EO M107.05 – WEAR THE AIR CADET UNIFORM

1. **Performance:** Wear the Air Cadet Uniform

2. **Conditions:**

   a. Given:

      (1) Wedge;

      (2) Wedge insignia;

      (3) Wide brimmed summer hat;

      (4) Toque;

      (5) Short sleeve shirt;

      (6) Necktie;

      (7) Light blue cotton shirt;

      (8) Turtleneck sweater;

      (9) Jacket with belt;

      (10) All-season jacket;

      (11) Grey sports t-shirt;

      (12) Black gloves;

      (13) Nametag;

      (14) Trousers;

      (15) Black belt;

      (16) Grey sports shorts;

      (17) Boots;

      (18) Running shoes;

      (19) Grey wool socks;

      (20) Squadron shoulder badges;

      (21) Supervision; and

      (22) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

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3. **Standard:** IAW CATO 55-04 *Air Cadet Dress Instructions*, the cadet shall wear the air cadet uniform, to include:

   a. wearing headdress correctly;

   b. wearing clothing on the upper body correctly, to include:

      (1) ensuring upper body items are pressed correctly;

      (2) ensuring the slip-ons and name tag are worn IAW the reference; and

      (3) ensuring seasonal clothing are worn appropriately;

   c. wearing clothing on the lower body correctly, to include:

      (1) ensuring trousers are pressed correctly; and

      (2) ensuring the belt is worn correctly;

   d. wearing footwear correctly, to include:

      (1) ensuring the boots are shone and tied correctly; and

      (2) ensuring correct socks are worn IAW the reference;

   e. ensuring squadron shoulder badges and rank badges are worn IAW the reference;

   f. ensuring hair is neatly groomed and styled IAW the reference;

   g. wearing only the jewellery that is permitted;

   h. conforming to body adornment rules (i.e., make up, piercing); and

   i. wearing civilian clothing IAW the reference.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the correct manner in which to wear headdress, to include: a. the wedge; b. the wedge insignia; c. the wide brimmed tan summer hat; and d. the toque.	Interactive Lecture	5 min	A3-006 (p. 10)
TP2	Explain the correct manner to wear and care for clothing articles on the upper body, to include: a. short sleeve shirt; b. necktie; c. light blue cotton t-shirt; d. turtleneck sweater; e. cadet jacket with cloth belt; f. all-season jacket; g. rank slip-ons;	Interactive Lecture	10 min	A3-006 (pp. 5 and 10-13)

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TP	Description	Method	Time	Refs
	h. grey sports t-shirt; i. black wool gloves; and j. nametag.			
TP3	Explain the correct manner to wear and care for the trousers and shorts, to include: a. the trousers shall be steam pressed without starch so as to have creases down the centre of each leg in the front and the back; b. the trousers shall be worn with the black belt; and c. the grey sports shorts shall be worn as directed by the squadron or CSTC CO.	Interactive Lecture	5 min	A3-006 (pp. 12-13)
TP4	Explain the correct manner to wear and care for footwear, to include: a. general guidelines for polishing the boots, to include: 1. using a polish cloth wrapped around the index finger; 2. applying a moderate amount of polish to the cloth; 3. applying the polish in a circular motion to the area being polished; 4. starting with large circles to cover the area with polish; 5. using smaller circles as the polish gets worked into the boot; 6. continuing to work in a circular motion until the circles formed by the polish are no longer visible; and 7. the whole boot is to be polished, not just the toe; b. lacing and tying the boots: 1. boots are to be laced straight across; 2. when the boots are tied the laces are to be tucked inside the boots; 3. boots should not be tied too tightly; and 4. insoles will make the boots more comfortable; c. running shoes shall be worn as directed by the squadron or CSTC CO; and d. grey wool socks shall be worn with boots and athletic socks shall be worn with running shoes.	Interactive Lecture	10 min	A3-006 (p. 13)

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TP	Description	Method	Time	Refs
TP5	Explain the placement of air cadet badges that are applicable to the year one cadet, to include: a. squadron shoulder badges; and b. rank badges.	Interactive Lecture	10 min	A3-006 (p. D2-1/1, D3-2/2, D4-4/4, 9/26)
TP6	Explain the following related to personal appearance while in uniform: a. general appearance; b. hairstyle, to include: 1. general appearance; 2. male hairstyle; 3. sideburns; 4. moustache; and 5. female hairstyles; c. make-up; d. jewellery; e. tattoos and piercings; f. accessories, to include: 1. civilian pattern backpack; and 2. purse; g. eyeglasses/sunglasses; h. carrying of articles; i. civilian clothing; and j. general deportment.	Interactive Lecture	10 min	A3-006 (pp. 7 and 13-17) A0-001

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	50 min
c.	Total:	60 min

6. **Substantiation:** An interactive lecture was chosen for this lesson as it allows the instructor to present the material to the cadets.

7. **References:**

a. A3-006 Cadets Canada. (2011). *CATO 55-04: Royal Canadian Air Cadet Dress Instructions*. In Cadet Administrative and Training Orders Vol. 5). Ottawa. ON.

b. A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces Dress Instructions*. Ottawa, ON.

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8. **Training Aids:**

    a. presentation aids (i.e., whiteboards / flipcharts / OHP / multimedia projector) appropriate for training area;

    b. cadet uniform;

    c. cadet rank slip-ons;

    d. squadron shoulder badges; and

    e. rank badges.

9. **Learning Aids:**

    a. cadet uniform;

    b. cadet rank slip-ons;

    c. squadron shoulder badges; and

    d. rank badges.

10. **Test Details:** Nil.

11. **Remarks:**

    a. This lesson should be delivered when the cadets are issued their uniform.

    b. Consider utilizing senior cadets to demonstrate the various orders of dress.

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