

Regional Cadet Support Unit (Pacific)
PO Box 17000 Station Forces
Victoria BC V9A 7N2

4500-3-5 [SO Adventure (Land)]

8 December 2004

Distribution List

**WARNING ORDER- ARMY CADET LEAGUE OF CANADA
INTERNATIONAL ADVENTURE EXPEDITION 2005 –
COSTA RICA ECOADVENTURE**

Reference: E-mail from Staff Officer Army Cadet Training, RCSU (Central),
6 December 2004 (NOTAL)

SITUATION

1. Each year Director of Cadets, in conjunction with the Army Cadet League (Canada), select a host Region to plan and conduct an Army Cadet Expedition at an International location. Regional Cadet Support Unit (RCSU) (Central) has been tasked with planning and conducting the 2005 International Expedition.

MISSION

2. RCSU (Central) will conduct the 2005 Army Cadet League International Expedition - Costa Rica Eoadventure Expedition from 24 August to 11 September 2005. The Expedition will be conducted in the Pacuare, Arenal & Rincón de la Vieja regions of Costa Rica. Costa Rica Eoadventure will include rafting, hiking, snorkeling, mountain biking and rock climbing training.

EXECUTION

3. The CIC Officer tasked as expedition Commander will arrive in CFB Borden, Ontario not before 0900 hours and no later than (NLT) 1400 hours, 24 August 2005 for orientation and Expedition preparation. Directing Staff will arrive at CFB Borden Ontario, not before 0900 hours and NLT 1400 hours, 25 August 2005. Cadets shall arrive not before 1000 hours and NLT 2000 hours, 26 August 2005. All times are Eastern Standard Time. Selected Cadets will report to Toronto at Pearson airport arrivals level, indoors at the Big Clock. Accommodation will be in Mississauga, Ontario for in-clearance, briefings and issue of expedition kit. Cadets will be under supervision at all times until end of Expedition.

4. Travel between the Pearson Airport (Toronto) and Costa Rica and return will be by commercial airlines. Air travel dates 28 August 2005 to Juan Santamaría International Airport and 9 September 2005 return to Pearson Airport. Army Cadet League International Expedition – Costa Rica Ecoadventure will take place in Costa Rica between 29 August and 9 September 2005. Cultural visits to Toronto area attractions and a closing ceremony are planned upon return from expedition, 10 September 2005. All personnel and Cadets will depart Toronto/Mississauga for their home locations NLT 1000 hours, 11 September 2005.

5. The expedition will be conducted in five phases as follows:

- a. Phase 1 – Preparation: Between the present date and 24 August 2005, this phase will allow for final preparation of expedition activities, and the selection of three staff (nationally) and 16 Cadets (nationally). Detailed orders, including joining instructions will be distributed during this phase;
- b. Phase 2 – Deployment: Staff deployed to Borden 24 and 25 August 2005. Cadets will be deployed to Toronto/Mississauga, Ontario 26 August 2005. This phase will include the completion of all administrative aspects of the expedition;
- c. Phase 3 – Expedition: The expedition will be conducted between 29 August and 10 September 2005. This phase will include travel to and from Costa Rica, the conduct of the expedition within Costa Rica, cultural visits in Toronto, and a closing ceremony for all participants the on the evening of 10 September 2005;
- d. Phase 4 – Re-deployment: 11 September 2005 all cadets will return home via commercial travel. Return dates of personnel will be confirmed by RCSU (Pacific) movement section during Phase 1; and
- e. Phase 5 – After-Action Report: Between end Expedition and 15 October 2005, this phase will allow for an after-action report of the Expedition. RCSU (Central) OPI, in coordination with Expedition staff, will submit this report to Director of Cadets NLT 15 October 2005.

6. A draft Expedition timetable is found at Annex A.

ADMINISTRATIVE INSTRUCTIONS

Cadet Selection

7. Sixteen senior Army Cadets will be selected for the Costa Rica Ecoadventure Expedition. Cadet selection criteria, application process, and deadlines are found in Annex B. Cadet vacancies are allocated by region as follows:

- a. Atlantic Region four cadets;
- b. Eastern Region three cadets;
- c. Central Region three cadets;
- d. Prairie Region three cadets;
- e. Pacific Region two cadets; and
- f. Northern Region one cadet.

Staffing

8. Director of Cadets 4-4, Expedition OPI and the Army Cadet League Canada Executive Director will select three officers for the expedition. One of these officers [selected from RCSU (Central)] will be tasked Expedition Leader. CIC selection criteria, application process, and deadlines are found at Annex C.

Service Support

9. RCSU (Central) will provide all support requirements. Blackdown Army Cadet Training Centre will provide clothing and equipment as required. Toronto/Mississauga, Ontario will be used as an embark site for start and end Expedition.

