

## CHAPTER 2

### TRAINING MANAGEMENT DETAILS

#### RESPONSIBLE AGENCY AND TRAINING ESTABLISHMENTS

1. The Managing Authority for the Army Cadet Star Level Program is D Cdts & JCR. 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 (CO).

#### TRAINING DETAILS

2. 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 30 training sessions and 10 supported training days as detailed in [Annex A](#).
3. 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; and
  - 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. 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.
4. **Period Allocation.** Periods are 30 minutes in duration with some periods allocated to be delivered during training days/weekends. A detailed period allocation, including details on training days/weekend, is provided at [Annex A](#), and scheduling guidelines are located at [Annex B](#).
5. **Training Days/Weekends.**
  - a. The planning and conduct of training days is the responsibility of the corps. Day training shall be conducted at the corps parade location or, where suitable facilities do not exist at the corps parade location, within the local community.
  - b. The conduct of expedition training is normally the responsibility of Technical TEs (Expedition Centres). The planning of these activities is to be done in conjunction with the Area Cadet Detachment/RCSU and RCSS/Expedition Centre.
  - c. In accordance with CATO 11-04, *Cadet Program Outline*, weekend training shall normally be conducted within three hundred kilometres of the corps parade location.
  - d. 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.

- e. Training days and weekends shall be structured, unless otherwise specified in the individual Star QSP, to include cadets from all levels of the Star Level Program.

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

7. **Training Staff Requirements.**

- a. Corps Training Officer (Trg O):

Rank	MOSID	Number	Qualification
Capt	00232-02	1	<p>Minimum:</p> <p>Captain Qualification or CIC Intermediate Officer Qualification.</p> <p>Preferred:</p> <p>CIC Training Officer (Corps/Squadron) Qualification; and CIC Occupational Specialty Senior Instructor Qualification.</p>

- b. Silver Star Course Officer (Silver Star Crse O):

Rank	MOSID	Number	Qualification
2Lt/Lt	00232-02	1	<p>Minimum:</p> <p>Basic Officer Qualification or CIC Basic Military Officer Qualification and Basic Military Occupational Qualification.</p> <p>Preferred:</p> <p>Military Occupation Course (Army) or CIC Basic Military Officer Qualification (Army).</p>

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

## c. Instructors:

Rank	MOSID	Number	Qualification
Cadet WO and above	N/A	1 per 10 cadets	<p>Minimum:</p> <p>Completion of Gold Star.</p> <p>Preferred:</p> <p>CSTC specialties appropriate for activity requirements (eg, Air Rifle Marksmanship Instructor for marksmanship instruction).</p>

8. **Technical Specialists.** The number of technical specialists required is influenced by policy documentation specific to the activity (eg, CATOs, Water Safety Orders, Adventure Training Safety Standards, etc.) and by local circumstances. It is recommended that cadet specialist instructors be used in the delivery of speciality training where practical. The technical specialists that could support Silver Star are:

## a. Required Specialist Instructors:

- (1) Unit Cadet Conflict Management Advisor (UCCMA) to coordinate training delivery and learning reinforcement for PO 100; and
- (2) Range Safety Officer (RSO) in support of POs 306 (Chapter 4, [Section 7](#)) and 311 (Chapter 4, [Section 11](#));
- (3) Cold Weather Instructor in support of PO 121; and

## b. Possible Cadet Specialist Instructors:

- (1) Fitness and Sports Instructor(s) as available in support of POs X04 (Chapter 4, [Section 5](#)) and X05 (Chapter 4, [Section 6](#));
- (2) Air Rifle Marksmanship Instructor(s) as available in support of POs 206 and 211;
- (3) Drill and Ceremonial Instructor(s) as available in support of PO 308 (Chapter 4, [Section 9](#)); and
- (4) Expedition Instructor(s) as available in support of POs 321 (Chapter 4, [Section 13](#)), 322 (Chapter 4, [Section 14](#)), and 323 (Chapter 4, [Section 15](#)).

## c. guest speaker(s) as required.

9. **Resource Requirements.** RCSU COs are responsible for ensuring that required equipment and supplies are available. A list of material required to conduct the training is located at [Annex C](#).

## TRAINING ADMINISTRATION

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

11. **Reports.** A training file should be maintained on each cadet to record their progress during the training year. The training file should consist, as a minimum, of a Silver Star Qualification Record (Chapter 3, [Annex C](#)). Training files are temporary documents which may be disposed of upon migration of the Silver Star Qualification Record to DND 2399, *Cadet Personnel Record*.

