

Regional Cadet Support Unit (Prairie)

**ADVENTURE TRAINING CENTRE
(Regina)**



Joining Instructions

Fall 2004

ADVENTURE TRAINING CENTRE (REGINA)

JOINING INSTRUCTIONS

GENERAL

1. Adventure training for Silver be held as follows at the Dundurn Military Training Area, Saskatchewan:

a. 01-03 October 2004:

- (1) 328 RCACC Saskatoon;
- (2) 390 RCACC Prince Albert;
- (3) 572 RCACC Humboldt;
- (4) 2271 RCACC Wadena;
- (5) 2293 RCACC Saskatoon;
- (6) 2537 RCACC North Battleford; and
- (7) 2815 RCACC Naicam.

b. 15-17 October 2004:

- (1) 155 RCACC Regina;
- (2) 1856 RCACC Moose Jaw;
- (3) 2302 RCACC Weyburn;
- (4) 2370 RCACC Regina;
- (5) 2517 RCACC Melville;
- (6) 2834 RCACC Yorkton;
- (7) 2901 RCACC Estevan; and
- (8) 2988 Montmartre.

LOCATION

2. The Dundurn Military Training Area, Saskatchewan will be used by the Adventure Training Centre (Regina) to conduct spring training.

TRANSPORTATION

3. All transportation to and from training sites is provided by the Department of National Defence, using bussing services. A cadet unit officer will escort cadets travelling in groups. All personnel will travel in either appropriate civilian or combat clothing (see "Clothing", #7 below).

TRAINING

4. The following is a general outline of activities scheduled for Adventure Training Centre weekends: (All activities are subject to restrictions by inclement weather, equipment or training location and situational limitations.)

5. Silver Star activities are intended to introduce new skills to the cadets and to practice and improve skills already learned in previous star levels. Cadets may participate in round-robin training in the following activities:

- a. canoeing;
- b. hiking;
- c. abseiling;
- d. rope bridging;
- e. initiative games; and
- f. orienteering.

More information regarding the types of activities scheduled at the Adventure Training Centres may be found at http://www.cadets.net/pr/armacad/adv/intro_e.asp. (Follow the links to the Adventure Training Centre activities page.)

ACCOMMODATION

6. Cadets will be staying in tents or improvised shelters for the duration of the exercise. Sleeping bags and mats are provided. Cadets allergic to down should notify their Commanding Officer (CO) in order to make necessary arrangements for a synthetic sleeping bag.

CLOTHING

7. ATC Instructors, Staff Cadets, Escort Officers, and cadets will bring the following:
 - a. 4 pairs wool/blend socks;
 - b. 4 pairs inner (polypropylene recommended) socks;
 - c. 4 pairs underwear;
 - d. 4 undershirts;
 - e. 2 pairs pants (no jeans);
 - f. 1 hat (i.e. Ball cap, Tilley etc);
 - g. 1 pair shorts;
 - h. 1 pair running shoes, for canoeing (will get wet);
 - i. 1 towel and face cloth;
 - j. toiletries and personal hygiene products;
 - k. 1 pair hiking boots and/or combat boots (running shoes are not adequate);
 - l. 1 pair long underwear; both top and bottom;
 - m. 1 fleece or long sleeve shirt/sweater;
 - n. 1 wind/water resistant (proof) jacket;
 - o. 1 bathing suit/clothes for while canoeing;
 - p. 1 water bottle;
 - q. 1 travel style coffee mug;
 - r. extra rain gear; and
 - s. 1 kit bag or equivalent for bringing and stowing your gear.

8. Cadets who do not have an item must notify their unit CO, who will then contact the ATC CO, who will make arrangements to procure the equipment for the cadet.

9. ATC Instructors, Staff Cadets, Escort Officers, and cadets may bring the following:

- a. sunglasses;
- b. disposable camera;
- c. light work gloves;
- d. healthy snack food (i.e. trail mix, granola bars, power bars, dried fruit)
- e. journal; and
- f. watch.

10. Appropriate civilian clothing is authorized for this exercise although those choosing to do so may still wear combat clothing, if it is in suitable condition and worn IAW CATO 46-01.

11. The following items will NOT be brought on the exercise by any participants:

- a. personal abseil equipment;
- b. personal canoeing equipment;
- c. junk food of any sort;
- d. electronic devices (i.e. walkman, Discman, MP3 players, Game boy etc.)
- e. inappropriate books or magazines (due to pornographic or violent content);
- f. lighters;
- g. non-prescription drugs; alcohol or other controlled substances; and
- h. knives, ammunition, firearms (or any other weapon) of any kind.

