B-GG-302-002/FP-001 FMC. (1982). *Basic Cold Weather Training, Arctic and Sub Arctic Operations* (Vol. 2). Ottawa, ON: The Department of National Defence.
- b. C2-009 Harvey, Mark. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside.
- c. C2-010 0-375-70323-3 Rawlins, C., and Fletcher, C. (2004). *The Complete Walker IV*. New York, NY: Alfred A. Knopf.
- d. C2-012 0-89886-643-X Weiss, H. (1988). *Secrets of Warmth for Comfort for Survival*. Seattle, WA: The Mountaineers.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Sleeping bag;
- c. Sleeping pad; and
- d. Personal camping equipment (i.e. toques, scarves, undershirts and undergarments, coats and trousers, coat liners, sleeping bags, etc.).

9. **Learning Aids.** Personal camping equipment (i.e. toques, scarves, undershirts and undergarments, coats and trousers, coat liners, sleeping bags, etc.).

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check. The instructor will also monitor the cadets prior to and during the bivouac FTX, advising/correcting as necessary.

11. **Remarks**

- a. This lesson should be delivered prior to the cadets' bivouac FTX. Instructors are encouraged to arrange for cadets to have their backpacks checked over for proper packing on the night preceding the bivouac FTX.
- b. The cadets are expected to bring in a personal kit to be included in the lesson content.

EO M121.02 – TRANSPORT PERSONAL EQUIPMENT

1. **Performance.** Transport Personal Equipment.
2. **Conditions**
 - a. Given:
 - (1) examples of equipment;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental:
 - (1) in-house training: suitable classroom facilities or training area large enough to accommodate entire group; and
 - (2) practical application: field setting, during a weekend bivouac FTX.
3. **Standard.** In accordance with specified references the cadet shall participate in a weekend bivouac FTX that will be of two full days and one evening's duration. They are required to pack and transport their personal equipment to and from the FTX area. Depending on the means by which they will travel to the training area, and the resources available to the cadet corps in terms of backpack availability, this could range from walking into the site carrying a rucksack to being transported by vehicle and dropped off at the site.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss packing personal equipment, to include: <ol style="list-style-type: none"> a. types of backpacks, to include: <ol style="list-style-type: none"> (1) external frames; (2) internal frames; and (3) backpack features – additional attributes designed into the pack allowing for efficient packing and carrying include: <ol style="list-style-type: none"> (a) compression straps; (b) external pockets; (c) sleeping bag storage areas; and (d) the quick release straps; and 	Demonstration and Performance	15 min	a. C2-004 (p. 36) b. C2-005 (p. 64) c. C2-009 (pp. 77 to 83)

TP	Description	Method	Time	Ref
	<p>b. general guidelines that apply to packing a pack, to include:</p> <ul style="list-style-type: none"> (1) accessibility; (2) balance; (3) compactness; (4) weight; and (5) packing considerations. <p>Note: Where practical, this lesson should be conducted as a demonstration and performance period. The instructor should demonstrate the packing of a backpack with cadets performing the skill immediately after. In some cases the unit environment may not allow this option, in which case the TP will be delivered using the demonstration method only with cadets packing their packs on their own time.</p>			
TP2	<p>Explain and demonstrate how to properly wear a backpack, by:</p> <ul style="list-style-type: none"> a. loosening shoulder straps; b. bending the knees and holding the shoulder straps; c. lifting and resting the pack on the right (left) thigh; d. putting the right (left) arm through the shoulder strap and swinging it onto the back; e. putting the left (right) arm through the other shoulder strap; and f. clipping the hip belt and tightening the shoulder straps. <p>Note:</p> <ul style="list-style-type: none"> 1. When properly adjusted, the backpack should leave shoulders and hips free to move. This allows the individual wearing it to stand erect in a normal position and walk at a normal pace. 2. If CF rucksacks are to be used, they should be assessed for proper assembly prior to being given to the cadets. 	Demonstration and Performance	10 min	C2-017 (pp. 13,14, and 29 to 31)

5. **Time**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Demonstration and Performance: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References**

- a. C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Paul Tawrell.
- b. C2-005 (ISBN 0-393-31334-4) Berger, K. (1995). *Hiking and Backpacking, A Trailside Guide*. New York, NY: Norton and Company, Inc.
- c. C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside.
- d. C2-017 (ISBN 0-7627-0476-4) Roberts, H. (1999). *Basic Essentials, Backpacking*. Guilford, CT: The Globe Pequot Press.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Backpacks (external and internal frames); and
- c. Suitable examples of personal equipment.

9. **Learning Aids**

- a. Backpack; and
- b. Personal equipment.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check. The instructor will also monitor the cadets during the bivouac FTX, advising/correcting as necessary.

11. **Remarks.** This lesson should be delivered prior to the bivouac FTX. Instructors are encouraged to arrange for cadets at the unit to have their backpacks checked over for proper packing on the night preceding the bivouac FTX.

EO M121.03 – TIE KNOTS AND LASHINGS

1. **Performance.** Tie Knots and Lashings.
2. **Conditions**
 - a. Given:
 - (1) assorted types of ropes;
 - (2) rope for tying knots;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate entire group.
3. **Standard.** In accordance with specified references the cadet shall tie the following knots and lashings:
 - a. thumb (overhand);
 - b. reef (square);
 - c. figure of eight;
 - d. double figure of eight (figure of eight loop and follow through/rewoven);
 - e. clove hitch; and
 - f. half hitch.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain types of ropes and their common uses, to include:</p> <ol style="list-style-type: none"> a. natural fibres, such as: <ol style="list-style-type: none"> (1) hemp; (2) manila; (3) sisal; (4) cotton; and (5) coir; and b. synthetic materials, such as: <ol style="list-style-type: none"> (1) nylon; (2) polypropylene; and (3) polyester. 	Interactive Lecture	10 min	<ol style="list-style-type: none"> a. C2-007 (pp. 16 to 25) b. A0-004 (pp. 5-9 to 5-19)

TP	Description	Method	Time	Ref
TP2	Explain the care and maintenance of ropes, to include: a. sunlight exposure; b. chemical or fume contamination; c. storage; d. natural wear; and e. cleaning and drying.	Interactive Lecture	5 min	A0-004
TP3	Explain and demonstrate how to tie, and have cadets practice the following knots and lashings: a. thumb (overhand); b. reef (square); c. figure of eight; d. double figure of eight (figure of eight loop/follow through/rewoven/figure of eight on a bight); e. clove hitch; and f. half hitch.	Demonstration and Performance	65 min	C2-007 a. (p. 38) b. (p. 98) c. (p. 44) d. (pp. 167 and 168) e. (p. 104) f. (p. 58)

5. Time

- | | | |
|----|--------------------------------|--------|
| a. | Introduction/Conclusion: | 10 min |
| b. | Interactive Lecture: | 15 min |
| c. | Demonstration and Performance: | 65 min |
| d. | Total: | 90 min |

6. Substantiation

- The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. References

- A0-004 B-GN-181-105/FP-E00 DMPPD 9-4. (1997). *CFCD 105 Fleet Seamanship Rigging and Procedures Manual*. Ottawa, ON: The Department of National Defence.
- C2-007 (ISBN 0-7858-1446-9) Pawson, D. (2001). *Pocket Guide to Knots and Splices*. Edison, NJ: Chartwell Books, Inc.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and
- b. Ropes for knot tying.

9. **Learning Aids.** Rope for tying knots.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material throughout the process of tying knots. In addition, the instructor will monitor the cadets during the bivouac FTX, providing feedback as necessary.

11. **Remarks.** Where possible, the instructor should demonstrate a variety of natural and synthetic types of ropes.

EO M121.04 – ASSEMBLE A SURVIVAL KIT

1. **Performance.** Assemble a Survival Kit.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.
3. **Standard.** In accordance with specified references, the cadet shall assemble a basic survival kit prior to participating in a bivouac FTX, to include selecting:
 - a. contents appropriate for the activity; and
 - b. a suitable storage container.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Describe what can be contained in a survival kit, to include:</p> <ol style="list-style-type: none"> a. waterproof matches; b. candle; c. flint; d. magnifying glass; e. needles and thread; f. fish hooks and line; g. compass; h. mini light; i. snare wire; j. flexible wire saw; k. signalling mirror; l. whistle; m. pencil and paper; and n. personal first aid kit. <p>Note: This list is not exhaustive and is designed to give cadets choice, keeping in mind different field settings.</p>	Interactive Lecture	15 min	C2-008 (pp. 25 to 29) C2-010

TP	Description	Method	Time	Ref
TP2	<p>Explain that survival kits should be placed in a durable container that is lightweight and waterproof, such as:</p> <ul style="list-style-type: none"> a. hard plastic; b. flexible plastic; or c. metal container (that could also be used to boil water). <p>Note: All materials inside the container should be waterproofed.</p>	Interactive Lecture	5 min	C2-010 (pp. 648 to 655)
TP3	<p>Discuss conducting regular maintenance checks on survival kit items, to include:</p> <ul style="list-style-type: none"> a. checking expiry dates; b. replacing worn or damaged items; and c. replacing missing items. 	Interactive Lecture	5 min	C2-010 (p. 649)

5. Time

- a. Introduction/Conclusion: 5 min
- b. Interactive Lecture: 25 min
- c. Demonstration and Performance: 30 min

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. References

- a. C2-008 (ISBN 0-00-265314-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: Harper Collins Publishers.
- b. C2-010 (ISBN 0-375-70323-3) Rawlins, C., and Fletcher, C. (2004). *The Complete Walker IV*. New York, NY: Alfred A. Knopf.

8. Training Aids

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and
- b. Survival kit contents as per TP1.

9. Learning Aids. N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check.

11. **Remarks.** This lesson should be delivered prior to the first time cadets enter the field. Cadets will be required to prepare their own survival kit at home and present it as a show and tell to their group during the applicable field activity.

