

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. In accordance with CATO 11-04, *Cadet Program Outline*, weekend training shall normally be conducted within three hundred kilometres of the 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 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	Minimum: Captain Qualification; or CIC Intermediate Officer Qualification. Preferred: CIC Training Officer (Corps / Squadron) Qualification; and CIC Occupational Specialty Senior Instructor Qualification.

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

RANK	MOSID	NUMBER	QUALIFICATION
2Lt / Lt	00232-02	1	Minimum: Basic Officer Qualification; or CIC Basic Military Officer Qualification and Basic Military Occupational Qualification. Preferred: Military Occupation Course (Army) or CIC Basic Military Officer Qualification (Army). 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 specialty training where practical. The technical specialists that could support Red Star are:

a. Required Specialist Instructors:

- (1) Unit Cadet Conflict Management Advisor (UCCMA) to coordinate training delivery and learning reinforcement for PO 100;
- (2) Range Safety Officer (RSO) in support of POs 206 and 211; and
- (3) Cold Weather Instructor in support of PO 121.

b. Possible Cadet Specialist Instructors:

- (1) Fitness and Sports Instructor(s) as available in support of POs X04 and X05;
- (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 208; and
- (4) Expedition Instructor(s) as available in support of POs 221, 222, 223, and 224.

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 Chapter 2, 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 Red Star Qualification Record (Chapter 3, Annex B). Training files are temporary documents which may be disposed of upon migration of the Red Star Qualification Record to DND 2399, *Cadet Personnel Record*.

QUALIFICATION

12. The Red 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-702/PF-001, *Royal Canadian Army Cadets Red Star Instructional Guides*.

REFERENCES

14. A list of references used in this QSP is located at Chapter 2, Annex D.

ANNEX A

RED STAR TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO	Performance Objective	EO	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		
					PO X01 – Total Mandatory	3
			PO X01 – Total Complementary	18		
X02	Perform Community Service	MX02.01	Perform Community Service	9		
		CX02.01	Perform Community Service	18		
					PO X02 – Total Mandatory	9
					PO X02 – Total Complementary	18
203	Demonstrate Leadership Attributes Within a Peer Setting	M203.01	Discuss Leadership Within a Peer Setting	1		
		M203.02	Discuss the Principles of Leadership	1		
		M203.03	Discuss Effective Communication in a Peer Setting	1		
		M203.04	Demonstrate Positive Group Dynamics	2		
		M203.05	Discuss Influence Behaviours	1		
		M203.06	Employ Problem Solving	2		
		M203.07	Discuss Personal Integrity as a Quality of Leadership	1		
		M203.08	Participate in Team-Building Activities	1		
		C203.01	Record Entries in a Reflective Journal	3		
		C203.02	Employ Problem Solving	2		
		C203.03	Discuss Characteristics of a Leader	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		
			PO 203 – Total Mandatory	10		
			PO 203 – Total Complementary	12		

PO	Performance Objective	EO	Enabling Objective	No. of Pd		
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
206	Fire the Cadet Air Rifle During Recreational Marksmanship	M206.01	Participate in a Recreational Marksmanship Activity	3		
		C206.01	Practice Holding Techniques	1		
		C206.02	Practice Aiming Techniques	2		
		C206.03	Practice Firing Techniques	1		
		C106.01	Participate in Recreational Air Rifle Marksmanship	6		
					PO 206 – Total Mandatory	3
			PO 206 – Total Complementary	10		
207	Serve in an Army Cadet Corps	M207.01	Identify Red Star Training Opportunities	1		
		M207.02	Recognize the History of the Royal Canadian Army Cadets (RCAC)	1		
		M207.03	Recognize the Role and Responsibilities of the Local Sponsor	1		
		M207.04	Identify Year Two CSTC Training Opportunities	1		
		C207.01	Identify the Rank Structure of the Royal Canadian Sea and Air Cadets	1		

PO	Performance Objective	EO	Enabling Objective	No. of Pd
		C207.02	Visit a Local Cadet Corps or Squadron	3
		C107.03	Participate in an Activity on the History of the Cadet Corps	2
		PO 207 – Total Mandatory		4
		PO 207 – Total Complementary		6
208	Execute Drill as a Member of a Squad	M208.01	Execute Left and Right Turns on the March	2
		M208.02	Form Single File From the Halt	1
		C208.01	Practice Ceremonial Drill as a Review	2
		C208.02	Execute Drill With Arms	8
		C108.01	Execute Supplementary Drill Movements	6
		PO 208 – Total Mandatory		3
		PO 208 – Total Complementary		16
211	Participate in Recreational Summer Biathlon Activities	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
		PO 211 – Total Complementary		9
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
		PO X20 – Total Mandatory		6
		PO X20 – Total Complementary		18
221	Perform the Duties of a Team Member During an Overnight Field Training Exercise	M221.01	Perform the Duties of a Section Member in the Field	1
		M221.02	Identify Section Equipment	2
		M221.03	Identify Provincial/Territorial Wildlife	2
		M221.04	Perform Basic First Aid	1
		M221.05	Tie Knots	3
		M221.06	Construct a Hoochie Shelter	3
		M221.07	Use Section Equipment	2
		M221.08	Prepare an Individual Meal Package (IMP)	1