## QUALIFICATION

12. The Silver Star qualification is awarded to cadets upon completion of the requirements specified in Chapter 3.

## **RELATED DOCUMENTS**

13. This QSP is to be used in conjunction with:
  - a. CATOs; and
  - b. A-CR-CCP-703/PF-001, *Royal Canadian Army Cadets Silver Star Instructional Guides*.

## **REFERENCES**

14. A list of references used in this QSP is located at [Annex D](#).

## SILVER STAR TRAINING SUMMARY AND TIME ALLOCATION

### PERIOD ALLOCATION

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
X01	Participate in Citizenship Activities	MX01.01A	Participate in a Citizenship Tour	-
		MX01.01B	Attend a Presentation by a Community Organization	-
		MX01.01C	Attend a Presentation by a Citizen-of-Interest	-
		MX01.01D	Participate in the Canadian Citizenship Challenge	-
		MX01.01E	Host a Citizenship Ceremony	-
		MX01.01F	Participate in an Election	-
		MX01.01G	Participate in Heritage Minutes Video Activities	-
		MX01.01H	Participate in Citizenship Learning Stations	-
		CX01.01	Participate in Citizenship Activities	18
		<b>PO X01 - Total Mandatory</b>		<b>3</b>
		<b>PO X01 - Total Complementary</b>		<b>18</b>
X02	Perform Community Service	MX02.01	Perform Community Service	9
		CX02.01	Perform Community Service	18
		<b>PO X02 - Total Mandatory</b>		<b>9</b>
		<b>PO X02 - Total Complementary</b>		<b>18</b>
303	Perform the Role of a Team Leader	M303.01	Define the Role of a Team Leader	2
		M303.02	Participate in a Mentoring Relationship	1
		M303.03	Practice Self-Assessment	1
		M303.04	Communicate as a Team Leader	2
		M303.05	Supervise Cadets	2
		M303.06	Solve Problems	2
		M303.07	Lead Cadets Through a Leadership Assignment	2
		303 PC		0
		C303.01	Lead Team-Building Activities	3

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd	
		C303.02	Deliver a Presentation About a Leader	2	
		C203.01	Record Entries in a Reflective Journal	3	
		C203.02	Employ Problem Solving	2	
		C203.04	Participate in a Presentation Given by a Leader	2	
		C203.05	Participate in Trust-Building Activities	1	
		C203.06	Participate in Problem-Solving Activities	2	
		C103.03	Participate in Teambuilding Activities	1	
		PO 303 - Total Mandatory			12
		PO 303 - Total Complementary			16
X04	Track Participation in Physical Activities	MX04.01	Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities	3	
		MX04.02	Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)	3	
		MX04.03	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3	
		CX04.01	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3	
		CX04.02	Participate in Activities that Reinforce the Three Components of Physical Fitness	3	
		CX04.03	Participate in a Cooking Class	3	
		CX04.04	Attend a Personal Fitness and Healthy Living Presentation	3	
		CX04.05	Attend a Local Amateur Sporting Event	3	
		PO X04 - Total Mandatory			9
		PO X04 - Total Complementary			15
X05	Participate in Physical Activities	MX05.01	Participate in Physical Activities	9	
		CX05.01	Participate in Physical Activities	9	
		CX05.02	Participate in a Tournament	9	
		PO X05 - Total Mandatory			9
		PO X05 - Total Complementary			18

