

JOINING INSTRUCTIONS FOR CADETS AND ESCORTS



INSTRUCTION DE RALLIEMENT A L'INTENTION DES  
ACCOMPAGNATEURS ET DES CADETS

**EXPEDITION CENTRE (EC) TRAINING**

**GOLD ENDURO-CHALLENGE**

2011

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## 1. FOREWORD

Congratulations on achieving your Silver Expedition Centre (EC) Qualification in the Army Cadet Training Program. To further enhance your current training, Central Region has developed a level of EC Training aimed specifically at senior cadets training at the Gold & National Star levels. This year, because you have already completed the requisite training at the Silver Eco-Race level or have attended the Basic Expedition CSTC course, you are eligible to participate in the Gold Enduro-Challenge. You will be brought to one of the region's four Expedition Training Centers (EC), along with other similarly qualified cadets from a number of cadet corps to train and compete as a member of a small team in a challenging competition. Throughout the weekend you will complete a mountain bike challenge orienteering course, a GPS-navigational foot-race, and a timed canoe trip. Success will depend upon your mental and physical efforts. This training will further develop your map and compass skills, provide mental and physical problem solving and strategic challenges, as well as prepare you for further Expedition Training opportunities in the Army Cadet Program such as Regional, Domestic and International Expeditions.

These instructions will provide you with useful information about your Expedition Training weekend including what to pack, training locations, the training schedule, transportation arrangements, and forms that need to be completed with respect to participating in the various activities. It is vital that you read these instructions carefully and share this information with your parents and Commanding Officer.

If, for whatever reason, you are unable to participate in your Expedition Training weekend, please have your Commanding Officer contact their ACO-Army immediately with this information and update your FORTRESS record Offer of Participation accordingly.

## 2. GENERAL

### Gold Enduro-Challenge Training Schedule

<b>Dates</b>	<b>Corps</b>	<b>Expedition Centre</b>
14-16 Oct 11	42, 329, 1849, 1909, 1944, 2408, 2799, 2824, 2919	Kelso Conservation Area
21-23 Oct 11	48, 75, 337, 748, 1888, 2402, 2736, 2754, 2881	Kelso Conservation Area
29-31 Oct 10	105, 557, 676, 709, 1188, 2379, 2990	Kelso Conservation Area

## 2.2 Training Locations

Training will be conducted at the following Expedition Centres:

COA Kelso Conservation Area (located at 5234 Kelso Road (exit 320) off Hwy 401, West of Milton)

## 2.3 Outline of Training Weekends

Expedition training weekends will be conducted as per the following schedule:

### Friday Evening

Cadets will report to assigned transportation pick-up points

Detachment arranged transport will pick up cadets from assembly points (i.e., Cadet Summer Training Centre pick-up points) and move to respective Expedition Centre and report in at 2030hrs: **Cadets designated as “walk-ins” are requested to arrive at their respective EC at 2030hrs.** Cadets will be briefed, issued kit, and given some preparatory instruction

### Saturday Morning

Messing at Expedition Centre

Mountain bike, map & compass, GPS, and canoe familiarization training

### Saturday Afternoon

Cadets assigned to teams

Begin Gold Enduro-Challenge – Phase 1: Mountain Bike Challenge Orienteering Course

### Saturday Night

GPS-Navigational hike

Bivouac in training location

### Sunday Morning

Continue Gold Enduro-Challenge – Phase 2: Canoe Trip Race

### Sunday Afternoon

Debrief

Kit return

Dismiss from Expedition Centre NLT 1500 hrs

Return to assembly points

## 2.4 Transportation

Transportation for cadets and personnel will be co-ordinated by their respective Area Detachment. Individual Corps may be contacted directly to confirm pick-up/drop-off times and locations and to assist with the provision of bus escort officers and/or drivers.

The use of mini-vans will be authorized when a small number of cadets are participating in the activities and when it is more economical and practical than using a bus. Use of the school bus will be the transportation of choice when a number of Corps is participating from the same geographic location. A single assembly point may be established to minimize delays during personnel movements.