EO M121.05 – RECOGNIZE ENVIRONMENTAL HAZARDS

1. **Performance.** Recognize Environmental Hazards.
2. **Conditions**
 - a. Given:
 - (1) prepared pictures of environmental hazards;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during a weekend bivouac FTX.
3. **Standard.** In accordance with specified references the cadet shall, during the conduct of a bivouac FTX, recognize environmental hazards by:
 - a. identifying animal behaviour;
 - b. identifying hazardous insects; and
 - c. identifying hazardous plants.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain interpreting the behaviour of wild animals and specific animal language that indicates:</p> <ol style="list-style-type: none"> a. contentment; b. submission; c. alarm; and d. aggression. <p>Note: Emphasize the wild animals present in the area or region.</p>	Interactive Lecture	8 min	C2-032
TP2	<p>Discuss hazardous insects, to include:</p> <ol style="list-style-type: none"> a. types of insects, to include: <ol style="list-style-type: none"> (1) scorpions; (2) black widow spiders; (3) ticks; (4) mosquitoes; (5) bees; and (6) wasps/hornets; b. actions to take if bitten or stung by the insects detailed at paragraph a.; and 	Interactive Lecture	9 min	C2-004 (pp. 17, 99, 285 and 316)

TP	Description	Method	Time	Ref
	c. strategies to comfortably coexist with insects, to include: (1) using clothing; and (2) using insect repellents.			
TP3	Explain how to identify poisonous plants, to include: a. poison ivy (jewelweed cure); b. poison oak; and c. poison sumac.	Interactive Lecture	8 min	C2-008

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References**

- C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Paul Tawrell.
- C2-008 (ISBN 0-00-265314-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: Harper Collins Publishers.
- C2-032 Curtis, S. (1998, September). *Watch Your Language*. Retrieved 25 May 2006, from http://www.backpacker.com/article/1,2646,135_article,00.html.

8. **Training Aids**

- Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and
- Prepared pictures of animals and insects.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material during the end of lesson check.

11. **Remarks.** This lesson should be delivered prior to the bivouac FTX, making cadets aware of possible dangerous animals, insects and plants found in the field. The instructor should focus on insects and plants found in the local geographic area.

EO M121.06 – IDENTIFY ENVIRONMENTAL INJURIES

1. **Performance.** Identify Environmental Injuries.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate entire group.
3. **Standard.** In accordance with specified references the cadet shall:
 - a. identify cold-related injuries; and
 - b. identify heat-related injuries.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain how to identify cold-related injuries, to include:</p> <ol style="list-style-type: none"> a. frostbite injuries, such as: <ol style="list-style-type: none"> (1) surface frostbite; (2) deep frostbite; and (3) treatments; and b. hypothermia, to include: <ol style="list-style-type: none"> (1) mild exposure; (2) moderate exposure; (3) severe exposure; and (4) treatments. <p>Note: For corps that will be conducting EO C121.04, the emphasis of this lesson should be placed on TP2.</p>	Interactive Lecture	13 min	<ol style="list-style-type: none"> a. C2-009 b. C2-008 (pp. 448 and 449)
TP2	<p>Explain how to identify heat-related injuries, to include:</p> <ol style="list-style-type: none"> a. heat cramps; b. heat exhaustion; c. heatstroke; d. sunburn; e. sore eyes; and f. dehydration. 	Interactive Lecture	12 min	C2-004 (pp. 129 and 130) C2-008 (pp. 446 to 449)

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References**

- a. C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Paul Tawrell.
- b. C2-008 (ISBN 0-00-265314-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: Harper Collins Publishers.
- c. C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside.

8. **Training Aids.** Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material during the end of lesson check.

11. **Remarks.** This lesson should be delivered prior to the bivouac FTX thereby making cadets aware of possible environment-related dangers while in the field.

EO M121.07 – ERECT A GROUP TENT

1. **Performance.** Erect a Group Tent.
2. **Conditions**
 - a. Given:
 - (1) group tents;
 - (2) suitable tent site;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during an outdoor weekend bivouac FTX.
3. **Standard.** In accordance with specified references the cadet shall erect a group tent during a weekend bivouac FTX.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Introduce cadets to the type of tent to be erected, to include: <ol style="list-style-type: none"> a. parts of tents; b. pitching and anchoring; c. striking; and d. folding and storage. 	Demonstration	8 min	Civilian Tent Directions
TP2	In accordance with directions provided by the tent manufacturer, have the cadets erect a tent, in small groups. Note: This may be presented as a competition between tent groups, and shall be strictly supervised for safety and proper completion of the task.	Demonstration and Performance	20 min	Civilian Tent Directions
TP3	Explain and demonstrate how to organize personal tent space, ensuring: <ol style="list-style-type: none"> a. tent doors are left open allowing for air to flow in during hot weather (flies closed); b. air mattress are laid out and filled; c. tent is clean and free of food; d. personal kit is stored at the foot of the tent or outside the tent under a fly or tarp; e. footwear is removed and stored at the door; and 	Demonstration and Performance	8 min	C2-009

TP	Description	Method	Time	Ref
	<p>f. sleeping bag is rolled up until immediately before sleep (see special procedures for down sleeping bags).</p> <p>Note: Depending on the type of tent being used, some variation may be required in regards to positioning of air mattresses.</p>			
TP4	<p>In accordance with directions provided by the tent manufacturer, have the cadets strike the tent, in small groups.</p> <p>Note: This may be presented as a competition between tent groups, and shall be strictly supervised for safety and proper completion of the task.</p>	Demonstration and Performance	20 min	Civilian Tent Directions

5. **Time**

- | | | |
|----|--------------------------------|----------------|
| a. | Introduction/Conclusion: | 4 min |
| b. | Demonstration and Performance: | 56 min |
| c. | Total: | 60 min (Field) |

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside.

8. **Training Aids**

- a. Tents; and
- b. Personal equipment.

9. **Learning Aids**

- a. Tents; and
- b. Personal equipment.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the practical portions of this lesson. In addition, the instructor will monitor the cadets during the bivouac FTX, providing feedback as necessary.

11. **Remarks**

- a. This lesson will be delivered in the field during the conduct of the mandatory bivouac FTX associated with this PO.
- b. As this lesson will be conducted practically in the field, cadets will set up their tents on arrival and will strike their tents at the time determined by the Training Officer to depart the field.

- c. Pitching and striking times are approximate. Based on the group, more time may be required.

EO M121.08 – APPLY “LEAVE NO TRACE” CAMPING

1. **Performance.** Apply “Leave No Trace” Camping.
2. **Conditions**
 - a. Given:
 - (1) bivouac site;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during a weekend bivouac FTX.
3. **Standard.** In accordance with specified references the cadet shall practice “Leave No Trace” camping, during the conduct of a bivouac FTX, by:
 - a. planning ahead and being prepared;
 - b. travelling and camping on durable surfaces;
 - c. disposing of waste properly;
 - d. “leaving what you find”;
 - e. minimizing campfire impact;
 - f. respecting wildlife; and
 - g. being considerate of other visitors.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the seven principles of “Leave No Trace” camping, to include: <ol style="list-style-type: none"> a. planning ahead and preparing, to include: <ol style="list-style-type: none"> (1) knowing the regulations and special concerns for the area visited; (2) preparing for extreme weather, hazards and emergencies; and (3) carefully planning meals, repackaging food to minimize waste; 	Interactive Lecture	25 min	C2-011 a. (pp. 28 and 29) b. (p. 29) c. (p. 29) d. (p. 30) e. (p. 31) f. (p. 40)

TP	Description	Method	Time	Ref
	<p>b. travelling and camping on durable surfaces, to include:</p> <ul style="list-style-type: none"> (1) concentrating trek on existing trails and campsites; (2) walking in single file in the middle of the trail, even when wet or muddy; (3) not taking short cuts off of established trails; (4) travelling on rock, gravel, dry grasses or snow; and (5) camping 60 m from lakes and streams; <p>c. disposing of waste properly, to include:</p> <ul style="list-style-type: none"> (1) “pack it in, pack it out”; (2) disposing of human waste in cat holes of 6 to 8 in. deep 60 m from water sources and the camp site; (3) packing out toilet paper and hygiene products; and (4) washing the body or dishes a minimum of 60 m away from streams or lakes; <p>d. “leaving what you find”, to include:</p> <ul style="list-style-type: none"> (1) preserving the past by leaving alone cultural or historical structures and artefacts; (2) leaving flora and fauna as they are found; and (3) avoiding the construction of structures, furniture or dug trenches; <p>e. minimizing campfire impacts, to include:</p> <ul style="list-style-type: none"> (1) making use of established fire rings, pans, or mound fires; (2) keeping fires small, using sticks found on the ground; and (3) burning all wood and coals to ash; 			

TP	Description	Method	Time	Ref
	<p>f. respecting wildlife, to include:</p> <ul style="list-style-type: none"> (1) observing wildlife from a distance; (2) never feeding animals; (3) protecting wildlife and food by storing rations and trash securely; (4) controlling pets; and (5) avoiding wildlife during sensitive times (i.e. mating, nesting, when raising young, or during the winter); and <p>g. being considerate of other visitors, to include:</p> <ul style="list-style-type: none"> (1) respecting visitors to protect the quality of their experience; (2) yielding to others on the trail; (3) camping away from trails and other visitors; and (4) allowing Nature's sounds to prevail, by avoiding loud voices and noises. 			

5. Time

- a. Introduction/Conclusion: 5 min
- b. Interactive Lecture: 25 min
- c. Total: 30 min (Field)

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References.** C2-011 (ISBN 0-89886-910-2) McGivney, A. (2003). *Leave No Trace, A Guide to the New Wilderness Etiquette*. Seattle, WA: Mountaineers Books.

8. Training Aids

- a. Presentation aids (i.e. whiteboard/flipchart/handouts) appropriate for field training area; and
- b. Bivouac site.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material during the end of lesson check and the bivouac FTX, providing advice and making corrections as necessary.

11. Remarks

- a. This lesson should be delivered during the bivouac FTX. Confirmation should be in the form of a game that will stimulate the cadets while reinforcing the main principles.

- b. In some cases this lesson could be conducted as a tour of the local area, picking areas where specific principles could be best explained.
- c. This lesson is best delivered by a guest lecturer who has specific specialist knowledge of Leave No Trace principles and knowledge of the training area.