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
306	Fire the Cadet Air Rifle During Recreational Marksmanship	M306.01	Participate in a Recreational Marksmanship Activity	3
		C306.01	Identify Civilian Marksmanship Organizations	1
		C306.02	Correct Marksmanship Error	2
		C306.03	Fire the Cadet Air Rifle from the Standing Position	2
		C206.01	Practice Holding Techniques	1
		C206.02	Practice Aiming Techniques	2
		C206.03	Practice Firing Techniques	1
		C106.01	Participate in a Recreational Marksmanship Activity	6
		<b>PO 306 - Total Mandatory</b>		<b>3</b>
		<b>PO 306 - Total Complementary</b>		<b>15</b>
307	Serve in an Army Cadet Corps	M307.01	Identify Silver Star Training Opportunities	1
		M307.02	Identify Year Three CSTC Training Opportunities	1
		M307.03	Recognize the Partnership Between the Army Cadet League of Canada and the Department of National Defence	1
		C307.01	Participate in a Presentation Given by a Guest Speaker From the RCSU	2
		C307.02	Participate in a Presentation Given by the Cadet Liaison Officer	2
		C307.03	Participate in a Presentation Given by a Guest Speaker from the Army Cadet League of Canada	2
		<b>PO 307 - Total Mandatory</b>		<b>3</b>
		<b>PO 307 - Total Complementary</b>		<b>6</b>
308	Direct a Squad Prior to a Parade	M308.01	Prepare a Squad for Parade	3
		M308.02	Deliver Words of Command	1
		308 PC		0
		C308.01	Execute Flag Party Drill	4
		C308.02	Deliver Words of Command	2

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C208.01	Practice Ceremonial Drill as a Review	2
		C208.02	Execute Drill with Arms	8
		<b>PO 308 - Total Mandatory</b>		<b>4</b>
		<b>PO 308 - Total Complementary</b>		<b>16</b>
309	Instruct a Lesson	M309.01	Explain Principles of Instruction	2
		M309.02	Identify Methods of Instruction	2
		M309.03	Describe Effective Speaking Techniques	1
		M309.04	Describe Questioning Techniques	1
		M309.05	Select Appropriate Instructional Aids	2
		M309.06	Plan a Lesson	2
		M309.07	Instruct a 15-Minute Lesson	3
		309 PC		0
		C309.01	Deliver a One-Minute Verbal Presentation	2
		C309.02	Plan a Lesson	2
		C309.03	Instruct a 15-Minute Lesson	3
		C309.04	Identify Formations for Drill Instruction	1
		C309.05	Plan a Drill Lesson	2
		C309.06	Instruct a 15-Minute Drill Lesson	3
		<b>PO 309 – Total Mandatory</b>		<b>13</b>
		<b>PO 309 – Total Complementary</b>		<b>13</b>
311	Participate in a Recreational Summer Biathlon Activity	C311.01	Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity	3
		C311.02	Participate in a Recreational Summer Biathlon Activity	6
		C211.01	Identify Civilian Biathlon Opportunities	1
		C211.02	Run on Alternate Terrain	1
		C211.03	Fire the Cadet Air Rifle Using a Sling Following Physical Activity	1
		C211.04	Participate in a Competitive Summer Biathlon Activity	6
		C111.01	Participate in a Biathlon Briefing	1



PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C111.02	Run Wind Sprints	1
		C111.03	Fire the Cadet Air Rifle Following Physical Activity	1
		C111.04	Participate in a Recreational Summer Biathlon Activity	6
		<b>PO 311 – Total Mandatory</b>		<b>0</b>
		<b>PO 311 – Total Complementary</b>		<b>27</b>
X20	Participate in Canadian Armed Forces (CAF) Familiarization Activities	MX20.01A	Participate in a CAF Activity	-
		MX20.01B	Participate in a CAF Familiarization Tour	-
		MX20.01C	Fire the C7 Rifle	-
		MX20.01D	Participate in a Mess Dinner	-
		MX20.01E	Attend a CAF Presentation	-
		MX20.01F	Attend a CAF Commemorative Ceremony	-
		MX20.01G	Participate in CAF Video Activities	-
		MX20.01H	Participate in CAF Learning Stations	-
		CX20.01	Participate in CAF Familiarization Activities	18
		<b>PO X20 - Total Mandatory</b>		<b>6</b>
		<b>PO X20 - Total Complementary</b>		<b>18</b>
321	Perform the Duties of a Team Leader on an Overnight Bivouac Exercise	M321.01	Perform the Duties of a Team Leader in the Field	1
		M321.02	Construct Components of a Bivouac Site	3
		C321.01	Identify Methods of Waste Disposal in the Field	1
		C321.02	Identify Safety Considerations When Travelling Over Snow and Ice	2
		C321.03	Construct Field Amenities	6
		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
		<b>PO 321 - Total Mandatory</b>		<b>4</b>