COs are responsible for ensuring that their cadets meet their pick-up timings and for ensuring they return to their homes after being dropped off at assembly points on Sunday and/or providing accurate report-in timing and location for those corps designated as “walk-ins” due to their relative proximity to the EC. **Cadets designated as “walk-ins” are requested to arrive at their respective EC at 2030hrs.**

## 2.5 Documentation

Each participating cadet must submit a completed copy of their CONSENT TO EXPEDITION TRAINING/MEDICAL INFORMATION FORM and their CADET SKILLS EVALUATION SURVEY to their Bus Escort Staff or upon arrival to the EC on the Friday evening of their training weekend. These forms are included at the end of these Joining Instructions.

## 2.6 Accommodation

The Expedition Centre will provide civilian-style tented accommodation for participants for the duration of the weekend.

## 2.7 Food

Rations for the weekend shall consist of Meals-Ready to Eat (MRE) and/or IMP meals.

Food allergies or special meal requirements for any cadets must be noted on the official FORTRESS data base or subsequent written communication must be processed through your Chain of Command prior to your designated weekend so that special arrangements can be made in advance.

## 2.8 Clothing

Cadets will wear suitable civilian clothing (i.e., athletic clothing) to function under field conditions and as deemed suitable for the type of activities being conducted (i.e. Quick-dry nylon, fleece, etc.). Uniforms (dress and/or field) are not required for this weekend, nor are they appropriate for the type of activities being conducted.

## 2.9 Personal Items

Cadets must be in possession of a minimum of the following personal items:

### **HEALTH CARD (mandatory) \*Health card # written on a piece of paper is not sufficient**

Any required prescription medications	
Eyeglasses, spare (if required) and eyeglasses retaining band	1
Towel, bath	1
Face cloth	1
Personal hygiene kit (and shave kit for males)	1
Sleep Wear	1
Bathing Suit*	1
Socks (wool/blend, polypropylene)	4 pair
Sandal/water-shoe – as suitable for canoeing and portaging (no flip-flops)	1 pair
Running shoes – as suitable for biking and hiking ( <u>must be in addition</u> to sandal/water shoe)	1 pair
Shorts – suitable for cycling, hiking, etc	1
Athletic Pants – suitable for cycling, biking, etc ( <b><u>NO JEANS</u></b> )	2
t-shirts, suitable for cycling, biking, etc	2
t-shirt – suitable for canoeing (quick-dry, nylon, polyester, etc)	2
Long sleeve sweater	1
Wind proof jacket	1
Hat (i.e., ball, Tilley)	1
<b>Toque</b> – suitable for cold weather	1
<b>Gloves/mittens</b>	1 pair

\* Female cadets are expected to wear a sports type bathing suit (one-piece).

## 2.10 Optional Items

The following personal items may also be included:

sunglasses  
camera  
personal hydration pack (i.e. Platypus, water bottles, etc)  
folding knife (blade not to exceed 4" in length)

Storage space is limited. Be advised that the Crown will not accept responsibility for lost or stolen personal items. Participants are cautioned to have their valuables clearly identified and to ensure these valuables are covered under their respective homeowner's insurance.

## 2.11 Medical Care

The Expedition Centre has Emergency Plans and their staff members are familiar with them. Every participant will be briefed on the Emergency Plan upon arrival at the Expedition Centre.

## 2.12 Emergency Medical/Dental Care

Cadets and staff are to be in possession of proof of their respective provincial medical coverage (i.e., health card). DND will only assume emergency medical/dental coverage for expedition members in Canada as prescribed in Queen's Regulations (Cadets) 6.12 and CF Administration Order 35-4.

## **2.13 Medication / Prescriptions**

If any cadet is presently on prescribed medication, they are to bring a sufficient quantity for the duration of the expedition (Note: Cadets allergic to bee and wasp stings must have an ANIKIT / EPIPEN with them at all times). Cadets are responsible for administering their own medications. The CF Health Services will not refill expired or depleted prescriptions.

## **2.14 Eye wear**

Prescription eyeglasses may be replaced by the CF Health Services if damaged or lost during training, however, it would not be possible to replace eyeglasses during the expedition itself, so it is therefore recommended that members bring a second pair. Your eyeglasses should also come equipped with a security-retaining strap that floats.

Under no circumstances will contact lenses be replaced by the CF Health Services.

## **3. GENERAL TRAINING CENTRE REGULATIONS**

### **3.1 Smoking, Drug, and Alcohol Policies**

Drugs. The use and/or possession of illegal drugs are strictly forbidden for everyone.