Finance

10. RCSU (Pacific) shall raise pay and claim for Officer's selected from Pacific Region. All staff members are authorized daily TD allowances while employed. Cadets participating in the expedition will receive a two week Cadet Training Bonus in accordance with Cadet Administrative and Training Orders (CATO) 11-09 and Queens Regulations and Orders (QR) Cadets 7.13. These training bonuses will be paid and administered by RCSU (Central).

Command And Signals

11. The expedition OPI [from RCSU (Central)] is responsible to Director of Cadets 4-4 and the Commanding Officer of RCSU (Central) for the conduct of the Costa Rica Ecoadventure Expedition. Expedition staff hired for the Expedition will be responsible to the Expedition OPI.

12. All information pertaining to the Expedition will be available on the Army Cadet League of Canada website (www.armycadetleague.ca) and a link is available on www.cadets.net/pac/armcad/intro_e.asp.

13. Additional administrative instructions will be published in the Expedition Joining Instruction to be issued by the end of April 2005 to selected Staff and Cadets. Questions regarding this Expedition are to be directed to the Staff Officer Adventure (Land), Captain Isabelle Malczynski, at 1-800-661-3317 or locally at 363-0806.

//original signed by//

R.R. Lacey
Major
Staff Officer 2 (Land)
for Commanding Officer

Annexes:

Annex A - Proposed Timetable
Annex B - Cadet Selection Process
Annex C - CIC Staff Selection Process
Annex D - Map of Costa Rica

Distribution List

Action

All Army Cadet Corps/CO (via e-mail and Canada Post)

Information

RCSU (Pacific)/CO, SO2 Mov, SO Adventure (Land), ACO (Land) (less enclosures)
(via e-mail)

The Army Cadet League of Canada (BC Branch)/President (less enclosures)

Annex A
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**ARMY CADET LEAGUE INTERNATIONAL EXPEDITION –
COSTA RICA ECOADVENTURE PROPOSED TIMETABLE**

<u>Date</u>	<u>Activity</u>
Wednesday, 24 August 2005	Expedition Commander arrives at CFB Borden
Thursday, 25 August 2005	Remaining Staff arrive at CFB Borden
Friday, 26 August 2005	Arrival of Cadets. Move to 2824 Army Local Headquarters, Mississauga
Saturday, 27 August 2005	Completion of in-routine. Introductory briefings & kit issue
Sunday, 28 August 2005	Pack and prepare for departure
Monday, 29 August 2005	Toronto Pearson airport, departure for Costa Rica. Arrival San Jose, overnight at Volcan Turrialba Lodge, Cartago
Tuesday, 30 August 2005	Rafting the Rio Pacuare, Turrialba area
Wednesday, 31 August 2005	Rafting the Rio Pacuare. Move to Perez Zeledon
Thursday, 1 September 2005	5-hour hike to Los Crestones Lodge, Chirripo. Rappelling.
Friday, 2 September 2005	Hike to Mt Chirripo (3,850 metres, highest in Costa Rica), hike to Mt Ventisqueros (time & weather permitting)
Saturday, 3 September 2005	Hike to San Gerardo de Rivas. Evening transfer to Puerto Jimenez at Corcovado National Park.
Sunday, 4 September 2005	Hike through the jungle (with scenic overlooks and white-sand beaches). Afternoon on the beach at Playa Karate campground.
Monday, 5 September 2005	Hike to La Sirena Biological Station (overnight in the campground)

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<u>Date</u>	<u>Activity</u>
Tuesday, 6 September 2005	Boat transfer to Punta Marenco Lodge for a day of exploration of the Punta Rio Claro Wildlife Refuge (exotic birds and small mammals)
Wednesday, 7 September 2005	Boat transfer to Cano Island for a full day of exploration of the humid tropical forest and snorkelling along the coral reefs
Thursday, 8 September 2005	Boat transfer to Drake Bay for a day of mountain biking. Evening transfer to San Jose.
Friday, 9 September 2005	Return to Canada via Pearson Toronto airport. Overnight in Mississauga.
Saturday, 10 September 2005	De-kit & de-brief in am. Niagara Falls in afternoon. Downtown Toronto tours in the evening. Staff debrief.
Sunday, 11 September 2005	Exhaust of Cadets to home regions.

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**ARMY CADET LEAGUE INTERNATIONAL EXPEDITION –
COSTA RICA ECOADVENTURE - CADET SELECTION PROCESS**

1. All interested Cadets must meet the following criteria:
 - a. be 16 years of age by 26 August 2005 and not older than 18 years by completion of expedition 8 September 2005;
 - b. preference will normally be given to those who meet all other criteria and have been appointed as Master Cadet. National Star Certification (NSC) is a minimum requirement (Cadets attempting the NSC Examination in March 2005 may apply for this Expedition);
 - c. medically fit in accordance with CATO 16-02 without restriction;
 - d. attain gold level on the Army Cadet Fitness Test (ACFT) in accordance with CATO 41-03. The ACFT must have been completed during the period 1 January 2005 and 10 March 2005. Gold level ACFT level is an imperative requirement;
 - e. an exemplary record of cadet service. Only those cadets who have demonstrated a high level of personal discipline shall be considered;
 - f. preference will be given to those who meet all other criteria and have not participated in an exchange or International Adventure expedition;
 - g. up-to-date routine immunizations including tetanus-diphtheria, measles-mumps-rubella, polio, and varicella;
 - h. selected Cadets will be required to obtain a parent or guardian's consent to procure a vaccination against Hepatitis A, Typhoid and Malaria. All vaccination costs will be reimbursed. More info will be forwarded regarding vaccinations to selected candidates in the Joining Instructions;
 - i. parent(s)/guardian(s) consent;
 - j. recommended by the Corps Commanding Officer, Area Cadet Officer (ACO) (Land); and
 - k. approved by Director of Cadets.