EO M121.09 – FOLLOW CAMP ROUTINE

1. **Performance.** Follow Camp Routine.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during a weekend bivouac FTX.
3. **Standard.** In accordance with specified references the cadet shall, during the conduct of a bivouac FTX, follow camp routine and maintain camp discipline, to include:
 - a. practicing ablutions in designated areas in accordance with TP2;
 - b. limiting food to designated mess/eating areas;
 - c. practicing safe behaviour around the fire pit;
 - d. drinking only water provided at drinking water points;
 - e. safely storing petroleum, oil, and lubricants at the POL point;
 - f. staying out of the opposite genders' quarters area; and
 - g. properly disposing of garbage.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Conduct a guided tour of the bivouac site describing the layout of each component and explaining their location, to include: <ol style="list-style-type: none"> a. Headquarters (HQ) and supply; b. first aid station; c. toilets; d. wash station; e. mess/eating area; f. fire pit, if any; g. fire point; h. form-up area; i. in/out route for safety vehicle; j. vehicle parking area; k. drinking water point; l. POL point; m. female/male quarters; and 	Tour	20 min	

TP	Description	Method	Time	Ref
	n. garbage point. Note: 1. Have the bivouac site set up by the silver star cadets, with the assistance of the Red Star cadets. 2. During the tour, stress actions to avoid fire and how to react to a fire.			
TP2	Explain and, where practical, demonstrate how to carry out personal hygiene in the field, to include: a. daily washing; b. washing before meals; c. hair; d. teeth; e. feet; f. regular bowel movements; and g. treating injuries (minor cuts, infections, and bruises).	Demonstration and Performance	31 min	a. C2-004 (p. 6)

5. Time

a.	Introduction/Conclusion:	9 min
b.	Tour:	20 min
c.	Demonstration and Performance:	31 min
d.	Total:	60 min (Field)

6. Substantiation

- a. The guided tour method was chosen to reinforce learning through observing the practical application of instructional material previously presented, or as an introduction to material which will be presented in the future. This method appeals to visual and tactile/kinaesthetic learners.
- b. The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Paul Tawrell.

8. Training Aids

- a. Bivouac site; and
- b. Suitable wash kit.

9. **Learning Aids.** Suitable wash kit.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material during the end of lesson check and the bivouac FTX, providing advice and making corrections as necessary.
11. **Remarks.** This lesson will be delivered during the bivouac FTX. Confirmation should be in the form of a game that will stimulate the cadets while reinforcing the main principles.

EO M121.CA – PARTICIPATE AS A MEMBER OF A GROUP DURING A WEEKEND BIVOUAC EXERCISE

1. **Performance.** Participate as a Member of a Group During a Weekend Bivouac Exercise.
2. **Conditions**
 - a. Given:
 - (1) personal equipment;
 - (2) backpack;
 - (3) tent;
 - (4) supervision; and
 - (5) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during a weekend bivouac FTX.
3. **Standard.** In accordance with specified references, the cadet shall participate in a weekend bivouac FTX as a member of a group, to include:
 - a. selecting and transporting personal equipment;
 - b. erecting a group tent;
 - c. following the principles of leave no trace camping;
 - d. following camp routine and camp discipline; and
 - e. avoiding environmental hazards and injuries.
4. **Teaching Points**
 - a. The weekend shall be used to deliver EO M121.07 to EO M121.09 and to confirm all material covered in the lessons associated with EO M121.01 to EO M121.06 through practical experience.
 - b. As some cadets may never have been in a field environment previously, it is important that activities be group-based and that cadets be made to feel safe and comfortable in a field setting.
5. **Time**

a. Structured Instruction:	180 min
b. Practical Experience:	380 min
c. Total:	540 min (Field)
6. **Substantiation.** The performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method appeals to all learning styles.
7. **Ressource Requirements**
 - a. Sleeping bag;
 - b. Air mattress;
 - c. Wash basin;

- d. Personal equipment;
 - e. Backpack;
 - f. Tent;
 - g. Water jerry cans;
 - h. Coleman lanterns;
 - i. Coleman two-burner stoves;
 - j. Pot sets;
 - k. Funnel;
 - l. Fire extinguishers;
 - m. First aid kit;
 - n. Blankets;
 - o. Stretcher;
 - p. Flashlights;
 - q. Environmental spill kit;
 - r. Garbage bags;
 - s. Suitable cutlery and plates as required for field meals;
 - t. Suitable paper products (toilet paper, paper towel, etc.) as required;
 - u. Flashlight batteries; and
 - v. Stove and lantern fuel.
8. **Test Details.** Instructors will be required to record the participation of the cadets during the bivouac FTX. A senior cadet shall be available to correct and provide mentorship to the Green Star cadets as necessary.
9. **Remarks.** No instructional guide will be provided for this activity. However, unit training officers are required to produce an exercise instruction to include the training outlined in EO M121.07 to EO M121.09 and practical experience in support of EO M121.01 to EO M121.06.

EO C121.01 – CONSTRUCT FIELD AMENITIES

1. **Performance.** Construct Field Amenities.
2. **Conditions**
 - a. Given:
 - (1) adequate supply of rope;
 - (2) natural resources, procured in the field, suitable for construction of field amenities;
 - (3) diagrams detailing field amenities construction;
 - (4) supervision; and
 - (5) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting during daylight hours.
3. **Standard.** In accordance with specified references, groups of three to four cadets shall construct two field amenities from the following list:
 - a. bear hangs;
 - b. fire wall reflector;
 - c. drying racks; or
 - d. wash station (stand).
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain, demonstrate, and have cadets tie knots and lashings used in the construction of field amenities, to include: <ol style="list-style-type: none"> a. constrictor knot; b. sink stopper knot; c. slipped overhand knot; d. sheet bend; e. double sheet bend; and f. sheer lashing. 	Demonstration and Performance	50 min	C2-007 a. (p. 107) b. (p. 50) c. (p. 40) d. (p. 112) e. (p. 113) f. (p. 184)
TP2	Provide each group of three to four cadets diagrams of, and challenge cadets to create, two of the following field amenities: <ol style="list-style-type: none"> a. bear hang; b. fire wall reflector; c. drying racks; and d. wash station (stand). 	Activity	60 min	C2-008 (p. 279) A2-008 (p. 7D-1)

TP	Description	Method	Time	Ref
	Note: Amenities will be judged on: <ul style="list-style-type: none"> a. stability; b. quality of knots; and c. overall appearance. 			

5. **Time**

- a. Introduction/Conclusion: 10 min
- b. Demonstration and Performance: 50 min
- c. Activity: 60 min
- d. Total: 120 min

6. **Substantiation**

- a. The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.
- b. The activity method was chosen to allow cadets to develop knowledge by structuring an activity to draw out teaching points. An instructor will summarize the learning to ensure all aspects of the teaching point are covered. This method appeals to a variety of learning styles.

7. **References**

- a. A2-008 D Cdts. (1999). *RCIS Field Aide Memoire* (1st ed.). Ottawa, ON: The Department of National Defence.
- b. C2-007 (ISBN 0-7858-1446-9) Pawson, D. (2001). *Pocket Guide to Knots and Splices*. Edison, NJ: Chartwell Books, Inc.
- c. C2-008 (ISBN 0-00-265314-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: Harper Collins Publishers.
- d. C2-016 (ISBN 0-517-88783-5) Curtis, R. (1998). *The Backpacker's Field Manual: A Comprehensive Guide to Mastering Backcountry Skills*. New York, NY: Three Rivers Press.

8. **Training Aids.** Rope for tying knots.

9. **Learning Aids**

- a. Wash basins; and
- b. Rope for tying knots.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check as they participate in the construction of field amenities.

11. **Remarks**

- a. This lesson is intended as a fun activity in which cadets can practice the knots and lashings being presented.
- b. Natural resources, such as wood, are to be used for the construction. Instructors are to confirm with local authorities that natural resources may be used for this activity.

EO C121.02 – PARTICIPATE IN A DISCUSSION ON COLD CLIMATE EXPOSURE

1. **Performance.** Participate in a Discussion on Cold Climate Exposure.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate entire group.
3. **Standard.** In accordance with A-CR-CCP-107/PT-002, *Royal Canadian Army Cadets: Winter Adventure Training Manual*, the cadet shall participate in a discussion on:
 - a. the types of cold;
 - b. the effects of windchill; and
 - c. adjusting to the cold.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Identify the types of cold, to include: <ol style="list-style-type: none"> a. wet cold; and b. dry cold. 	Interactive Lecture	5 min	A2-009 (p. 1-2)
TP2	Explain windchill and its related effects on the human body.	Interactive Lecture	10 min	A2-009 (pp. 1-2 to 1-6) C2-029
TP3	Discuss the basic rules of cold weather training that allow the body to adjust in cold conditions, to include: <ol style="list-style-type: none"> a. keeping in shape; b. proper hydration; c. eating to keep fit; and d. maintaining a healthy attitude. 	Interactive Lecture	10 min	A2-009 (p. 1-7)

5. **Time**
 - a. Introduction/Conclusion: 5 min
 - b. Interactive Lecture: 25 min
 - c. Total: 30 min
6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to

questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References**

- a. A2-009 A-CR-CCP-107/PT 002 D Cdts. (1978). *Royal Canadian Army Cadets Course Training Plan Corps Training Program Winter Adventure Training Manual*. Ottawa, ON: The Department of National Defence.
- b. C2-029 The Green Lane. (2002, 2005). *Windchill*. Retrieved 25 May 2006, from <http://www.msc.ec.gc.ca/windchill>.

8. **Training Aids.** Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check. When the cadet unit conducts this period as part of a cold weather FTX, the instructor shall closely monitor the cadets to ensure they practically implement the skills introduced in this lesson.

11. **Remarks**

- a. This period may be conducted as a stand alone lesson or as pre-training to EO C121.05, Participate in Cold Weather Training.
- b. This lesson is best delivered under the supervision of a Cold Weather Instructor.

