



REGIONAL CADET SUPPORT UNIT
(NORTHWEST)



CADET EXPEDITION SITE SILVER STAR EXPEDITION TRAINING



JOINING INSTRUCTIONS

INTRODUCTION

1. Silver Star cadets from across Northwest Region will attend Silver Star expedition training weekends. Cadet Expedition Site (CES) training has been designed to provide the Silver Star cadet with the opportunity to develop expedition skills in a structured environment under the supervision and instruction of highly qualified staff. The CES will approach training through an experiential approach, which will allow the cadet to develop skills such as canoeing, mountain biking and trekking/hiking through direct experience at a personal level.
2. The purpose of these joining instructions is to provide the cadet and their parent(s)/guardian(s) with the information necessary for them to prepare for and participate in the training weekend.

GENERAL

3. Cadets will receive instruction in the following areas at the CES, including; practicing environmental stewardship as a team leader, navigating along a route using a map and compass, using expedition equipment, following daily expedition routine, and recording entries in a journal.
4. A sample weekend training schedule is located at Annex C. Note that the schedule provided is just a sample, and our CES's will adjust plans to suit weather, and other environmental changes during training.
5. With the proper training and preventative measures, expedition training can be a safe, fun, and meaningful experience. The expedition weekend will provide this safe, fun, and meaningful experience to cadets all while enabling them to enjoy the outdoors.
6. Cadets will be sleeping in tents for both nights and provided training in trekking and one of mountain biking or canoeing activities:
 - a. **trekking** a distance of up to 10 km (cadets will be introduced to and review/elaborate on previous trekking training. They will work and train with trekking equipment; packs, boots, trekking poles, stoves, water filtration, tents. They will also train in navigation and outdoor leadership); and/or
 - b. **flat water canoeing** a distance of up to 10 km (cadets will be introduced to and review/elaborate on previous canoe training. They will work and train with canoe equipment; packing, loading, unloading, launching/landing. They will also train in navigation and outdoor leadership) this activity will be condition permissive; and/or
 - c. **mountain biking** (trail riding) a distance of up to 30-40 km (cadets will be introduced to and review/elaborate on previous mountain bike training. They will work and train with mountain bike equipment; helmets, gloves, repair equipment, mountain biking techniques, balance, braking, shifting, ascending, descending. They will also train in navigation and outdoor leadership);
 - d. Cadet Expedition Sites plan to deliver the following activities:
 - (1) Calgary CES will be trekking and mountain biking;
 - (2) Edmonton CES will be trekking and mountain biking;
 - (3) Regina CES will be canoeing and trekking;
 - (4) Winnipeg CES will be canoeing and trekking; and
 - (5) Activities are subject to weather and site conditions.

7. As with any training in a wilderness environment there is a degree of inherent risk associated with your child's/ward's participation. That being said, training injuries can and do occur. To further mitigate this eventuality we provide employed in supervisory positions on the course with the Wilderness First Aid Course. In addition, we have developed a detailed Emergency Response Plan which allows us to safely evacuate injured cadets from training sites to professional medical care in a timely fashion. The potential hazards associated with this training include, but are not limited to:

Athletic injuries (sprains & strains)	Burns
Trips, Falls, Collisions (including cuts, head & spinal injury)	Allergic reactions to plants, insects, unknown food allergy
Fall from height	Cold/heat related injuries
Falling objects	Drowning
Driving accident	Lost participant
Animal encounter	Food/Water Loss or Contamination
Equipment failure	

PRE TRAINING

8. Prior to attending the training weekend each cadet should receive a briefing from their corps staff that reviews:

- a. selection of clothing, footwear, foot care, equipment, and packing,
- b. selection high-energy snacks; and
- c. These joining instructions and sample training schedule.

OBJECTIVES

9. Specific objectives of expedition training are to:

- a. promote satisfaction of being a part of an exciting and adventurous activity;
- b. increase personal development; including self-confidence, self-discipline, self-esteem, self-worth and self-satisfaction;
- c. develop leadership and outdoor abilities, techniques, and skills;
- d. promote improvement in personal fitness conditioning and encourage healthy lifestyle choices;
- e. promote an increased awareness and concern for the natural environment; and
- f. Develop an awareness of the skills and knowledge necessary to cope safely in adventure training activities.

ASSESSMENT OF PARTICIPANTS

10. All cadets participating in the training weekend will be formally assessed using the performance objective PO 326 assessment checklist. Assessment results will be entered into Fortress and copies of the assessments will be forwarded to the respective cadets' cadet corps by the CES staff.

11. All cadets will receive an individual de-briefing by their assigned Team Leader to discuss their performance over the course of the weekend.

12. Once the Silver Star season is complete Corps will receive a scanned copy of their cadet's written assessment from the CES staff through their CCO email. The effort here is to encourage communications on training between the corps and CES staff.