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
		<b>PO 321 - Total Complementary</b>		<b>31</b>
322	Plot Location on a Topographical Map Using a Global Positioning System Receiver	M322.01	Review Red Star Navigation	1
		M322.02	Calculate Magnetic Declination	2
		M322.03	Identify Components of a Global Positioning System	1
		M322.04	Identify Features of a Global Positioning System Receiver	1
		M322.05	Set a Map Datum on a Global Positioning System Receiver	2
		M322.06	Identify Location Using a Global Positioning System Receiver	4
		322 EC-01		0
		322 PC		0
		C322.01	Practice Navigation as a Member of a Small Group	9
		C322.02	Identify Factors That Impact Navigation in the Winter	4
		C322.03	Identify the Principles of Map-Making	1
		C322.04	Draw a Map of an Area in the Local Training Facility	1
		<b>PO 322 - Total Mandatory</b>		<b>11</b>
		<b>PO 322- Total Complementary</b>		<b>15</b>
323	Trekking	C123.01	Participate in Adventure Training	18
		C123.02	Adhere to March Discipline	1
		C123.03	Participate in Snowshoeing	9
		<b>PO 323 – Total Complementary</b>		<b>28</b>
324	Survive When Lost	M324.01	Construct an Improvised Shelter	3
		M324.02	Collect Drinking Water	1
		M324.03	Light a Fire Without Matches	4
		M324.04	Predict Weather	1
		M324.05	Determine When to Self-Rescue	1
		324 EC-01/324 EC-02/324 EC-03/324 EC-04		0

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C324.01	Identify Animal and Insect Food Sources	2
		C324.02	Construct Snares	4
		C324.03	Catch a Fish	3
		C324.04	Collect Edible Plants	4
		C324.05	Prepare a Meal from Field Food Sources	3
		C224.01	Cook in the Field	2
		C224.02	Prepare a Signal Fire	2
		<b>PO 324 - Total Mandatory</b>		<b>10</b>
		<b>PO 324 - Total Complementary</b>		<b>20</b>
325	Identify the Competencies of Outdoor Leaders	M325.01	Participate in a Discussion on Army Cadet Expedition Training	1
		M325.02	List the Competencies of an Outdoor Leader	2
		M325.03	Discuss Self-Awareness and Professional Conduct as a Competency of an Outdoor Leader	1
		C325.01	Communicate During an Expedition	6
		C325.02	Participate in a Presentation on the Duke of Edinburgh Award Program	1
		<b>PO 325 - Total Mandatory</b>		<b>4</b>
		<b>PO 325 - Total Complementary</b>		<b>7</b>
326	Perform Expedition Skills (Note 1)	M326.01	Prepare for Expedition Training	1
		M326.02a	Paddle a Canoe (Note 2)	5.5
		M326.02b	Ride a Mountain Bike (Note 2)	5.5
		M326.02c	Hike Along a Route (Note 2)	5.5
		M326.03	Practice Environmental Stewardship as a Team Leader	1
		M326.04	Navigate Along a Route Using a Map and Compass	2
		M326.05	Use Expedition Equipment	2
		M326.06	Follow Daily Routine	1
		M326.07	Record Entries in a Journal	1
		326 PC		0

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
			<b>PO 326 - Total Mandatory</b>	<b>19</b>
N/A	Participate in the Annual Ceremonial Review (ACR)			<b>3</b>

**Note:**

1. EOs M326.02 to M326.07 (Chapter 4, Section 18) and 326 PC (Chapter 3, [Annex B, Appendix 8](#)) are to be conducted at an expedition centre during the allocated expedition exercise. The period count for these EOs is an estimate that conforms to the standard eighteen periods allocated to a training weekend. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.
2. Two activities shall be selected from the three listed as M326.02 (Chapter 4, Section 18).

## 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 (eg, PO X02 [Community Service], PO X05 [Physical Activities], or PO 306 [Air Rifle Marksmanship, Chapter 4, <a href="#">Section 7</a> ]). 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 corps to participate in a weekend bivouac FTX to include two days of practical experience in support of PO 321 (Field Training, Chapter 4, <a href="#">Section 13</a> ), PO 322 (Navigation, Chapter 4, <a href="#">Section 14</a> ) and PO 324 (Wilderness Survival, Chapter 4, <a href="#">Section 16</a> ).	1 Weekend
Expedition Exercise	One weekend of mandatory support will be provided for Silver Star cadets to participate in a weekend of expedition training conducted by a Region Expedition Centre to develop hard expedition skills. Guidance on the conduct of this weekend is provided at <a href="#">Annex A, Appendix 1</a> .	1 Weekend
	<b>Total Mandatory</b>	<b>6 Days</b>