EO C121.03 – SELECT COLD WEATHER CLOTHING

1. **Performance.** Select Cold Weather Clothing.
2. **Conditions**
 - a. Given:
 - (1) appropriate cold weather clothing;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: In-house training: suitable classroom facilities or training area large enough to accommodate entire group.
3. **Standard.** In accordance with specified references the cadet shall select cold weather clothing that:
 - a. provides suitable insulation;
 - b. consists of an appropriate base, insulation and outer layer; and
 - c. includes appropriate footwear.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain that the human body must always maintain a certain temperature in order to live. Clothing acts as an insulator preventing body heat from escaping to the outside air. Some types of clothing are better insulators than others.</p> <p>Discuss the principles of cold weather clothing design, to include:</p> <ol style="list-style-type: none"> a. insulation; and b. layer method. 	Interactive Lecture	10 min	A2009 (p. 2-6) C2-037
TP2	<p>Explain that feet are vulnerable to the cold because they get wet easily, both externally and from perspiration.</p> <p>Explain the following points related to the choice and use of footwear, to include:</p> <ol style="list-style-type: none"> a. choice of appropriate sock materials/fibres; b. ensuring socks are loose, and in layers; c. avoiding restriction of circulation; d. changing socks and insoles as often as possible; e. drying wet footwear; 	Interactive Lecture	5 min	A2009 (p. 2-6)

TP	Description	Method	Time	Ref
	f. ensuring footgear and feet are kept clean; and g. ensuring footgear fits properly to avoid chafing and blisters.			
TP3	Explain the following points related to keeping warm in the cold, to include: a. keeping clothing clean; b. avoiding becoming overheated; c. ensuring clothing is loose and worn in layers; and d. drying clothing.	Interactive Lecture	5 min	A2009 (p. 2-7, para 11)
TP4	Discuss maintaining body heat, to include: a. heat gain, to include: (1) muscular activity; and (2) metabolic activity; and b. heat loss, to include: (1) convection; (2) conduction; (3) evaporation; and (4) radiation.	Interactive Lecture	5 min	A2009 (pp. 12 to 17) C2-031

5. Time

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. References

- A2-009 A-CR-CCP-107/PT 002 D Cdts. (1978). *Royal Canadian Army Cadets Course Training Plan Corps Training Program Winter Adventure Training Manual*. Ottawa, ON: The Department of National Defence.
- C2-031 (ISBN 0-89886-024-5) Wilkerson, J., Bangs, C., and Hayward, J. (1986). *Hypothermia, Frostbite and Other Cold Injuries. Prevention, Recognition and Prehospital Treatment*. Seattle WA: The Mountaineers.
- C2-037 Brookside Press. (2005). *Hygiene in the Field*. Retrieved 25 May 2006, from <http://brooksidepress.org/Products/Operationalmedicine/DATA/operationalmed/Manuals/cold/TC213Chapter6HygieneandFirstAid.htm>.

8. **Training Aids.** Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.
9. **Learning Aids.** N/A.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check. When the cadet unit conducts this period as part of a cold weather FTX, the instructor shall closely monitor the cadets to ensure they practically implement the skills introduced in this lesson.
11. **Remarks**
 - a. This period may be conducted as a stand alone lesson or as pre-training to EO C121.05, Participate in Cold Weather Training.
 - b. This lesson is best delivered under the supervision of a Cold Weather Instructor.

EO C121.04 – RECOGNIZE THE EFFECTS OF COLD WEATHER

1. **Performance.** Recognize the Effects of Cold Weather.
2. **Conditions**
 - a. Given:
 - (1) Supervision; and
 - (2) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: In-house training: suitable classroom facilities or training area large enough to accommodate entire group.
3. **Standard.** In accordance with B-GG-302-002/FP-001, *Basic Cold Weather Training, Arctic and Sub Arctic Operations*, the cadet shall recognize the signs and symptoms of frostbite and hypothermia.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss the facts about injuries that occur in cold weather, to include: <ol style="list-style-type: none"> a. bleeding; b. shock; and c. serious injuries. 	Interactive Lecture	10 min	A2-010
TP2	Identify cold weather injuries, to include: <ol style="list-style-type: none"> a. snow blindness; and b. immersion foot. 	Interactive Lecture	10 min	A2-010
TP3	Explain frostbite, to include: <ol style="list-style-type: none"> a. signs and symptoms of categories of frostbite, to include: <ol style="list-style-type: none"> (1) surface; and (2) deep; b. prevention; and c. treatment. 	Interactive Lecture	10 min	C2-023 C2-030
TP4	Explain hypothermia and the various stages thereof, to include: <ol style="list-style-type: none"> a. signs and symptoms of categories of hypothermia, to include: <ol style="list-style-type: none"> (1) mild exposure; (2) moderate exposure; and (3) severe exposure; b. prevention; and 	Interactive Lecture	10 min	C2-023 C2-030

TP	Description	Method	Time	Ref
	c. treatment.			
TP5	Discuss body cleanliness in the winter, to include: a. face and hands; b. shaving; c. teeth; d. changing clothes; and e. foot care.	Interactive Lecture	10 min	A2-010 (pp. 7-17 to 7-19) C2-009

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 10 min |
| b. | Interactive Lecture: | 50 min |
| c. | Total: | 60 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References**

- A2-010 B-GG-302-002/FP-001 FMC. (1982). *Basic Cold Weather Training, Arctic and Sub Arctic Operations* (Vol. 2). Ottawa, ON: The Department of National Defence.
- C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside.
- C2-023 (ISBN 0-8117-2864-1) Schimelpfenig, T. (2000). *National Outdoor Leadership School Wilderness First Aid* (3rd ed.). Mechanicsburg, PA: Stackpole Books.
- C2-030 (ISBN 0-7710-8250-9) Merry, W. (1994). *St. John Ambulance: The Official First Aid Guide*. Toronto, ON: McClelland & Stewart Inc.

8. **Training Aids.** Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check. When the cadet unit conducts this period as part of a cold weather FTX, the instructor shall closely monitor the cadets to ensure they practically implement the skills introduced in this lesson.

11. **Remarks**

- This period may be conducted as a stand alone lesson or as pre-training to EO C121.05, Participate in Cold Weather Training.
- This lesson is best delivered under the supervision of a Cold Weather Instructor.

EO C121.05 – PARTICIPATE IN COLD WEATHER TRAINING

1. **Performance.** Participate in Cold Weather Training.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during an outdoor cold weather weekend FTX.
3. **Standard.** The cadet shall participate in a cold weather activity outlined in A-CR-CCP-107/PT-002.
4. **Teaching Points.** Content shall be drawn from A-CR-CCP-107/PT 002.
5. **Time.** Total 540 min (Field).
6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to encourage reflection and make connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.
7. **References.** A2-009 A-CR-CCP-107/PT-002 D Cdts. (1978). *Royal Canadian Army Cadets Course Training Plan Corps Training Program Winter Adventure Training Manual*. Ottawa, ON: The Department of National Defence.
8. **Training Aids**
 - a. Five-man arctic tent;
 - b. Ground sheet;
 - c. Arctic sleeping bag (complete);
 - d. Sleeping pad;
 - e. Rucksack;
 - f. Jacket, extreme cold weather;
 - g. Wind pants;
 - h. Toque;
 - i. Scarf;
 - j. Mukluks;
 - k. Mitts, arctic;
 - l. Lantern, naphtha;
 - m. Two-burner stove, naphtha;

- n. Toboggan (complete); and
- o. Water jerry can.

9. **Learning Aids**

- a. Five-man arctic tent;
- b. Ground sheet;
- c. Arctic sleeping bag (complete);
- d. Sleeping pad;
- e. Rucksack;
- f. Jacket, extreme cold weather;
- g. Wind pants;
- h. Toque;
- i. Scarf;
- j. Mitts, arctic;
- k. Mukluks;
- l. Lantern, naphtha;
- m. Two-burner stove, naphtha;
- n. Naphtha;
- o. Toboggan (complete); and
- p. Water bottle.

10. **Test Details.** There is no formal assessment of this EO.

11. **Remarks**

- a. Cadet corps participating in this EO are required to have a Cold Weather Instructor recognized by the applicable RCSU.
- b. Units are encouraged to include EO C123.02 as part of this activity.
- c. Prior to participation in EO C121.05 cadets are required to have taken part in EO C121.01 to EO C121.04.
- d. An instructional guide will not be provided for this EO.

SECTION 11
PO 122 – IDENTIFY LOCATION USING A MAP

1. **Performance.** Identify Location Using a Map.
2. **Conditions**
 - a. Given:
 - (1) a prepared route;
 - (2) topographical/military map of the area being used;
 - (3) material to construct a romer;
 - (4) supervision; and
 - (5) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during daylight hours.
3. **Standard.** In accordance with specified references the cadet will determine location on a map by:
 - a. identifying prominent objects found on the map;
 - b. orienting a map by inspection; and
 - c. determining position to a six-figure Grid Reference (GR) using a romer (within +/- 100 m accuracy).
4. **Remarks**
 - a. Army Cadet Expeditions combine skills developed in the areas of Field Training, Trekking, Navigation, and Outdoor Leadership. Navigation contributes to Army Cadet Expeditions by developing the ability of the cadet to navigate during travel while on expeditions.
 - b. Cadets are to be provided with a sufficient training area with a view of three prominent objects that can be found on the map being used. The cadets must also be provided with a location where they can determine a precise six-figure grid reference (i.e. crossroads, building, or bend in river vice the middle of a field).
5. **Complementary Material**
 - a. Complementary material under PO 122 is designed to provide additional navigation training during a navigation activity.
 - b. Complementary training under PO 122 is limited to a total of nine periods conducted during sessions or on a supported day. Units are not required to use all nine periods.