PO	Performance Objective	EO	Enabling Objective	No. of Pd
		M221.09	Maintain Section Equipment Following a Field Training Exercise (FTX)	2
		C221.01	Participate in a Discussion on Canada's Wilderness Conservation Efforts	2
		C221.02	Construct Field Amenities	6
		C221.03	Identify Species of Trees	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
			PO 221 – Total Complementary	32
222	Navigate Along a Route Using a Map and Compass	M222.01	Review Green Star Navigation	2
		M222.02	Describe Bearings	2
		M222.03	Identify Compass Parts	1
		M222.04	Determine Distance Along a Route	3
		M222.05	Orient a Map Using a Compass	1
		M222.06	Follow a Magnetic Bearing Point to Point	2
		C222.01	Practice Navigation Using a Map and Compass	9
			PO 222 – Total Complementary	9
223	Hike Along a Route as Part of an Overnight Exercise	M223.01	Prepare for Trekking	2
		M223.02	Identify Hiking/Trekking Associations	1
		M223.03	Participate in a Discussion on Crossing Obstacles While Trekking	2
		C123.01	Participate in Adventure Training	18
		C123.02	Adhere to Snowshoe March Discipline	1
		C123.03	Participate in Snowshoeing	9
			PO 223 – Total Complementary	28
224	Identify Immediate Actions to Take When Lost	M224.01	Describe Immediate Actions to Take When Lost	2
		M224.02	Identify the Seven Enemies of Survival	1
		M224.03	Predict Weather Using Cloud Formations	1
		M224.04	Identify Emergency Shelters	2
		M224.05	Prepare, Light, Maintain, and Extinguish a Fire	3
		M224.06	Identify Methods of Signalling	2
		C224.01	Cook in the Field	2

PO	Performance Objective	EO	Enabling Objective	No. of Pd
		C224.02	Prepare a Signal Fire	2
		PO 224 – Total Mandatory		11
		PO 224 – Total Complementary		4
N/A	Participate in the Annual Ceremonial Review (ACR)			3

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 X02 [Community Service], PO X05 [Physical Activities], or PO 206 [Air Rifle Marksmanship]). However, corps may choose to deliver any EOs that suit their circumstances on these days.	2 Days
Bivouac / Survival FTX	One weekend of mandatory support will be provided for cadet corps to participate in a weekend bivouac FTX to include two days of practical experience in support of PO 221 (Field Training) and PO 224 (Wilderness Survival).	1 Weekend
Expedition FTX (Navigation/Trekking)	One weekend of mandatory support will be provided for cadet corps to participate in a weekend navigation / trekking FTX to include two days of practical experience in support of PO 222 (Navigation) and PO 223 (Trekking).	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 lessons specifications (e.g. PO X02 [Community Service], PO X05 [Physical Activities], or PO 223 [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 either : a. a weekend adventure training FTX (EO C123.01 Participate in Adventure Training) conducted in accordance with A-CR-CCP-951/PT-002, Royal Canadian Army Cadets Adventure Training Safety Standards; or 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
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.

ANNEX B

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], 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, 407 and 507 (General Cadet Knowledge),
 - c. POs 303, 403 and 503 (Leadership), and
 - d. POs 309 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 221, 222, 223 and 224 required lessons prior to the weekend Bivouac Exercise;
 - c. For the completion of POs 303, 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.

ANNEX C RESOURCE REQUIREMENTS

Quantities are based on a group of 30 cadets.

The resources required for complementary training and POs X01, X02, X04, X05 and X20 depend on the activities selected by the corps. Refer to A-CR-CCP-702/PF-001, *Royal Canadian Army Cadets Red 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.

Item	Quantity	PO/EO
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	206
Cadet Air Rifle - Rifle	15	206
Cadet Air Rifle - Safety Rod	15	206
Cadet Air Rifle - Single Pellet Adaptor	15	206
Marksmanship mats	15	206
Pellets - .177 calibre Air Rifle (250 Pack)	6	206
Pellets - .177 calibre Cleaning Pellets (80 Pack)	1	206
Pellet container	15	206
Safety goggles/glasses	15	206
Target - Grouping Target CCT2000GRTD	150	206
Target Frame	15	206
Air Mattress	30	221
Axe	1	221
Bag - Orange Plastic – Package	1	221
Backpack - External Frame	1	221
Backpack - Internal Frame	1	221
Blanket – Emergency	4	221
Camp Fuel - 3.87 L	9	221
Camping Stove - Two-Burner Naphtha	3	221
Candle – Tea	1	221
Cookware Set – Camping	3	221
Expedition Pack	30	221
Fire Extinguisher - Small Dry Chemical	3	221

First Aid Kit (Individual)	3	221
Fish Line - 10 pound – Roll	1	221
Flashlight – Small	1	221
Flint and Steel Set	1	221
Funnel - 6 inch	1	221
Hook – Fish	1	221
Lantern - Dual-Generator Naphtha	3	221
Magnifying Glass	1	221
Matches – Waterproof - Box	1	221
Mirror - 3 inch by 5 inch	1	221
Needle - Sewing (size 14 - 18) pkg 20	1	221
Radios, handheld	6	221
Rope - Kernmantle 10.5 mm Dynamic – 183 m	1	221
Saw - Flexible	1	221
Sleeping Bag	30	221
Spill Response Kit	1	221
Stretcher - Medical	1	221
Tent - Dome 4 Man	10	221
Thread - Spool	1	221
Wash basins	15	221
Water Jug - 20 Litre	1	221
Water Purification Tablets	1	221
Wire - Brass 24 gage 100 foot - Roll	1	221
Topographical Map	5	222
Romer	5	222
Compass Rose	15	222
Compass	5	222
Measuring Tape	1	222

ANNEX D REFERENCES

Texts Held by Corps

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