CONSENT TO PARTICIPATE

13. All cadets must sign a copy of the Offer of Participation Courses, Positions and Activities. This form should be printed off by the corps Adm O and signed by the cadet's parent(s)/guardian(s). A copy is to be retained by the corps, and a copy brought with the cadet to the weekend.

14. Should an answer to the offer in Fortress not be entered (this populates the bus escort's nominal roll), the cadet must bring their signed offer of participation to board the bus or DND transport taking them to training.

TRANSPORTATION/MOVEMENTS

15. All cadet transportation information will be sent to the corps CO not later than one week prior the expedition training weekend.

16. All transportation to and from training site is provided by the DND. A staff member will meet all cadets at the assigned pick-up / drop off point. An escort officer will travel with the cadets from the pick-up point to the CES and back.

17. For cadets who are taking commercial transportation to the CES they will be met by an officer at the start and end point of their journey.

18. **Cadets are NOT required to travel in their cadet uniform.** If cadets have been issued they are required to **wear their issued Cadet Parka or Fleece** along with **appropriate civilian clothing** while travelling. If cadets have been issued they are encouraged to wear their FTU to training.

19. There may be a requirement for parent(s)/guardian(s) to transport cadets to and from a specified pick-up / drop-off location or to the training site. This will not be more than 60 minutes from the corps parade location.

ACCOMMODATIONS AND MEALS

20. All accommodations and meals during the expedition will be pre-arranged and DND will bear the cost.

21. Cadets will be sleeping overnight in civilian pattern expedition style tents. Sleeping bags and air mattresses are provided. Cadets allergic to down should notify their Commanding Officer (CO) who will notify the CES to make necessary arrangements for a synthetic sleeping bag.

22. During the training weekend cadets will be fed Individual Meal Packages (IMPs) or Meals Ready to Eat (MREs).

DRESS

23. Dress during training shall be suitable clothing based on the both current and forecasted weather conditions, air temperatures, insulating properties of clothing worn, and the ability to allow the wearer to remain dry. Again, cadets are encouraged to wear their FTU to this training.

24. Annex A of these JIs provides a complete list of clothing that should be brought to the CES. If a cadet does not have access to all of the items listed in Annex A, they should inform their corps CO who will then inform the CES so that the items can be procured.

25. Annex A also provides a detailed list of clothing and equipment items that will be issued to each cadet while at the CES.

MEDICAL / DENTAL / HEALTH

26. All cadets participating in the training weekend must have a current and valid medical condition (in Fortress). Participation limitations will be provided to the Cadet Expedition Site, some of these limitations preclude cadets from participating in expedition training. Your corps will notify you should a limitation such as this be on your file.

27. If a cadet has a temporary medical issue, such as a sprained wrist or knee, broken arm, etc. they must notify their corps CO who must get in touch with the Expd Trg O to discuss the change in medical status.

28. **Facilities / Services.** Medical and dental emergencies will be handled through a combination of on the spot first aid and the local 911 emergency systems. During training, medical incidents will be handled using first aid and evacuation to a designated medical facility. More serious incidents will involve the services of emergency services.

29. **Prescription Medication.** Cadets taking prescription medication for an existing medical condition must bring a sufficient supply for the duration the training weekend. Medications must be in clearly labelled containers. Individuals allergic to bee and wasp stings must have an ANAKIT with them and carry it on their person at all times.

EYE GLASSES / CONTACT LENSES

30. Either eyeglasses or contact lenses are suitable for expedition activities. Cadets wearing eyeglasses during the expedition must wear a safety strap.

DISCIPLINE AND BEHAVIOUR

31. Cadets indulging in inappropriate behaviour, violation(s) of rules/regulations or disrupting the learning of others will be subject to disciplinary action including the possibility of Return to Unit (RTU).

DRUGS, ALCOHOL AND TOBACCO

32. **Regulations.** The orders detailed in CATO 13-23 concerning drugs and alcohol will be applied to conduct of the training weekend. Cadets who possess or use drugs, prohibited substances or drug related material will be reported to local civilian police. The use of alcohol by cadets will result in an immediate return to unit (RTU).

33. **Tobacco.** Smoking by cadets will not be permitted.

PUBLIC AFFAIRS

34. In an effort to promote visibility of cadets in the mandatory training program offered Throughout Northwest Region, each CES CO will submit one or more articles and photographs for Publication on the regional website, base papers, local area papers and Army Cadet League Publications following the completion of the training.