EO M122.01 – IDENTIFY TYPES OF MAPS

1. **Performance.** Identify Types of Maps.
2. **Conditions**
 - a. Given:
 - (1) examples of different types of maps;
 - (2) topographical map worksheet;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate entire group during map work.
3. **Standard.** In accordance with specified references the cadet shall:
 - a. identify the following different types of maps:
 - (1) topographical;
 - (2) orienteering;
 - (3) street and road; and
 - (4) relief; and
 - b. fold a topographical map worksheet, ensuring that the map identification located in the bottom right corner of the map is displayed for easy reference.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the purpose of a map, in that: <ol style="list-style-type: none"> a. a map is a scale representation of the ground; b. a map uses symbols to represent both physical and man-made features found on the ground; c. maps identify locations such as towns, lakes, and rivers by name; and d. map designs reflect the needs of the users (e.g. urban planning, travel, education, cadet training). 	Interactive Lecture	2 min	A2-004 (Chapter 1, art 1)
TP2	Describe the various types of maps, to include: <ol style="list-style-type: none"> a. topographical; b. orienteering; 	Interactive Lecture	6 min	A2-004 (Chapter 1, art 108, 110 and 111)

TP	Description	Method	Time	Ref
	<ul style="list-style-type: none"> c. political; d. street and road; e. statistical; f. digital, including global positioning systems; g. relief; h. outline; and i. air photo. <p>Note: Where local resources are available, the instructor may show actual copies of the above listed types of maps to cadets. In some cases a locator map may be available for the building (i.e. fire escape locations). In such cases, this may be a practical way to demonstrate a map in use.</p>			
TP3	<p>Describe how to care for a topographical map, to include:</p> <ul style="list-style-type: none"> a. waterproofing the map; b. drying technique; c. not opening fully in a strong wind; d. using pencil and erasing when work is complete; and e. storing in a dry place, rolled, folded or laid flat. 	Interactive Lecture	5 min	A2-004
TP4	<p>Explain, demonstrate, and have cadets practice folding a map (worksheet) by:</p> <ul style="list-style-type: none"> a. laying the map face up and folding map in half by bringing the top of the map sheet down to the bottom of the map sheet; b. folding the top half of the map sheet up into half again, then turning map over and folding bottom half to match the top half; c. folding the ends of the map into half from left to right; and d. folding each of the open ends back into half again so that the map name and index to adjacent map sheets appear on the outside. 	Demonstration and Performance	12 min	A2-004

5. **Time**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 13 min |
| c. | Demonstration and Performance: | 12 min |
| d. | Total: | 30 min |

6. **Substantiation**

- a. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- b. The demonstration-performance method was chosen for TP4 to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, Fields, Sketching, and Compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Examples of different types of maps, to include:
 - (1) topographical;
 - (2) orienteering;
 - (3) political;
 - (4) street and road;
 - (5) statistical;
 - (6) digital, including GPS;
 - (7) relief;
 - (8) outline; and
 - (9) air photo; and
- c. Waterproofing agent for illustration purposes, (e.g. waterproof bags and zipper type).

9. **Learning Aids.** Topographical map worksheet.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' knowledge of types of maps, care of a map and their ability to fold a map during the end of lesson check.

11. Remarks

- a. Types of maps will be limited to what is available at the corps level. Instructors should attempt to obtain as many examples as are available. Where local resources allow, products such as clear contact paper and chemical coating may be demonstrated.
- b. Actual maps are not required to practice folding a map. A topographical map worksheet, 8-1/2-in. by 11-in. sheet of paper, newspaper, or retail flyer may be used to represent a map.

EO M122.02 – IDENTIFY MARGINAL INFORMATION AND CONVENTIONAL SIGNS

1. **Performance.** Identify Marginal Information and Conventional Signs.
2. **Conditions**
 - a. Given:
 - (1) topographical maps;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate entire group during map work.
3. **Standard.** In accordance with specified references the cadet shall identify map sheet features, to include:
 - a. marginal information, including:
 - (1) name of map sheet;
 - (2) number of the map and index of adjoining maps;
 - (3) date of map data;
 - (4) map scale;
 - (5) scale bars;
 - (6) contour interval;
 - (7) legend of conventional signs;
 - (8) military index number;
 - (9) declination diagram; and
 - (10) Universal Transverse Mercator (UTM); and
 - b. conventional signs represented by specific colour.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Identify and describe marginal information found on a topographical map, to include: <ol style="list-style-type: none"> a. name of map sheet; b. number of the map and index of adjoining maps; c. date of map data; d. map scale; e. scale bars or graphic linear scales; 	Interactive Lecture	20 min	A2-004 (Chapter 2, art 206, Chapter 3, art 307 and Chapter 6, art 613)

TP	Description	Method	Time	Ref
	<ul style="list-style-type: none"> f. contour interval; g. legend of conventional signs; h. military index number, normally found at the top right corner of the map sheet which is used for ordering additional maps; i. declination diagram; and j. UTM Grid System. 			
TP2	<p>Conduct a game where the cadets are required to identify conventional signs by colour, to include:</p> <ul style="list-style-type: none"> a. red, to include: <ul style="list-style-type: none"> (1) paved roads and highway numbers; and (2) areas of urban development; b. orange, unpaved roads; c. black, to include: <ul style="list-style-type: none"> (1) cultural features; (2) toponyms (place names); (3) precise elevations; and (4) some symbols; d. brown, to include: <ul style="list-style-type: none"> (1) contour lines; (2) contour elevations; (3) spot elevations; (4) sand; (5) cliffs; and (6) other geographical features; e. blue, to include: <ul style="list-style-type: none"> (1) water; (2) permanent ice features; (3) names of water features; and (4) grid lines; f. green, vegetation features (woods, orchards, and vineyards); g. grey, legend of conventional signs; and h. purple, updates over the original map. 	Activity	31 min	A2-004 (Chapter 4, art 404, art 406, dia 4-1)

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 9 min |
| b. | Interactive Lecture: | 20 min |
| c. | Activity: | 31 min |
| d. | Total: | 60 min |

6. **Substantiation**

- a. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- b. The in class activity method was chosen for TP2 to allow cadets to develop knowledge by structuring an activity to draw out teaching points. An instructor will summarize the learning to ensure all aspects of the teaching point are covered. This method appeals to a variety of learning styles.

7. **References.** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, Fields, Sketching, and Compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and
- b. Topographical maps.

9. **Learning Aids.** Topographical maps.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' knowledge of marginal information and conventional signs during the end of lesson check.

11. **Remarks.** Instructors are encouraged to confirm material throughout this lesson through the use of interactive activities designed to encourage participation while gauging comprehension.

EO M122.03 – INTERPRET CONTOUR LINES

1. **Performance.** Interpret Contour Lines.

2. **Conditions**

a. Given:

- (1) topographical/military maps;
- (2) supervision; and
- (3) assistance as required.

b. Denied: N/A.

c. Environmental: Field setting, during daylight hours.

3. **Standard.** In accordance with B-GL-382-005-FP-001, *Maps, Field Sketching and Compasses*, the cadet shall interpret contour lines in order to relate the actual shape of the ground to what is portrayed on a map.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain and demonstrate how contour lines indicate the shape of the ground, to include:</p> <ul style="list-style-type: none"> a. relief; b. contour lines and intervals; c. the shape of the ground; and d. types of slopes, to include: <ul style="list-style-type: none"> (1) steep (lines spaced closely together); (2) gentle (lines spaced further apart); (3) uniform (lines spaced equally); (4) convex (gentle at top, steep at bottom); (5) concave (steep at top, gentle at bottom); (6) spurs (extends from a slope); and (7) re-entrants (cuts back into a slope). 	Demonstration and Performance	26 min	A2-004 (Chapter 5, art 511 and 512) (fig. 5-2 and 5-3)

5. **Time**

- a. Introduction/Conclusion: 4 min
- b. Demonstration and Performance: 26 min
- c. Total: 30 min

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, Fields, Sketching, and Compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.
8. **Training Aids**
 - a. Topographical/military maps; and
 - b. Relief map training aid.
9. **Learning Aids.** Topographical/military map.
10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to interpret contour lines during an end of lesson check.
11. **Remarks**
 - a. The aim of this lesson is to teach the cadet to recognize the general shape of the ground from contour lines. However, actual experience practicing this skill is required to make this process intuitive.
 - b. This topic is to be taught out of doors. The instructor is to explain slopes by visually pointing them out on the ground and indicating how these slopes are portrayed on the associated map. The use of simple models can help, but there is no substitute for outdoor instruction.

EO M122.04 – ORIENT A MAP BY INSPECTION

1. **Performance.** Orient a Map by Inspection.
2. **Conditions**
 - a. Given:
 - (1) topographical/military maps;
 - (2) the cadet's location identified on the map;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting during the day with at least three prominent objects that can both be viewed/recognized by sight, and located on the given map.
3. **Standard.** In accordance with specified references the cadet shall orient a map by inspection, by:
 - a. selecting two or three prominent objects around their current location and finding them on the map;
 - b. rotating the map until all identified objects on the map line up with the direction in which the objects are located on the ground; and
 - c. checking visually to ensure that all features to their front are in front of their position on the map.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the purpose of orienting a map by inspection.	Interactive Lecture	3 min	A2-004 (Chapter 9, art 901)
TP2	Explain and demonstrate how to orient a map, to include: <ol style="list-style-type: none"> a. identifying approximate location on the map; b. selecting two or three prominent objects around current location and finding them on the map; c. rotating the map until all identified objects on the map line up with the direction in which the objects are located on the ground; and d. checking visually to ensure that all features to the cadet's front are in front of their position on the map. 	Demonstration and Performance	22 min	A2-004 (Chapter 9, art 902)

TP	Description	Method	Time	Ref
	Note: The cadets shall practice orienting their maps by inspection. In the event of inclement weather, a mock field environment can be simulated to practice this skill (e.g. placing pictures depicting prominent objects on the wall corresponding to their direction on the map).			

5. **Time**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Interactive Lecture: | 3 min |
| c. | Demonstration and Performance: | 22 min |
| d. | Total: | 30 min |

6. **Substantiation**

- a. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- b. The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, Fields, Sketching, and Compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Topographical/military maps of the training area being used; and
- c. Prepared illustrations of prominent objects to be used during TP2 if inclement weather occurs.

9. **Learning Aids.** Topographical/military maps of the training area being used.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' knowledge of orienting a map by inspection during the end of lesson check.

11. **Remarks.** N/A.