Alcohol. The use and/or possession of alcohol is strictly forbidden for everyone.

Any infraction to those regulations may result in the cadet being sent home as well as appropriate legal proceedings if applicable.

Use of Tobacco. Expedition training is aimed at enhancing physical fitness. Smoking is a habit that is counter to this philosophy. Smoking will not be condoned during Zone Expedition Training.

### **3.2 Conduct and Discipline Policy**

Cadets attending training are subject to the Central Region Cadet Code of Conduct. By consenting to participate in Expedition Training, they have accepted to conform to the orders and instructions issued by Expedition Centre Staff.

Cadets indulging in inappropriate behavior, violation(s) of Expedition Centre rules/regulations or disrupting the learning experiences of others will be subject to a progressive disciplinary process. Continual poor behavior or serious breaches of discipline may result in the cadet being sent home.

## **4. HOW TO CONTACT US**

For further information prior to commencement of the expedition please contact your Detachment Area Cadet Advisor, Warrant Officer Greg Collette @  
Office: 416 - 635 - 4408 extension 6141  
Cell: 416 - 937 - 0676

**CONSENT FOR EXPEDITION TRAINING****Parent Consent (Please Read Carefully)**

Name of Cadet Participating	Cadet Corps #
	Male / Female

Initial	Parent – Please read carefully and initial each paragraph as well as sign below.
---------	--

	I consent to the participation of my son/daughter/ward in the requested cadet activity(ies). I am aware that the activity(ies) in which my son/daughter/ward participates could involve inherent risks and/or dangers and that injury(ies) might/may occur as a result.
--	---

	I hereby declare that I have understood each of this provisions of this agreement
--	---

<b>Parent Signature:</b>	<b>Date:</b>
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Name of Parent/Guardian
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*(Required for participant under 18 years of age.)*

**Participant Statement (Please Read Carefully)**

Initial	Cadet - Please read carefully and initial each paragraph as well as sign below.
---------	---

	The activity has been explained to me to my satisfaction, including the nature, risks and dangers of this activity and I accept these risks.
--	--

	I am aware that the activity in which I plan to participate has some risks and dangers and that injury(ies) may result
--	--

	I pledge to abide by all directives issued by the Training Officer, Instructors and directing staff
--	---

I attest that I am (check one):	
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	A non-swimmer and comfortable in and around the water;
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	A non-swimmer but comfortable in and around the water when wearing a PFD;
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	Have some swimming abilities, comfortable in and around water, capable of swimming short distances and treading water for short periods of time without the assistance of a PFD;
--	--

	A skilled swimmer, capable of swimming long distances and treading water for long periods of time without assistance of a PFD.
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	I hereby declare that I have understood each provision of this agreement.
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<b>Cadet Signature:</b>	<b>Date:</b>
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**MEDICAL INFORMATION****SECTION A – MEDICAL CONDITIONS**

Yes	No	
		Has your doctor ever told you that you have a heart problem and that you should only take your part in physical activities prescribed and approved by a medical doctor?
		Do you ever experience chest pain engaging in physical activity?
		In the past month, have you ever experienced chest pain at times when not engaging in physical activity?
		Do you ever experience balance problems associated with dizziness of have you ever lost consciousness?
		Do you have bone or joint problems that may be aggravated by a change in your level of participation in a physical activity?
		Are you currently being prescribed medication to control your blood pressure or a heart problem (for example, diuretics)?
		Are you aware of any other reasons why you should not engage in physical activity?

**SECTION B – ARE YOU SUFFERING FROM OR HAVE YOU EVER SUFFERED FROM**

Yes	No	
		Epilepsy, Haemophilia, or Psychiatric problems
		Serious allergies (eg nuts, peanuts, stinging insects or hypersensitivity to cold)

**SECTION C – GENERAL**

Yes	No	
		Are you pregnant?
		Have you undergone surgery in the last ten months?
		Are you currently taking any medication(s) if so please indicate:
		Do you have any dietary restrictions? If so please indicate:
		Do you have any physical restrictions that would affect your participation in the adventure training? If so, please indicate:

**Section D – Participant Statement**

Please read carefully and initial each paragraph	
Initial	
	I hereby declare that I am not under the influence of alcohol or any drug, and I formally pledge to refrain from using drugs or alcohol during the activity.
	I hereby declare that I have read, understood and agree to the provisions in this document and all the information contained herein is true.