### 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 (eg, PO X02 [Community Service], PO X05 [Physical Activities], or PO 323 [Trekking, Chapter 4, <a href="#">Section 15</a> ]). 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 corps to participate in <u>either</u> : a. a weekend adventure training FTX (EO C123.01 Participate in Adventure Training) conducted in accordance with A-CR-CCP-951/PT-002; <u>or</u> b. a weekend cold weather FTX (EO C121.05 Participate in Cold Weather Training) 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
	<b>Total Complementary</b>	<b>4 Days</b>

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## CONDUCT OF EXPEDITION EXERCISE

1. This annex is intended as amplification to Chapter 4 to provide guidance as to the conduct of PO 326 (Perform Expedition Skills, Chapter 4, [Section 18](#)).
2. Expedition centre 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 expedition centre will approach training through an experiential approach, which will allow the cadet to develop skills such as mountain biking and hiking through direct experience at a personal level. Each cadet will be given the opportunity to examine what they saw, felt and thought during the weekend, and consider how it related to what they already learned as well as how it will relate to future experiences.
3. Corps will be required to provide each cadet attending an expedition centre with a briefing concerning their participation in the activities at the centre. The information required to be presented is included in EO M326.01 (Prepare for Expedition Training, Chapter 4, Section 18) and the specific expedition centre joining instructions. Corps training officers are advised to schedule this EO two weeks prior to the cadet attending the expedition centre, to provide the cadets with enough time to fully prepare for their participation in the activities.
4. The following EOs will be completed at the expedition centre:
  - a. EO M326.03 (Practice Environmental Stewardship as a Team Leader, Chapter 4, Section 18) - 1 period,
  - b. EO M326.04 (Navigate Along a Route Using a Map and Compass, Chapter 4, Section 18) - 2 periods,
  - c. EO M326.05 (Use Expedition Equipment, Chapter 4, Section 18) - 2 periods,
  - d. EO M326.06 (Follow Daily Routine, Chapter 4, Section 18) - 1 period, and
  - e. EO M326.07 (Record Entries in a Journal, Chapter 4, Section 18) - 1 period.
5. Expedition centres, under direction from regional trainers, will select and train at least two of the following dynamic modes of travel:
  - a. EO M326.02a (Paddle a Canoe, Chapter 4, Section 18) - 5.5 periods,
  - b. EO M326.02b (Ride a Mountain Bike, Chapter 4, Section 18) - 5.5 periods, or
  - c. EO M326.02c (Hike Along a Route, Chapter 4, Section 18) - 5.5 periods.
6. The following are the training expectations for each dynamic mode of travel:
  - a. **Canoeing.** The cadet shall paddle a tandem canoe on flatwater for a distance of up to 10 km.
  - b. **Mountain Biking.** The cadet shall ride a mountain bike on familiarization mountain bike trails for a distance not to exceed 40 km.
  - c. **Hiking.** The cadet shall hike along a route consisting of a combination of Class 1, 2 and 3 terrain for a distance not to exceed 10 km. At least 1/3 of the route must be Class 3 terrain.
7. A schedule has been included to provide the expedition centre with a sample format to follow for the weekend. The period count for all required EOs is an estimate that conforms to the standard eighteen periods allocated to a training weekend. The expedition centre may choose to adjust this allocation to reflect the choice of activities, facilities and available resources. When developing a training schedule expedition centres may choose to incorporate additional Army Cadet Adventure Training Activities, (ACATA) as outlined in A-CR-CCP-951/PT-002, as long as this does not impede the cadets' ability to meet mandatory training requirements.

8. All training will be conducted based on a small group model. Based on fortress data the cadet will be placed into teams of no more than nine cadets upon arrival Friday evening. An expedition centre Team Instructor (TI) will be assigned to each team and will remain with the team for the duration of the weekend. These team sizes take into account the instructor/cadet training ratios, but not the requisite instructor qualifications, for the adventure training activities being conducted.

9. When following an experiential education approach, being aware of teachable moments is very important. A teachable moment is a situation that naturally arises during the course of the day and provides opportunity for discussion. These moments will reinforce both expedition and corps program material and should be taken advantage of throughout the expedition. Expedition centre staff should take the time to explain and emphasize program material as opportunity arises. Some of these teachable moments could include:

- a. navigation,
- b. leave no trace,
- c. foot care,
- d. basic astronomy,
- e. wildlife,
- f. predicting weather,
- g. campsite routine, and
- h. use of equipment, etc.