EO M122.05 – DETERMINE A GRID REFERENCE

1. **Performance.** Determine a Grid Reference.
2. **Conditions**
 - a. Given:
 - (1) topographical/military maps;
 - (2) material to construct a romer;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate entire group during map work.
3. **Standard.** In accordance with specified references, the cadet shall determine four- and six-figure Grid References (GR) (within the correct grid, and to 100 metres accuracy, respectively), for a series of features on a topographical map.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain the use of grid lines and the difference between eastings and northings, in that:</p> <ol style="list-style-type: none"> a. eastings are a series of parallel lines plotted as an overlay to the map sheet, which are drawn from top to bottom and numbered sequentially from west to east; and b. northings are a series of parallel lines plotted as an overlay to the map sheet, which are drawn from left to right and numbered sequentially from south to north. 	Interactive Lecture	5 min	A2-004 (Chapter 6, art 601)
TP2	<p>Explain, demonstrate, and have the cadets practice determining a four-figure GR, in that:</p> <ol style="list-style-type: none"> a. four-figure GRs will have four numerical digits derived from the numbers assigned to the eastings (X axis) and northings (Y axis) on the map sheet; b. the numbers are listed by recording the two-digit easting followed by the two-digit northing; and c. the grid lines that intersect in the bottom left corner of the grid square in question identify the grid square. 	Demonstration and Performance	12 min	A2-004 (Chapter 6, art 602)

TP	Description	Method	Time	Ref
	<p>Note: Instructors will provide three-points for cadets to use to identify the four-figure GR, and three points for cadets to locate using a four-figure GR.</p>			
TP3	<p>Explain GR accuracy, in that:</p> <ol style="list-style-type: none"> a four-figure GR is accurate to 1000 m (1 km); and a more accurate GR is a six-figure grid reference, which is accurate to 100 m. <p>Explain, demonstrate and have the cadets practice estimating a six-figure GR by using an imaginary grid system (an overlay to divide a grid square into 100 equal sized smaller grid squares with 10 along the bottom edge and 10 along the side edge).</p> <p>Note: Instructors will provide three locations for cadets to use to estimate a six-figure GR and give three six-figure GRs that cadets can use to locate a point on the map.</p>	Demonstration and Performance	12 min	A2-004 (Chapter 6, art 603 to 606)
TP4	<p>Define a romer as a device used for measuring a point within a grid square. It is used in place of estimating.</p> <p>Identify the types of romers available for use and where to find them, to include:</p> <ol style="list-style-type: none"> compass; protractor; and constructed. <p>Explain, demonstrate, and have the cadets construct a romer for use in determining six-figure GRs by:</p> <ol style="list-style-type: none"> fetching a blank piece of paper with a square edge; placing one side of the square edge along the 100-metre scale bars; marking off the 100-metre segments beginning at the corner of the paper and working outward; numbering these markings from zero (at the corner of the paper) to 10; and repeating steps b. to d. for the adjacent edge. 	Demonstration and Performance	8 min	A2-004 (Chapter 6, art 610)

TP	Description	Method	Time	Ref
	<p>Note: Instructors will provide cadets with blank pieces of paper and ensure sharp pencils are available for use in constructing romers. Stress the importance of always using a sharp pencil when using a map.</p>			
TP5	<p>Explain, demonstrate, and have cadets practice determining a six-figure GR using a constructed romer.</p> <p>This is accomplished by:</p> <ol style="list-style-type: none"> placing the corner of the constructed romer on the grid square; moving the constructed romer IN the number of tenths required to align the romer directly below the conventional sign or location for which the GR is being determined; moving the constructed romer UP the number of tenths required for the corner of the romer to be positioned on the conventional sign or location for which the GR is being determined; reading the value along the X Axis of the romer where it crosses the easting on the map sheet (the value at this intersection becomes the value for the third digit of the six-figure GR); and reading the value along the Y Axis of the romer where it crosses the northing on the map sheet (the value at this intersection becomes the value for the sixth digit of the six-figure GR). <p>Note:</p> <ol style="list-style-type: none"> When reading the value for the X and Y Axis in d. and e., ensure cadets are aware they should round down to the nearest number. Instructors will provide a minimum of three practice points for the cadets to use in determining a six-figure GR and three GRs to use to locate a prominent object. 	Demonstration and Performance	14 min	A2-004 (Chapter 6, art 610)

5. **Time**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction/Conclusion: | 9 min |
| b. | Interactive Lecture: | 5 min |
| c. | Demonstration and Performance: | 46 min |
| d. | Total: | 60 min |

6. **Substantiation**

- a. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- b. The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References.** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, Fields, Sketching, and Compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Topographical/military maps;
- c. Compass with romer; and
- d. Example of constructed romer.

9. **Learning Aids**

- a. Topographical/military maps (one per two cadets); and
- b. Materials for the construction of a romer.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' knowledge of determining four- and six-figure GRs during the end of lesson check.

11. **Remarks.** Cadets are to be provided with adequate time during FTXs to practice this skill.

EO M122.CA – FOLLOW A ROUTE LED BY A SECTION COMMANDER

1. **Performance.** Follow a Route Led by a Section Commander.
2. **Conditions**
 - a. Given:
 - (1) a prepared route;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during daylight hours.
3. **Standard.** In accordance with B-GL-382-005/FP-001, *Maps, Field Sketching and Compasses*, the cadet shall follow a route led by a Section Commander (Sect Comd) by:
 - a. orienting their map by inspection at the end of each leg; and
 - b. indicating their current position using a six-figure GR.
4. **Teaching Points.** Following a route led by a Sect Comd is an activity that allows cadets to practice the skills learned during Green Star navigation and should be structured as follows:
 - a. Prior to starting this activity cadets will review identifying a six-figure GR on a map.
 - b. Cadets will be divided into small groups ideally of four to six Green Star cadets, led by a senior cadet.
 - c. The small group will follow a predetermined route where major landmarks will initially be identified by the senior cadet, allowing the Green Star cadets to track their route using a map. After the senior cadet feels the Green Star cadets have grasped the concept of tracking their route on the map, the senior cadet will ask the Green Star cadets to identify major landmarks as they proceed along the route.
 - d. At predetermined locations, that provide good visibility of major landmarks, the group will stop for breaks, and the Green Star cadets will be asked to orient their maps and identify their location using a six-figure GR.
 - e. While the goal of this activity is to reinforce the material taught in PO 122, the activity can be enhanced by also including fun activities with a navigation theme, or other theme, at intervals along the route.
5. **Time**
 - a. Introduction/Conclusion: 10 min
 - b. Activity: 260 min
 - c. Total: 270 min (Field)
6. **Ressource Requirements**
 - a. Topographical/military map (one per six cadets);
 - b. Compass;

- c. Sleeping bag;
- d. Air mattress;
- e. Wash basin;
- f. Personal equipment;
- g. Backpack;
- h. Tent;
- i. Water jerry cans;
- j. Coleman lanterns;
- k. Coleman two-burner stoves;
- l. Pot sets;
- m. Funnel;
- n. Fire extinguishers;
- o. First aid kit;
- p. Blankets;
- q. Stretcher;
- r. Flashlights;
- s. Environmental spill kit;
- t. Garbage bags;
- u. Suitable cutlery and plates as required for field meals;
- v. Suitable paper products (toilet paper, paper towel, etc.) as required;
- w. Flashlight batteries; and
- x. Stove and lantern fuel.

7. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' ability to follow a route while being led by the Sect Comd. Cadets will be required to orient their maps by inspection and identify their position on a map using a six-figure GR.

8. **Remarks**

- a. No instructional guide will be provided for this activity. However, unit training officers are required to produce an exercise instruction to include the training outlined in EO M121.07 to EO M121.09 and practical experience in support of EO M121.01 to EO M121.06.
- b. This EO is to be conducted during the supported day of navigation (as part of a weekend FTX which combines navigation and trekking).

EO C122.01 – PRACTICE NAVIGATION AS A MEMBER OF A SMALL GROUP

1. **Performance.** Practice Navigation as a Member of a Small Group.
2. **Conditions**
 - a. Given:
 - (1) a prepared route;
 - (2) map;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: In accordance with the chosen activity.
3. **Standard.** In accordance with specified references, the cadet shall practice navigation skills by participating in an additional activity, as a member of a small group, to include:
 - a. orienting a map by inspection; and
 - b. determining position.
4. **Teaching Points.** This is a small group activity, whereby cadets shall participate in a short navigation exercise under the supervision of a senior cadet.
 - a. Prior to any activity, the cadets shall be given a safety briefing on action to take if they become disoriented, and the time limits for the activity. Cadets shall also be given a briefing regarding the specific activity being undertaken.
 - b. The goal of this activity is to give cadets more experience navigating with a map. Eligible activities provide cadets with practice finding their location on a map, following a map during a led route, and orienting a map, such as:
 - (1) **Navigation Using a Street Map.** Using a street map, groups of four to six cadets navigate within a 2-km radius of the corps location. Predetermined checkpoints, set out on prominent objects located between 150 and 250 m apart, have map tasks identified at these points, allowing cadets to confirm skills taught (three periods).
 - (2) **Navigation Scavenger Hunt.** Using a topographic map, groups of three to four cadets navigate to identified points on the map, and have the task of collecting items/information from these points (e.g. napkin from fast-food location, with store's permission, river rock, phone number from a sign). Cadets are assigned points based on what items/information they are able to obtain (three periods).
 - (3) **Photo Navigation Hunt.** Using a topographic map, groups of three to four cadets are given a handout showing a series of photos (e.g. sign, door, bridge, unique tree) taken in the local area. Cadets search out the location of the object in the photo and record the six-figure GR of that location. Points are assigned based on difficulty of finding the object (three periods).
 - (4) **Trail Map Navigation.** Using a trail map, groups of three to six cadets follow a route along an organized trail system three periods).

- c. The cadets are to be debriefed on their participation following the activity. Cadets should be given sufficient time to tell stories of their adventures and ask questions about any navigation issues that came up during the activity.

5. **Time**

- | | | |
|----|--------------------------|--------|
| a. | Introduction/Conclusion: | 10min |
| b. | Activity: | 65 min |
| c. | Group Discussion: | 15 min |
| d. | Total: | 90 min |

6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to draw out reflection and connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.

7. **References.** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, Fields, Sketching, and Compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids**

- a. Map;
- b. Pencil and paper; and
- c. Compass.

9. **Learning Aids.** Map.

10. **Test Details.** There is no formal assessment of this complementary EO.

11. **Remarks**

- a. Cadets are to be supervised during this activity and safety is to be stressed to the cadets, to include crossing roads at marked crosswalks. Instructors will have a map and compass with them during the activity. The cadets will be monitored and may direct questions to instructional staff or ask for assistance. This activity may be conducted using any available map appropriate for the activity.
- b. This complementary activity can be conducted in various forms up to three times spread out over supported complementary days or over sessions. However, participation is limited to a maximum of nine periods.