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2. The following four-step procedure and timelines will be used to select Cadets for the Costa Rica Eoadventure expedition:
 - a. Step 1. Cadets must complete Advanced Courses and Training Application CATO 42-05 and submit the application to their Corps Commanding Officer (CO).
 - b. Step 2. Corps COs are to ensure that all required parts of the Cadet Application for Advanced Training and Expeditions CATO 42-05 are accurate and complete. They must ensure that the result of the ACFT is included by attaching Annex A to CATO 41-03. The Corps CO must complete the Advanced Courses and Training Application and attach any documents that may be pertinent (course reports, letters of recommendation, etc). **The application is to be forwarded to the ACO (Land) at RCSU (Pacific) no later than 11 March 2004.**
 - c. Step 3. ACO (Land) to confirm that Cadets meet the prerequisites and prioritize all applications. All applications will be screened by the Regional Medical Liaison Officer (Pacific). Because of the remoteness of some training locations in Cost Rica, only Cadets without medical restrictions will be considered for selection.
 - d. Step 4. Expedition OPI, in consultation with Director of Cadets 4-4, will confirm all nominees and announce final selections and standby Cadets. If any region lacks a suitable candidate, the vacancy will be offered to a spare from another region.

**ARMY CADET LEAGUE INTERNATIONAL EXPEDITION –
COSTA RICA ECOADVENTURE-CIC STAFF SELECTION PROCESS**

1. Officers that meet the established criteria can forward their applications to DCdts 4-4 Major Alain Arseneault, Ottawa by 21 February 2005. Expedition OPI DCdts 4-4 and Executive Director of Army Cadet League of Canada will conduct the final selection.
2. Three CIC Officers will be selected for this expedition. The Expedition Leader will be selected from Central Region applicants. The remaining two Expedition Officer staff will be selected among the applications from all regions, including Central Region.
3. All interested Officers must meet the following criteria to be considered for Expedition staff:
 - a. be an Army CIC officer, MOC 92A;
 - b. be available for employment during the period;
 - c. hold the minimum rank of Lieutenant;
 - d. bilingualism is an asset (French-English);
 - e. Spanish fluency is an asset;
 - f. be physically fit. Officers will be expected to participate in all aspects. The expedition will be physically rigorous. Physical fitness is an important criterion for expedition success and safety;
 - g. be medically fit in accordance with CFAO 34-27;
 - h. have up-to-date routine immunizations including tetanus-diphtheria, measles-mumps-rubella, polio, and varicella;
 - i. must be willing to procure a vaccination against Hepatitis A, Typhoid and Malaria. All vaccination costs will be reimbursed. More information will be forwarded regarding vaccinations to selected Officers in the Joining Instructions;
 - j. be interested in and/or experienced in foreign travel;
 - k. be experienced in leading outdoor adventure training activities/treks/expeditions;

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- l. be certified in Standard Level first aid and Level A Cardiopulmonary Resuscitation (CPR) with St. John Ambulance or equivalent;
 - m. possess Local Headquarters experience and be active at a Corps. Cadet Summer Training Centre experience an asset;
 - n. be highly recommended by Corps' Commanding Officer;
 - o. be highly recommended by Staff Officer 2 (Land); and
 - p. be highly recommended by Commanding Officer, RCSU (Pacific).
4. The following procedures and timelines will be used to select officers for the expedition:
 - a. Step 1. Interested Officers shall submit a CATO 42-05(10/03) Application For Employment: Exchange Officer, PARA and Expedition Staff and letter of application /resume outlining their qualifications /experience with supporting documents;
 - b. Step 2. Corps CO shall vet the letter of application/resume, add recommendations and attach any support documents deemed appropriate and submit the letter of applications/resume to the Staff Officer 2 (Land), at RCSU (Pacific) **no later than 1 February 2005**;
 - c. Step 3. Director of Cadets, the RCSU (Central) representative and the Executive Director of the Army Cadet League of Canada shall review applications and documents for all nominees and select the Expedition Officers and establish a stand-by list. Selected Officers will be announced to RCSU (Pacific) NLT 1 May 2005.

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ARMY CADET LEAGUE INTERNATIONAL EXPEDITION – COSTA RICA ECOADVENTURE

Map of Central America



Map of Costa Rica