### Sample Schedule

Friday		
Timings	Tasks/Activity	Remarks
	Collect Expedition Skill/Experience Assessment Form	Expedition centre staff must read and tabulate scores from Expedition Skills/Experience Assessment form. Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	Expedition centre staff.
	Set up campsite	Expedition centre 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 TI.
	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. Expedition centre staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine).
0630	Breakfast	Log O to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down	Under direction of TI each team will tear down all components of the campsite, organize personal and group equipment for transport to new campsite.
0800	Start expedition	See notes.
	Mode of travel #1	Initial training for designated mode of travel will begin as per IG. Once the initial training has been completed the teams will depart the base campsite and follow the designated route card to campsite #2.

Saturday		
Timings	Tasks/Activity	Remarks
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 camp site #2	Teams will set up their campsites, with the TI providing feedback as required. TI should ensure that cadets follow principles discussed in EO M326.06 (Follow Daily Routine).
1730	Supper	Preparation of supper will be incorporated into the teams campsite set up routine. TI will use time during supper to instruct M326.02 (Use Expedition Equipment).
1900	EO M326.07 (Record Entries in a Journal)	TIs should ensure that they choose a location away from other teams to teach this EO. Following this presentation of the TPs in this EO all teams will complete a group journal entry under the direction of their TI.
2000	Evening activities	See note 9.
1000	Lights out	
Sunday		
Timings	Tasks/Activity	Remarks
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities, as discussed in EO M326.06 (Follow Daily Routine). TI should not have to provide much guidance and should observe their teams to ensure all tasks are completed.
0800	Mode of travel #2	Initial training for designated mode of travel will begin as per IG. Once the initial training has been completed the teams will depart the base campsite and follow the designated route card to the practical expedition end point.
1200	Lunch	Lunch will occur at a designated point along the practical expedition route.

Sunday		
Timings	Tasks/Activity	Remarks
1330	Arrive 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 expedition centre Log O.
1430	Debrief	All cadets will be required to: fill out an expedition centre activity critique and complete a journal entry about their experiences during the weekend.
1500	Depart	
<b>Notes:</b> <ol style="list-style-type: none"> <li>1. Timings for each skill during the practical expedition activity section will vary depending what has been selected. While there is a requirement for initial training, the focus should be on having the cadets complete each skill through the practical expedition activity.</li> <li>2. TIs will be required to provide all skill instruction for their team for the duration of the expedition. This will provide for a small ratio of instructor to student allowing the TI to provide more individually supported learning.</li> <li>3. During the practical expedition activity, each cadet will be required to navigate a leg of the route, EO M326.04 (Navigate Along a Route), using the provided route card.</li> <li>4. TIs should use breaks along the practical expedition route to discuss the TPs in M326.03 (Practice Environmental Stewardship as a Team Leader). They are also encouraged to be aware of and employ teachable moments as they occur.</li> <li>5. Other ACATA can be incorporated into the practical expedition activity. For example: during the hiking route cadets may be given the opportunity to move through a series of caves or abseil down a rock face; or incorporating a trail hike in with canoeing and mountain biking to move the cadets from one location to the next. Flexibility is provided as long as the primary objectives of the two selected modes of travel are met.</li> <li>6. An expedition centre may choose to organize their practical expedition activity so that cadets participate in a new dynamic mode of travel on each days of the expedition.</li> <li>7. The TI will use lunch and supper breaks to instruct EOs M326.05 (Use Expedition Equipment) and M326.06 (Follow Daily Routine).</li> <li>8. Evening activities shall be provided and could be comprised of: navigation review, team-building games, introduction to next day's activities, etc.</li> <li>9. The practical expedition activity end time will differ for each expedition centre.</li> </ol>		