12. The pack light philosophy will apply for all items brought and carried. Rucksacks and backpacks will be loaded IAW CATO 14-37 – Rucksack Weight. Cadets aged 12 to 15 can carry a load not exceeding 25% of their body weight. Cadets 16 years of age and older can carry a load not exceeding 30% of their body weight.

Weight		12 to 15 years old		16 years old and up		Weight		12 to 15 years old		16 years old and up	
Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms
80	36.4	20.0	9.1	24.0	10.9	185	84.1	46.3	21.0	55.5	25.2
85	38.6	21.3	9.7	25.5	11.6	190	86.4	47.5	21.6	57.0	25.9
90	40.9	22.5	10.2	27.0	12.3	195	88.6	48.8	22.2	58.5	26.6
95	43.2	23.8	10.8	28.5	13.0	200	90.9	50.0	22.7	60.0	27.3
100	45.5	25.0	11.4	30.0	13.6	205	93.2	51.3	23.3	61.5	28.0
105	47.7	26.3	11.9	31.5	14.3	210	95.5	52.5	23.9	63.0	28.6
110	50.0	27.5	12.5	33.0	15.0	215	97.7	53.8	24.4	64.5	29.3
115	52.3	28.8	13.1	34.5	15.7	220	100.0	55.0	25.0	66.0	30.0
120	54.5	30.0	13.6	36.0	16.4	225	102.3	56.3	25.6	67.5	30.7
125	56.8	31.3	14.2	37.5	17.0	230	104.5	57.5	26.1	69.0	31.4
130	59.1	32.5	14.8	39.0	17.7	235	106.8	58.8	26.7	70.5	32.0
135	61.4	33.8	15.3	40.5	18.4	240	109.1	60.0	27.3	72.0	32.7
140	63.6	35.0	15.9	42.0	19.1	245	111.4	61.3	27.8	73.5	33.4
145	65.9	36.3	16.5	43.5	19.8	250	113.6	62.5	28.4	75.0	34.1
150	68.2	37.5	17.0	45.0	20.5	255	115.9	63.8	29.0	76.5	34.8
155	70.5	38.8	17.6	46.5	21.1	260	118.2	65.0	29.5	78.0	35.5
160	72.7	40.0	18.2	48.0	21.8	265	120.5	66.3	30.1	79.5	36.1
165	75.0	41.3	18.8	49.5	22.5	270	122.7	67.5	30.7	81.0	36.8
170	77.3	42.5	19.3	51.0	23.2	275	125.0	68.8	31.3	82.5	37.5
175	79.5	43.8	19.9	52.5	23.9	280	127.3	70.0	31.8	84.0	38.2
180	81.8	45.0	20.5	54.0	24.5	285	129.5	71.3	32.4	85.5	38.9

13. All items of kit and personal belongings must be permanently marked with the cadet's name and cadet corps number. A kit check will be conducted at the unit prior to departure. Any unauthorized items brought to the ATC will be confiscated and secured by ATC CO until the cadet's departure from the ATC.

14. All are reminded that they are solely responsible for personal items brought to the ATC. ATC staff will not be held liable for the loss or damage to personal items brought to the ATC.

FOOD

15. All personnel will be fed Individual Meal Packages (IMPs). Cadets who are vegetarians, have food allergies or have special diet requirements should have indicated so on the Application Form (CF51). If this was not done, contact your unit CO.

MEDICAL CARE

16. ATCs will have first aid qualified staff in order to administer any emergency first aid. The Department of National Defence will assume responsibility for medical treatment in accordance with RCSU (Pra) Policy and Administrative Instructions 205.03 and 205.04.
17. The Provincial Medical Plan will pay for treatment received from civilian medical providers; therefore, cadets must ensure that their Medical Plan number is included on their Medical Information portion of the CF51. The Department of National Defence will pay for treatment(s), including ambulance charges, not covered by the provincial plan, which are necessary and authorized by regulations.
18. Cadets who are presently on prescribed medication must bring enough to last the weekend, as well as detailed instructions on its proper use. Cadets are responsible to dispense their own medication. Individuals allergic to bee and wasp stings must have an ANAKIT with them and carry it on their person at all times.
19. Cadets wearing corrective lenses **MUST** have a safety-retaining strap.

SMOKING POLICY

20. Provincial regulations will determine the minimum smoking regulations.
21. In addition to the provincial regulations:
 - a. the Cadet policy regarding smoking is IAW CATO 13-22;
 - b. smoking by anyone while wearing issued clothing or near issued equipment is not permitted; and
 - c. smoking will be discouraged, although designated and separate smoking areas will be assigned for cadets and officers.