**ROYAL CANADIAN ARMY CADETS  
CENTRAL REGION  
EXPEDITION CENTRE TRAINING  
GOLD ENDURO-CHALLENGE  
CADET EVALUATION SURVEY**



<b>NAME &amp; INITIAL :</b>	Male / Female
<b>CADET CORPS NO. &amp; LOCATION:</b>	<b>LAST STAR LEVEL COMPLETED:</b>

Experience	No formal training, no hands on experience	Some formal training (i.e., at LHQ and / or Summer Training or civilian), and limited trips (i.e., day trips under 24 hrs)	Formal training (i.e., Summer Training or civilian), or at least two years of experience and novice tripping (i.e., overnight tripping over 48 hrs)	Formal training (i.e., Summer Training or civilian), or at least three years of experience and intermediate tripping (i.e., multiple overnight tripping over 3 days)	Advanced training (i.e., Summer Training and civilian), or at least three years of experience and advanced tripping (i.e., multiple overnight trips longer than 5 days)
Canoeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mountain Biking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orienteering	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Map and Compass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hiking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Abseiling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Army Cadet Fitness Test:	Participated	Bronze	Silver	Gold	Month of last Test
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Eco-Race experience	None	Orienteering Racing	Basic Expedition course	Expedition Instructor course	Eco-Challenge (48-hr or longer)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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\_\_\_\_\_  
Cadet's Signature

\_\_\_\_\_  
Date

### NAVIGATION REVIEW PACKAGE

Name: \_\_\_\_\_

**Use the Sydenham Map (Figures A-1, A-2 and A-3) to answer Questions 1–7 and the Mission Map (Figure A-4) to answer Questions 8 and 9.**

1. Find grid reference (GR) 551 187 and mark it as the start point (point A) on the Sydenham map. What conventional sign is located at the GR?

Answer: \_\_\_\_\_

2. Find GR 505 247 and mark it as the finish point (point B) on the Sydenham map.
3. Select a route to hike from point A to point B on the Sydenham map. Consider distance, terrain, obstacles, etc. Clearly mark the route chosen on the map and give a brief explanation below as to why the route was chosen.

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4. Measure the distance along the route from point A to point B on the Sydenham map.

Answer: \_\_\_\_\_

5. Estimate the time it will take to hike the route on the Sydenham map. Remember that rates of travel will differ, depending on factors such as the group, equipment, terrain, elevation above sea level, etc.

On average, a person walks 4 km per hour, 1 km per 15 minutes or 100 m per 1.5 minutes. When off trail in open terrain, a person can be expected to travel 3 km / h. On rough, difficult terrain a person can be expected to travel 1–1.5 km / h. When gaining elevation, there should be an extra allowance of 1 hour per every 300 m. When above 3 000 m, the rate of travel will greatly decrease. Give a brief explanation as to why the answer was chosen.

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6. Calculate the magnetic declination of the Sydenham map. Show all workings below.