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### CONDUCT OF BIVOUAC FTX

1. A total of 18 periods are allocated for the Weekend Bivouac FTX.
2. The following EOs shall be conducted prior to the Weekend Bivouac FTX and confirmed through practical field activities.
  - (a) M321.01 (Perform the Duties of a Team Leader in the Field, Chapter 4, Section 13),
  - (b) M322.02 (Calculate Magnetic Declination, Chapter 4, Section 14),
  - (c) M322.03 (Identify Components of a Global Positioning System, Chapter 4, Section 14),
  - (d) M322.04 (Identify Features of a Global Positioning System Receiver, Chapter 4, Section 14), and
  - (e) M322.05 (Set a Map Datum on a Global Positioning System Receiver, Chapter 4, Section 14).
3. The field instruction of the following EOs shall be conducted during the Weekend Bivouac FTX:
  - (a) M321.02 (Construct Components of a Bivouac Site, Chapter 4, Section 13),
  - (b) M322.01 (Review Red Star Navigation, Chapter 4, Section 14),
  - (c) M322.06 (Identify Location Using a Global Positioning System [GPS] Receiver, Chapter 4, Section 14),
  - (d) M334.01 (Construct an Improvised Shelter, Chapter 4, Section 16),
  - (e) M324.02 (Collect Drinking Water, Chapter 4, Section 16),
  - (f) M324.03 (Light a Fire Without Matches, Chapter 4, Section 16),
  - (g) M324.04 (Predict Weather, Chapter 4, Section 16), and
  - (h) M324.05 (Determine When to Self-Rescue, Chapter 4, Section 16).
4. Unit training officers are required to produce an exercise instruction to include all EOs outlined in paragraph 3.b.
5. **Resource Requirements:**
  - (a) Sleeping bag,
  - (b) Air mattress,
  - (c) Wash basin,
  - (d) Backpack,
  - (e) Groundsheet,
  - (f) Water container,
  - (g) Two-burner stove,
  - (h) Funnel,
  - (i) Naphtha fuel,
  - (j) Dual-generator lantern,
  - (k) Mantles,

- (l) Pot set,
- (m) Fire extinguisher,
- (n) First aid kit,
- (o) Blanket,
- (p) Stretcher,
- (q) Environmental spill kit,
- (r) Garbage bags,
- (s) Suitable cutlery and plates required for field meals,
- (t) Suitable paper products (toilet paper, paper towel, etc) as required,
- (u) Flashlight,
- (v) Flashlight batteries,
- (w) IMP,
- (x) 4 lb axe (36-inch handle),
- (y) 24-inch bow saw,
- (z) Shovel,
- (aa) Pail,
- (ab) Matches,
- (ac) Whistle,
- (ad) Mirror,
- (ae) Survival kit,
- (af) Flint,
- (ag) Steel,
- (ah) Pocket knife,
- (ai) Compass,
- (aj) Global Positioning System Receiver, and
- (ak) Topographical map of the area.

## SCHEDULING GUIDELINES

1. Schedule those activities that are set dates (eg, Remembrance Day activities, Regionally Directed Activities, TE activities [eg, sailing], School Breaks).
2. Schedule major and recurring activities (eg, PO X05 [Physical Activities, Chapter 4, [Section 6](#)], CO's Parades, Annual Ceremonial Review).
3. Schedule the following training activities early in the training year:
  - a. PO 100 (Positive Social Relations for Youth),
  - b. POs 107, 207, 307 (Chapter 4, [Section 8](#)), 407 and 507 (General Cadet Knowledge),
  - c. POs 303 (Chapter 4, [Section 4](#)), 403 and 503 (Leadership), and
  - d. POs 309 (Chapter 4, [Section 10](#)) and 409 (Instructional Techniques).
4. Schedule any special considerations, such as:
  - a. Schedule EO MX04.02 (Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment) four weeks after EO MX04.01 (Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity and Track Participation in Physical Activities);
  - b. Schedule PO 321 (Chapter 4, [Section 13](#)), 322 (Chapter 4, [Section 14](#)) and 326 (Chapter 4, [Section 18](#)) required lessons prior to the weekend Bivouac Exercise;
  - c. For the completion of POs 303 (Chapter 4, [Section 4](#)), 403, and 503 (Leadership), consider leadership assignment opportunities for Silver Star, Gold Star and Master Cadets; leadership appointment opportunities for Gold Star and Master Cadets; and leadership project opportunities for Master Cadets; and
  - d. Schedule each Gold Star cadet into the Green Star and Red Star training schedules in order to complete EO M409.05 (Instruct a 30-Minute Lesson).
5. Schedule the remaining mandatory training (details located in the lesson specifications in Chapter 4).
6. Schedule selected complementary training.
7. Other considerations when developing the annual training schedule include:
  - 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; and
  - b. the availability of a technical specialist, if required to conduct the activity;
8. Considerations when implementing the training program:
  - a. Some theory is required for safety purposes and for introducing new material. However, most material can be taught using practical methods.
  - b. Training sessions need to be planned in advance to allow instructors adequate time to prepare for the delivery and conduct of training. This includes reviewing lesson specifications and instructional guides, and creating instructional materials as required.