COMMUNICATIONS AND CONTACTS

35. The following is a list of emergency contact numbers:

- a. Capt Alex Lord, J35 Expd Trg O:
 - (1) office: (204) 833-2500 extension 5504;
 - (2) Blackberry available during all CES weekends and afterhours: (204) 227-1277;
 - (4) email: Alex.Lord@forces.gc.ca

- b. Communications regarding the expedition are to be directed to the Expd Trg O (above) or the CES as follows:
 - (1) Calgary CES – Capt Stenner – christian.stenner@cadets.gc.ca;
 - (2) Edmonton CES – Capt Walsh– Todd Walsh@cadets.gc.ca;
 - (3) Regina CES – Capt Busby – Jennifer.Busby@cadets.gc.ca; and
 - (4) Winnipeg CES – Capt Aastrom – Jennifer.Mccall@cadets.gc.ca;

35. As training will be conducted in remote locations, cadets will NOT have access to a telephone. There will be either cellular and satellite phones for emergency communication purposes.

A.D.D. LORD
Captain
J35 Training Officer (Expedition)

Annex A – Clothing and Equipment List
Annex B – Packing Tips
Annex C – Sample Weekend Training Schedule

CLOTHING AND EQUIPMENT LIST

1. The provision of all personal clothing and equipment items listed below is the responsibility of each cadet. Prior to purchasing any outdoor related clothing and equipment cadet's should contact their corps CO or the CES to discuss if the items are needed, or to advise on the purchase.

2. Cadets are required to bring the following:

TO BE BROUGHT BY EACH PARTICIPANT	CHECKLIST
4 pairs of warm wool/synthetic (not cotton) socks	
4 pairs of inner socks (not cotton) for added comfort or to mitigate any possible hot spots, blisters	
3 pairs of underwear	
1 pair of long underwear (not cotton) (top & bottom)	
2 short sleeve shirts or t-shirts (not cotton)	
1 extra pairs of long pants (not cotton or denim/jeans)	
1 pair shorts	
1 cadet parka with fleece liner	
pyjamas or sleepwear (Sweats)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair gloves for the weather	
1 pair of footwear for paddling that can be securely fastened to their feet - EDMONTON, REGINA, & WINNIPEG ONLY	
1 pair shoes/sneakers for evening (these may be crocs)	
1 water bottle	
1 wrist watch	
travel-sized soap	
travel-sized deodorant	
travel-sized toothbrush and toothpaste	
comb/hairbrush	
camera (optional)	
1 duffle bag for bringing/stowing gear (NOT a rolling suitcase as these are difficult to store)	

Annex B
Joining Instructions – Silver Star

3. Cadets who do not have an item should notify their corps CO, who will then contact the CES, who will make arrangements to procure the equipment for the cadet.
4. No radios, MP3 players, cellular phones, video games or similar electronic devices will be permitted during training hours. Cadets will be briefed on specifics of use.

PACKING TIPS

1. Before departure, double check all belongings and documents. Use this list to ensure that nothing has been forgotten.

INSTRUCTION	CHECK
Is your personal kit complete and marked?	
Do you have your prescription medication (enough to last the weekend)?	
Do you have a floating security strap for your glasses?	
Do you have your MEDIC ALERT bracelet or necklace, if applicable?	
Do you have your health insurance card / number?	
Do you have your signed copy 'Offer of Participation'?	
Do you know exactly how you are travelling? If not, contact your CO.	
Did you care for your feet, trim your toe nails?	
Did you get a haircut (gentleman, did you shave?)	
Did you check and re-check your required personal equipment?	

SAMPLE WEEKEND TRAINING SCHEDULE

1. Below is a sample schedule of a Silver Star expedition training weekend.

FRIDAY		
Timings	Tasks/Activity	Remarks
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	Cadet Expedition Site staff.
	Set up campsite	Cadet Expedition Site staff to rotate to ensure that cadets know how to set up tents, organize equipment, light lanterns, etc.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, rules, etc. Cadets will be introduced to their Team Leader.
	Navigation review	Completed as required, time permitting.
SATURDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. Cadet Expedition Site staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine).
0630	Breakfast	Cadet Expedition Site staff to model set-up of eating area, garbage collection, clean up, etc. Cadets will prepare their meals.
0730	Campsite tear down	Under direction of Team Leader each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite.
0800	Start Expedition Mode of Travel #1	
1200 – 1300	Lunch	Lunch will occur at a designated point along the practical expedition route. TI will use time during lunch to instruct EO M326.06 (Follow Daily Routine).
1600	Arrive at campsite #2	Teams will set up their campsites.
1730	Supper	
2000	Evening Activities	
2200	Lights Out	
SUNDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	
1200	Lunch	Lunch will occur at a designated point along the practical expedition route.
1300	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the Cadet Expedition Site staff.
1330	Debrief	All cadets will be required to: fill out a Cadet Expedition Site activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

2. The above schedule may be adjusted due to weather or conditions at individual training sites.