SECTION 12

PO 123 – PARTICIPATE IN A DAY HIKE

1. **Performance.** Participate in a Day Hike.
2. **Conditions**
 - a. Given:
 - (1) suitable trekking gear;
 - (2) day exercise;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting with Class One hiking terrain, during daylight hours.
3. **Standard.** In accordance with specified references, the cadet will participate in a day hike of no greater than 8 km, to include:
 - a. selecting trekking gear, to include:
 - (1) daypack;
 - (2) water bottle;
 - (3) footwear; and
 - (4) any required optional gear; and
 - b. following a leader along a predetermined route during the day.
4. **Remarks.** Army Cadet Expeditions combine skills developed in the areas of Field Training, Trekking, Navigation and Outdoor Leadership. Trekking contributes to Army Cadet Expeditions by developing the ability of the cadet to travel during expeditions.
5. **Complementary Material**
 - a. Complementary material under PO 123 is designed to allow cadets to experience alternate methods of travel, and to improve their ability to deal with travel obstacles through two options:
 - (1) EO C123.01, Participate in Adventure Training. Under this EO, two complementary supported days are allocated to conduct an activity selected by the Commanding Officer from choices provided in A-CR-CCP-951/PT-002, *Royal Canadian Army Cadets Adventure Training Safety Standards*; and
 - (2) EO C123.02, and EO C123.03, Snowshoeing. Green Star cadets will have opportunity to learn how to snowshoe and participate in a snowshoe trek during EO C121.05.
 - b. EO C123.03 is closely related to EO C121.05 and they may be conducted together as part of a corps-level-supported complementary weekend or as a stand-alone activity conducted during a supported day.

EO M123.01 – SELECT TREKKING GEAR

1. **Performance.** Select Trekking Gear.
2. **Conditions**
 - a. Given:
 - (1) examples of trekking gear;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facilities or training area large enough to accommodate entire group.
3. **Standard.** In accordance with specified references the cadet shall select trekking gear, prior to participation in a day hike, to include:
 - a. day packs;
 - b. footwear;
 - c. water bottles; and
 - d. optional gear.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Identify the characteristics to consider when selecting a daypack, to include: <ol style="list-style-type: none"> a. types, including: <ol style="list-style-type: none"> (1) fanny pack (small pack); and (2) back pack; b. ideal padding, including: <ol style="list-style-type: none"> (1) back padding; and (2) shoulder strap padding; c. waist band; and d. daypack capacity. 	Interactive Lecture	8 min	C2-017 (p. 21)
TP2	Explain the optimum characteristics to consider when selecting hiking footwear, to include:	Interactive Lecture	8 min	<ol style="list-style-type: none"> a. C2-017 (pp. 22 to 25) b. C2-012 (p. 66)

TP	Description	Method	Time	Ref
	<p>a. boots that are:</p> <ul style="list-style-type: none"> (1) sturdy and lightweight; (2) comfortable (snug fit); (3) sized correctly (can wiggle toes); (4) snug against heel; (5) equipped with a tongue which rests comfortably along the top of the toe; and (6) wide enough so that the boot matches the width of the foot (should have a little extra room); and <p>b. socks (first line of defence), ensuring to employ the two sock layer system, to include:</p> <ul style="list-style-type: none"> (1) inner sock, being: <ul style="list-style-type: none"> (a) a wicking layer; (b) a thin layer; and (c) made of polypropylene material; and (2) outer sock, being: <ul style="list-style-type: none"> (a) properly sized; (b) made of wool or wool blend; (c) made of moisture absorbing materials; (d) cushioning to the foot; and (e) a source of insulation. <p>Note: As part of an end of lesson check, the instructor may conduct an activity where the cadets are presented with pieces of equipment from each TP. The cadets should then piece together the best hiking gear package.</p>			
TP3	<p>Explain things to take into consideration during the selection of water bottles, to include:</p> <p>a. types, to include:</p> <ul style="list-style-type: none"> (1) canteen; (2) rectangular; (3) bottle bag; and (4) camel pack; 	Interactive Lecture	5 min	C2-017 (Chapter 3, p. 13)

TP	Description	Method	Time	Ref
	b. ideal material makeup, including: (1) lexan; (2) poly carbon; and (3) plastic; c. wide mouth versus narrow mouth; and d. capacity requirements.			
TP4	Explain the selection of optional trekking gear, to include: a. raingear; b. hat; c. extra insulation layer; d. sunglasses; e. sunscreen; f. insect repellent; g. camera and film; h. notebook and pencil; i. bathing suit and towel; and j. binoculars. Note: Optional trekking gear should be selected based on suitability for the activity.	Interactive Lecture	4 min	

5. Time

- | | |
|-----------------------------|--------|
| a. Introduction/Conclusion: | 5 min |
| b. Interactive Lecture: | 25 min |
| c. Total: | 30 min |

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. References

- C2-012 (ISBN 0-89886-643-X) Weiss, H. (1988). *Secrets of Warmth for Comfort or Survival*. Seattle, WA: The Mountaineers.
- C2-017 (ISBN 0-7627-0476-4) Roberts, H. (1999). *Basic Essentials, Backpacking*. Guilford, CT: The Globe Pequot Press.

8. Training Aids

- Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and

- b. Trekking gear, to include:
 - (1) day packs;
 - (2) water bottle; and
 - (3) examples of optional gear listed in TP4.
- 9. **Learning Aids.** Trekking gear (minimum standard includes cadet running shoes, 500 ml water bottle, and cadet wool socks. However, locally individuals may have gear specific to trekking).
- 10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm comprehension of the material during the end of lesson check. The instructor will also monitor the cadets' trekking gear selection prior to and during the day trek, advising and correcting as necessary.
- 11. **Remarks**
 - a. This lesson shall be delivered prior to EO M123.02, Participate in a Day Hike.
 - b. Instructors are encouraged to present locally available examples of trekking gear to better demonstrate the various styles and materials available.
 - c. Where local resources are available, the purchase of optional hiking socks may be considered.

EO M123.02 – PARTICIPATE IN A DAY HIKE

1. **Performance.** Participate in a Day Hike.
2. **Conditions**
 - a. Given:
 - (1) a planned day hike;
 - (2) supervision; and
 - (3) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting with Class One hiking terrain, during daylight hours.
3. **Standard.** In accordance with specified references the cadet shall:
 - a. determine personal food and water requirements; and
 - b. follow a leader during a day hike.
4. **Teaching Points**

TP	Description	Method	Time	Ref
	Note: This lesson is to be presented during breaks on a Green Star hike on Class One terrain. The hike is not to exceed 8 km in distance. Direction on conducting hiking activities is provided in A-CR-CCP-951/PT-002, <i>Royal Canadian Army Cadets Adventure Training Safety Standards</i> , Chapter 7.	Activity	210 min	
TP1	Describe trail etiquette methods that accomplish the “leave no trace” ideologies while hiking, to include: <ol style="list-style-type: none"> a. repackaging food before leaving (reducing the likelihood of litter); b. staying on established trails; c. walking on durable surfaces; d. travelling in small groups; and e. avoiding making loud noise. Note: This TP builds on material presented under EO M121.05 and should specifically identify principles that apply to day hiking.	Group Discussion	8 min	C2-034 (pp. 105 to 107)
TP2	Describe preventative action that should be taken for physical conditions that may develop when hiking, to include:	Interactive Lecture	8 min	C2-009 (Chapter 6, p. 163)

TP	Description	Method	Time	Ref
	<ul style="list-style-type: none"> a. blisters; b. hot spots; c. plantar fasciitis; d. shin splints; e. muscle cramps; and f. sprains. <p>Note: Explain that these conditions, if not treated proactively, can develop into serious injuries.</p>			
TP3	<p>Explain and demonstrate how to develop a personal hiking rhythm that will increase performance and endurance, by:</p> <ul style="list-style-type: none"> a. determining stride rhythm and speed through a fixed pace that can be maintained throughout the hike, for periods of an hour at a time; b. controlling fatigue by stopping for scheduled rest periods of 10 minutes roughly an hour apart; c. adjusting selected rhythm to account for terrain, weather and weight; and d. employing full body synchronization, thus enhancing hiking rhythm. 	Demonstration and Performance	10 min	C2-010
TP4	<p>Discuss the purpose of resting intervals during heavy hiking periods, to include:</p> <ul style="list-style-type: none"> a. slowing the heart and breathing; b. resting the lungs; c. reducing lactic acid build up; d. providing time for the body and mind to rest; and e. airing out foot wear, and resting feet during longer breaks (i.e. lunch and supper break). 	Interactive Lecture	5 min	C2-010 (pp. 108 to 109)
TP5	<p>Explain the selection of food rations that can be consumed during a day hike, to include:</p> <ul style="list-style-type: none"> a. types of rations, such as: <ul style="list-style-type: none"> (1) staple food; (2) freeze-dried; and (3) trail food; b. benefits of each type of food ration; and 	Interactive Lecture	9 min	C2-009 <ul style="list-style-type: none"> a. (pp. 52 to 60) b. (pp. 52 to 60) c. (pp. 57, 58, 141 and 142)

TP	Description	Method	Time	Ref
	c. eating frequency, such as: (1) meals; and (2) trail snacking.			
TP6	<p>Explain potable water requirements for consumption during a day hike, to include:</p> <p>a. daily water requirements, to include:</p> <p>(1) performance related water loss; and</p> <p>(2) daily water intake by weight;</p> <p>b. maintaining safe hydration levels, by:</p> <p>(1) pre-hydrating;</p> <p>(2) drinking small amounts often;</p> <p>(3) avoiding sugar and caffeine drinks; and</p> <p>(4) routinely drinking water; and</p> <p>c. locating water sources from which water can be drawn and purified, to include:</p> <p>(1) rivers;</p> <p>(2) streams;</p> <p>(3) lakes/ponds;</p> <p>(4) valley bottoms; and</p> <p>(5) green vegetation.</p>	Group Discussion	15 min	<p>C2-009</p> <p>a. (pp. 139 to 141)</p> <p>b. (pp. 139 to 141)</p> <p>c. (pp. 38 and 39)</p>

5. Time

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	22 min
c.	Demonstration and Performance:	10 min
d.	Group Discussion:	23 min
e.	Activity:	210 min
f.	Total:	270 min

6. Substantiation

- The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.
- The demonstration and performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

- c. The group discussion method was chosen to allow the cadets to share their experiences, knowledge, opinions, and feelings about the subject matter while allowing the instructor to focus and direct the discussion to meet a broad framework of anticipated outcomes. While exploring individual and peer experiences, teaching points are identified and summarized by the instructor. This method appeals to auditory learners.