- c. Take adequate time to allow cadets to reflect upon and be debriefed on experiential training activities, to include future applications of the experience.



## RESOURCE REQUIREMENTS

Quantities are based on a group of 30 cadets.

The resources required for complementary training and POs X01 (Chapter 4, [Section 2](#)), X02 (Chapter 4, [Section 3](#)), X04 (Chapter 4, [Section 5](#)), X05 (Chapter 4, [Section 6](#)) and X20 (Chapter 4, [Section 12](#)) depend on the activities selected by the corps. Refer to A-CR-CCP-703/PF-001, *Royal Canadian Army Cadets Silver Star Instructional Guides* for detailed lists of resources for each selected activity.

The following is a list of key items all corps require access to for the conduct of training.

<b><u>Item</u></b>	<b><u>Quantity</u></b>	<b><u>PO/EO</u></b>
DVD Player	1	X01/X05
Television	1	X01/X05
CD Player	1	X04
Leger's 20-m Shuttle Run Test CD	1	X04
Measuring tape	1	X04
Masking tape	1	X04
12-cm measuring strip	15	X04
Pylons	30	X04
Gym mats	15	X04
Cardboard/wooden box approximately 30 cm high	15	X04
Metre stick	15	X04
First Aid Kit	1	X05
Sunscreen - SPF 30 (minimum)	1	X05
Insect Repellent	1	X05
Cadet Air Rifle - Five-shot clip	45	306
Cadet Air Rifle - Rifle	15	306
Cadet Air Rifle - Safety Rod	15	306
Cadet Air Rifle - Single Pellet Adaptor	15	306
Marksmanship mats	15	306
Pellets - .177 calibre Air Rifle (250 Pack)	6	306
Pellets - .177 calibre Cleaning Pellets (80 Pack)	1	306
Pellet container	15	306
Safety goggles/glasses	15	306
Target - Grouping Target CCT2000GRTD	150	306

<b><u>Item</u></b>	<b><u>Quantity</u></b>	<b><u>PO/EO</u></b>
Target Frame	15	306
Stopwatch	1	309
Whistle	1	309
Air Mattress	30	321
Bag - Orange Plastic – Package	1	321
Backpack - External Frame	1	321
Backpack - Internal Frame	1	321
Blanket – Emergency	4	321
Camp Fuel - 3.87 L	9	321
Camping Stove - Two-Burner Naphtha	3	321
Candle – Tea	1	321
Cookware Set – Camping	3	321
Expedition Pack	30	321
Fire Extinguisher - Small Dry Chemical	3	321
First Aid Kit (Individual)	3	321
Fish Line - 10 pound – Roll	1	321
Flashlight – Small	1	321
Flint and Steel Set	1	321
Funnel - 6 inch	1	321
Hook – Fish	1	321
Lantern - Dual-Generator Naphtha	3	321
Magnifying Glass	1	321
Matches – Waterproof - Box	1	321
Mirror - 3 inch by 5 inch	1	321
Needle - Sewing (size 14 - 18) pkg 20	1	321
Radios, handheld	6	321
Rope - Kernmantle 10.5 mm Dynamic – 183 m	1	321
Saw - Flexible	1	321
Sleeping Bag	30	321
Spill Response Kit	1	321
Stretcher - Medical	1	321

<b><u>Item</u></b>	<b><u>Quantity</u></b>	<b><u>PO/EO</u></b>
Tent - Dome 4 Man	10	321
Thread - Spool	1	321
Wash basins	15	321
Water Jug - 20 Litre	1	321
Water Purification Tablets	1	321
Wire - Brass 24 gage 100 foot - Roll	1	321
Bag - Plastic Re-sealable Large - Package	15	322
Compass - Magnetic	15	322
Roamer	15	322
Street and Road Map	1	322
Topographical Map	15	322
Orienteering Map	1	322
Measuring Tape	1	322
GPS Receiver	8	322
Day Pack	30	323
Water Bottle	30	323

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