7. Determine the magnetic bearing from point A to point B on the Sydenham map.

Answer: \_\_\_\_\_

8. Determine the contour interval of the Mission map.

Answer: \_\_\_\_\_

9. Determine the elevation at GR 390 540 on the Mission map.

Answer: \_\_\_\_\_

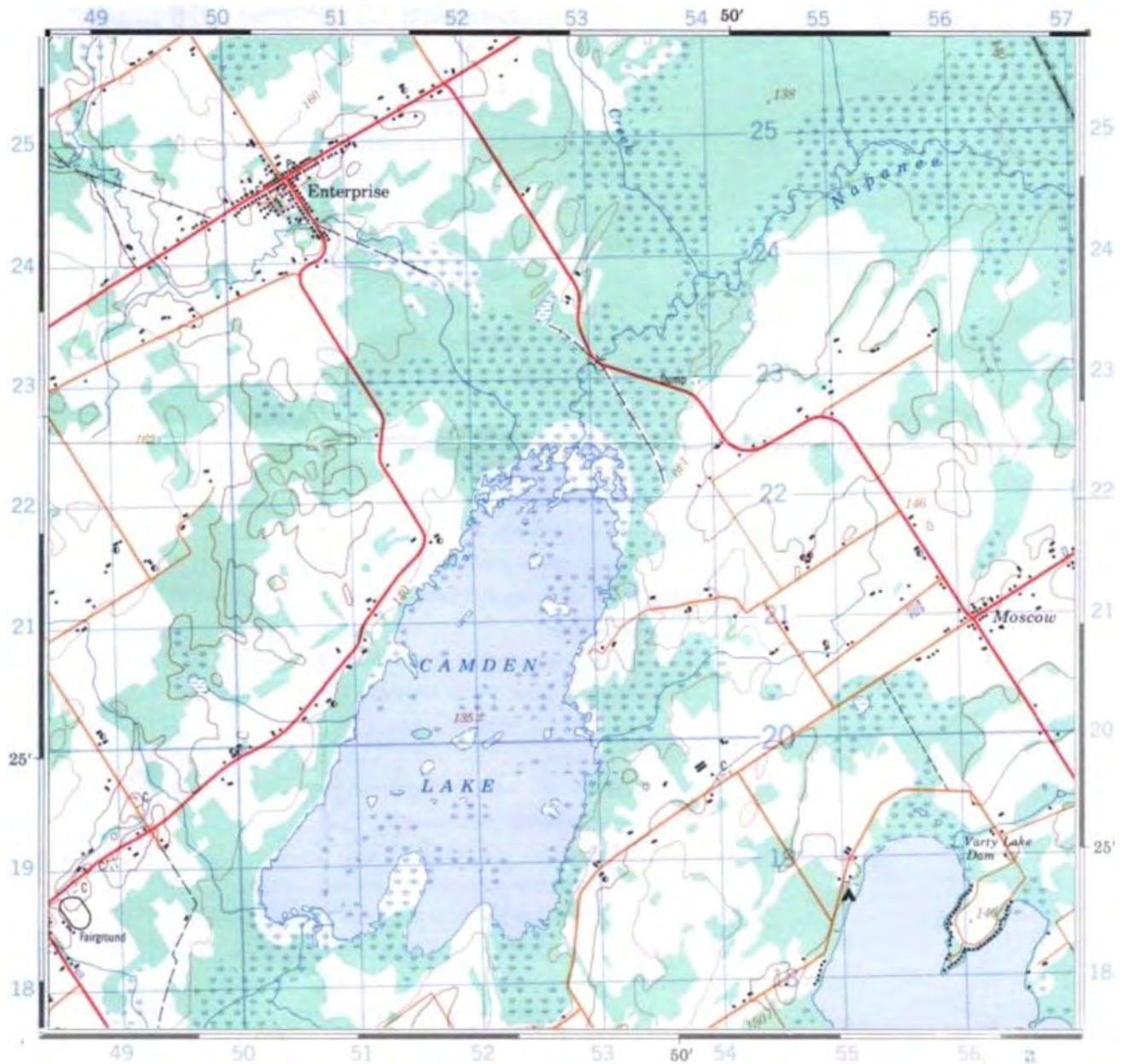


Figure A-1 Section of Sydenham Map

Note. From *Sydenham 31 C/7* (8th ed.), by Canada Centre for Mapping, 1988, Department of Energy, Mines and Resources. Copyright 1988 by Her Majesty the Queen in Right of Canada, Department of Energy, Mines and Resources.

# SYDENHAM ONTARIO

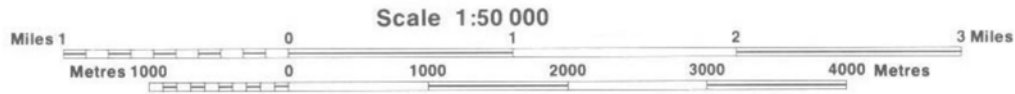


Figure A-2 Sydenham Map Scale

*Note.* From *Sydenham 31 C/7* (8th ed.), by Canada Centre for Mapping, 1988, Department of Energy, Mines and Resources. Copyright 1988 by Her Majesty the Queen in Right of Canada, Department of Energy, Mines and Resources.