DISCIPLINE

22. 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).

INSPECTION OF PROPERTY

23. Due to the large number of cadets attending Adventure Training Centres there is a need to conduct inspections of cadets and their property, particularly prior to their arrival. The major objective of such an inspection is to ensure that each cadet has the necessary clothing and equipment for his or her use during the training exercise.

24. As you can appreciate, the smooth, efficient operation and the safety of all personnel at the Adventure Training Centre is dependent upon the maintenance of good order and discipline which would be undermined significantly if the cadets were in possession of forbidden items noted in paragraph 12. Parent/guardians are requested to sign the "Declaration" found at Annex A. Failure to sign this form dictates that the Canadian Forces will be unable to accommodate your son/daughter/ward at one of their Adventure Training Centres.

25. Please be assured that any inspections that may be required will conform to standard legal practices, having due regard at all times for the privacy and dignity of the individuals involved. There is absolutely no intent to embarrass or harass any cadet.

PRESS RELEASES

26. During the course of the weekend, the ATC Staff may take photographs and write articles of cadets performing various training activities. To ensure that the maximum coverage is given to this material, you are requested to fill out "Press Release Information" found at Annex B and forward it to the ATC with your son/daughter/ward.

TELEPHONE

27. As training will be conducted in remote locations, the cadets will NOT have access to telephone. However, there will be both a cellular and satellite phones for emergency communication purposes.

28. The Contact Officer for the Adventure Training Centre (Regina) will be the Area Cadet Officer (Army) Capt Evans at (306) 536-1844. Available from 1700 hrs on the Friday, until 1800 hrs on the Sunday of the exercise.

ADDITIONAL INFORMATION

29. All information in this booklet has been designed to assist cadets and their parent(s)/guardian(s) in understanding the organization and training offered at the Adventure Training Centre. Parent(s)/Guardian(s) having further questions regarding the Adventure Training Centre should contact their Cadet Corps Commanding Officer or the Commanding Officer of the Adventure Training Centre (Regina), Maj. M. Rosin, at rosin@cadets.net.

Annex A
To ATC (Reg)
Joining Instructions

DECLARATION

Required to be signed and brought to the RCSU (PRA) Adventure Training Centre (Regina).

I, _____, have read and understood the above
(Full Name of Parent/Guardian)
information and I consent to a designated representative of the Canadian Forces
conducting inspections involving the person and property of my son/daughter/ward.

I, _____, understand that these
(Name of Cadet)
inspections are conducted solely for the purpose of loss prevention, assurance of the
sufficiency and suitability of clothing and equipment brought to the Adventure Training
Centre by the cadet, and the maintenance of good order and discipline. I have no
objection that, if unsuitable items such as illegal weapons, alcoholic beverages and/or
sexually explicit photographic material are found, they may be confiscated, either
temporarily or permanently, and dependent upon the legal requirements disposed of in
the appropriate manner.

I understand the aforementioned consent.

(Signature of Parent/Guardian)

Date

(Signature of Cadet)

(Signature of Witness)

Annex B
To ATC (Reg)
Joining Instructions

Required to be signed and brought to the RCSU (PRA) Adventure Training Centre (Regina).



National Défense
Defence nationale



RELEASE OF PERSONAL INFORMATION

Authority is granted to use cadet personal information (name, age, hometown) and photographic image to publicly recognize cadet accomplishments and achievements while in the Cadet Program and to promote the Cadet Program through print or electronic media including radio, television, the internet, newspapers and magazines. This authority is valid until one year after he/she is no longer a cadet unless rescinded in writing.

CONSETEMENT DE DIVULGATION
D'INFORMATION PERSONNELLE

Je consens à ce que l'information personnelle (nom, âge, ville) du cadet et de toute image photographique pour reconnaître publiquement ses accomplissements et ses réalisations pendant sa participation dans le programme des cadets et pour promouvoir ce programme par l'entremise de texte ou les médias électroniques comprenant la radio, la télévision, l'Internet, les journaux et les revues. Ce consentement est valide jusqu'à un an après que lui ou elle ne sera plus un cadet sauf si demande de rescision par écrit est faite.

NAME OF CADET (Please print)

NOM DU CADET (Lettres moulées s.v.p.)

SIGNATURE

Date

NAME OF PARENT OR GUARDIAN (Please print)

NOM DU PARENT OU DU TUTEUR (Lettres moulées s.v.p.)

SIGNATURE

Date

Home Corps/Squadron Number _____ Name _____

Home Town _____ Province _____

Name & Address of Home Town Newspaper(s) _____