7. **References**

- a. C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside.
- b. C2-010 (ISBN 0-375-70323-3) Rawlins, C., and Fletcher, C. (2004). *The Complete Walker IV*. New York, NY: Alfred A. Knopf.
- c. C2-034 (ISBN 0-87322-637-2) Priest, S., and Gass, M. (2005). *Effective Leadership in Adventure Programming* (2nd ed.). Windsor ON: Human Kinetics Publishing Inc.

8. **Training Aids.** Examples of proper food and water requirements.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. The instructor will confirm the cadets' comprehension of the material during a practical hiking activity. The instructor will also monitor the cadets' hiking technique and application of the skills and knowledge during the day hike, advising and correcting as necessary.

11. **Remarks**

- a. This lesson should be delivered during a day hike, utilizing break periods and rest stops. This will provide the cadets with a practical setting to which they can relate the material.
- b. This day activity comprises one day of a two-day weekend hiking and navigation exercise.
- c. Choose activity and intensity suitable to unit resources and the skill and age of participants.
- d. This EO should follow EO M123.01, Select Trekking Gear.
- e. Every cadet must be provided with a water bottle during their hike. As a minimum standard, a disposable bottle of water which can be refilled is acceptable.

EO C123.01 – PARTICIPATE IN ADVENTURE TRAINING

1. **Performance.** Participate in Adventure Training.
2. **Conditions**
 - a. Given:
 - (1) supervision; and
 - (2) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Field setting, during an outdoor weekend bivouac FTX.
3. **Standard.** The cadet shall participate in an adventure activity outlined in A-CR-CCP-951/PT-002, *Royal Canadian Army Cadets Adventure Training Safety Standards*.
4. **Teaching Points.** Content shall be drawn from A-CR-CCP-951/PT-002.
5. **Time.** Total 540 min (Field).
6. **Substantiation.** The experiential method was chosen to allow cadets to develop knowledge and skills through a process whereby concepts are derived from, and continuously modified by, their own experience. The experiential method combines a short initial activity briefing, a structured or semi-structured activity, and a reflective group discussion. The instructor supervises the activity and then leads a group discussion to encourage reflection and make connections between the experience and future applications of the learning outcomes. This method appeals to tactile/kinaesthetic learners.
7. **References.** A2-001 A-CR-CCP-951/PT-002 Canadian Forces. (2006). *Royal Canadian Army Cadets Adventure Training Standards*. Ottawa, ON: The Department of National Defence.
8. **Training Aids.** Refer to A-CR-CCP-951/PT-002.
9. **Learning Aids.** Refer to A-CR-CCP-951/PT-002.
10. **Test Details.** There is no formal assessment of this EO.
11. **Remarks**
 - a. Regions may choose to limit options available to cadet units based on resources required and participation levels.
 - b. Hiking may be a component of the weekend activity; however, it shall not normally be the only adventure training activity selected.
 - c. Every cadet must be provided with a water bottle during their hike. As a minimum standard, a disposable bottle of water which can be refilled is acceptable.
 - d. An instructional guide will not be provided for this EO.

EO C123.02 – ADHERE TO SNOWSHOE MARCH DISCIPLINE

1. **Performance.** Adhere to Snowshoe March Discipline.
2. **Conditions**
 - a. Given:
 - (1) snowshoes;
 - (2) mukluks;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental:
 - (1) in-house training: suitable classroom facilities or training area large enough to accommodate entire group; and
 - (2) practical application: field setting, during a day-long or indoor weekend winter FTX.
3. **Standard.** In accordance with A-CR-CCP-107/PT-002, *RCAC CTP, Winter Adventure Training Manual*, the cadet shall adhere to march discipline, before, during, and after the march, to include:
 - a. making adequate preparations before the march;
 - b. recognizing and mitigating cold-related hazards;
 - c. maintaining march formations; and
 - d. participating in medical inspections during and following the march.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss points to consider when preparing to embark on a winter trek, to include: <ol style="list-style-type: none"> a. dress; b. trek route; and c. trail breaking. 	Interactive Lecture	10 min	A2-009 (p. 2-6)
TP2	Discuss points to consider when on a winter trek, to include: <ol style="list-style-type: none"> a. rest periods, to include: <ol style="list-style-type: none"> (1) equipment and clothing checks; (2) physical breaks; (3) refreshments; (4) frostbite checks; and (5) windbreaks; and 	Interactive Lecture	10 min	A2-009 (pp. 4-12 to 4-13)

TP	Description	Method	Time	Ref
	b. march formations, to include: (1) single file; and (2) parallel columns.			
TP3	Discuss what should be taken into consideration when concluding a winter trek, to include conducting medical inspections for: a. frostbite buddy checks; b. body injuries; and c. cold and flu symptoms.	Interactive Lecture	5 min	A2-009 (p. 4-13)

5. **Time**

- a. Introduction/Conclusion: 5 min
- b. Interactive Lecture: 25 min
- c. Total: 30 min

6. **Substantiation.** The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

7. **References.** A2-009 A-CR-CCP-107/PT-002 D Cdts. (1978). *Royal Canadian Army Cadets Course Training Plan Corps Training Program Winter Adventure Training Manual*. Ottawa, ON: The Department of National Defence.

8. **Training Aids.** Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check. When the cadet unit conducts this period as part of a cold weather FTX, the instructor shall closely monitor the cadets to ensure they practically implement the skills introduced in this lesson.

11. **Remarks**

- a. This lesson is best delivered under the supervision of a Cold Weather Instructor.
- b. This lesson may be conducted as a stand-alone lesson or as part of a cold weather FTX conducted during EO C121.05.
- c. Cadets should practice the skills of march discipline through the implementation of EO C123.02, Participate in Snowshoeing.

EO C123.03 – PARTICIPATE IN SNOWSHOEING

1. **Performance.** Participate in Snowshoeing.
2. **Conditions**
 - a. Given:
 - (1) snowshoes;
 - (2) mukluks;
 - (3) supervision; and
 - (4) assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Practical application: Field setting, during a day-long cold weather activity.
3. **Standard.** In accordance with specified references the cadet shall practice snowshoeing techniques.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss snow, to include: <ol style="list-style-type: none"> a. conditions of temperature, to include: <ol style="list-style-type: none"> (1) sunlight; and (2) wind; b. the three main characteristics of snow, to include: <ol style="list-style-type: none"> (1) carrying capacity; (2) sliding ability; and (3) holding ability; and c. the four categories of snow, to include: <ol style="list-style-type: none"> (1) wet; (2) moist; (3) dry; and (4) new. 	Interactive Lecture	15 min	A2-009 (p. 2-6)
TP2	Describe snowshoe components, to include: <ol style="list-style-type: none"> a. frames, to include: <ol style="list-style-type: none"> (1) wood; (2) aluminium; and (3) plastic; b. decking; and c. bindings. 	Interactive Lecture	10 min	C2-013 (pp. 29 and 30)

TP	Description	Method	Time	Ref
TP3	<p>Explain and demonstrate snowshoeing techniques, to include:</p> <ul style="list-style-type: none"> a. walking forward; b. walking backwards; c. edging; d. traversing; e. going downhill; and f. using poles. <p>Note:</p> <ul style="list-style-type: none"> 1. This lesson should take approximately 35 minutes in a controlled environment. The additional time has been allotted for the instructor to allow the cadets time to practice the newly learned techniques on a previously established route. This route should cover different types of terrain, allowing the cadets a full snowshoeing experience, and simulating most conditions found in the field. The route should be designed such that it takes the cadets approximately 40 minutes to complete it. 2. The route should be safe and not present risk to the junior cadets in any way (e.g. away from cliff edges and superior steep hills). 	Demonstration and Performance	85 min	C2-013 (pp. 64 to 67)
TP4	Supervise cadets during a snowshoe trek.	Activity	150 min	

5. Time

a.	Introduction/Conclusion:	10 min
b.	Interactive Lecture:	25 min
c.	Demonstration and Performance:	85 min
d.	Activity:	150 min
e.	Total:	270 min

6. Substantiation

- a. The interactive lecture method was chosen as it best allows the instructor to make a semi-formal presentation of the material allowing the cadets to participate by asking or responding to questions, commenting on the material, or participating in short activities. This method appeals to auditory learners, with the potential for active participation in activities that appeal to tactile/kinaesthetic learners.

- b. The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References**

- a. A2-009 A-CR-CCP-107/PT 002 D Cdts. (1978). *Royal Canadian Army Cadets Course Training Plan Corps Training Program Winter Adventure Training Manual*. Ottawa, ON: The Department of National Defence.
- b. C2-013 (ISBN 0-8117-2928-1) Griffin, S.A. (1998). *Snowshoeing*. Mechanicsburg, PA: Stackpole Books.

8. **Training Aids**

- a. Presentation aids;
- b. Mukluks; and
- c. Snowshoes.

9. **Learning Aids**

- a. Snowshoes;
- b. Mukluks;
- c. Jacket, ECW;
- d. Mitts, arctic;
- e. Wind pants; and
- f. Suitable cold weather clothing.

- 10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check.

11. **Remarks**

- a. This lesson is best delivered under the supervision of a Cold Weather Instructor.
- b. The instructor will be responsible to plan a route that will allow the cadets an opportunity to confirm skills during a short trek. This route should allow the cadets to experience the many different snowshoeing techniques instructed and give them opportunity to travel over various types of terrain.
- c. This lesson may be conducted as a stand-alone lesson or as part of a cold weather FTX conducted during EO C121.05.
- d. This lesson is most effectively instructed following EO C123.02, Adhere to March Discipline.

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