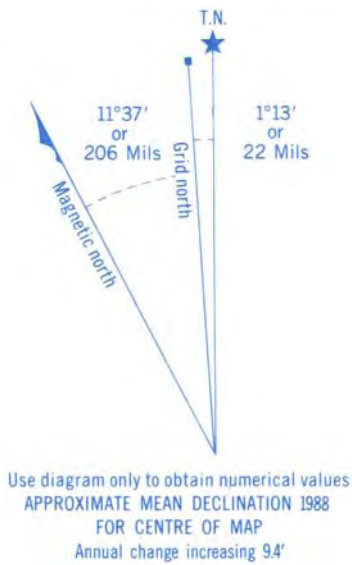


Figure A-3 Sydenham Map Declination Diagram and Information

*Note.* From *Sydenham 31 C/7* (8th ed.), by Canada Centre for Mapping, 1988, Department of Energy, Mines and Resources. Copyright 1988 by Her Majesty the Queen in Right of Canada, Department of Energy, Mines and Resources.

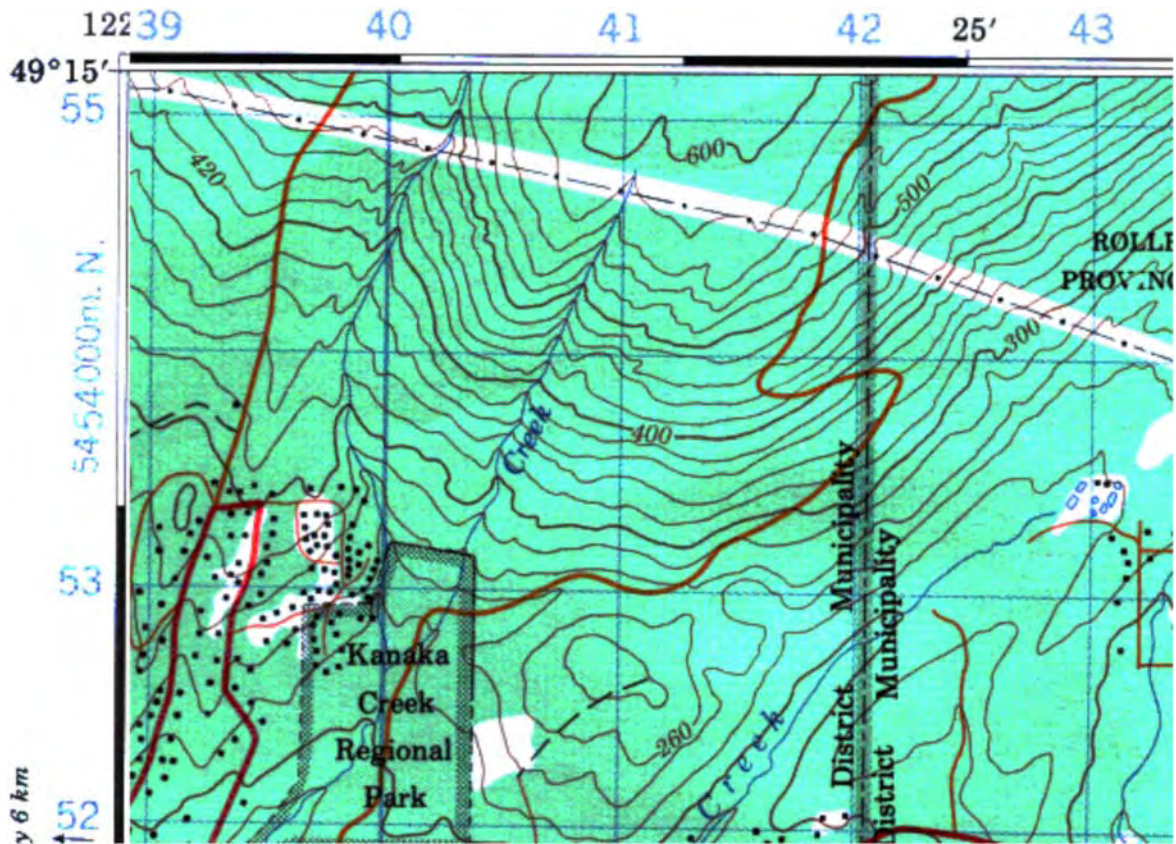


Figure A-4 Section of Mission Map

Note. From *Mission 92 G/1* (5th ed.), by Canada Centre for Mapping, 1992, Department of Energy, Mines and Resources. Copyright 1992 by Her Majesty the Queen in Right of Canada, Department of Energy, Mines and Resources.