EO C107.01 – MAINTAIN THE ARMY CADET UNIFORM

1. **Performance:** Maintain the Army Cadet Uniform

2. **Conditions:**

   a. Given:

      (1) Army cadet uniform,

      (2) Polishing kit,

      (3) Iron and ironing board,

      (4) Lint brush,

      (5) Supervision, and

      (6) Assistance as required.

   b. Denied: Nil.

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

3. **Standard:** IAW CATO 46-01, *Army Cadet Dress Instructions*, the cadet shall maintain the army cadet uniform, to include:

   a. ensuring uniform is clean and pressed; and

   b. ensuring footwear is clean and shone.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain tips for ironing the uniform, to include: a. ensuring surface of iron is clean; b. ensuring iron is not too hot; c. ensuring article of uniform is clean; d. using a spray bottle or starch; and e. using a pressing cloth which will prevent parts of the uniform from becoming shinny (some examples of items that can be used as a pressing cloth include a thin towel, pillowcase, old cotton cloth and a paper bag).	Interactive Lecture	5 min	A2-028
TP2	Demonstrate the correct method of care for the trousers, as per CATO.	Demonstration	10 min	A2-028
TP3	Demonstrate the correct method of care for the green short sleeve shirt, as per CATO.	Demonstration	10 min	A2-028
TP4	Demonstrate the correct method of care for the tunic, as per CATO.	Demonstration	5 min	A2-028

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TP	Description	Method	Time	Refs
TP5	Demonstrate general guidelines for the boots, to include: a. the method for polishing the boots, to include: 1. cleaning the boot welts with an old toothbrush and black boot polish; 2. using a polish cloth wrapped around the index finger; 3. applying a moderate amount of polish to the cloth; 4. applying the polish in a circular motion to the area being polished; 5. starting with large circles to cover the area with polish; 6. using smaller circles as the polish gets worked into the boot; and 7. continuing to work in a circular motion until the circles formed by the polish are no longer visible. The whole boot is to be polished, not just the toe; and b. lacing the boots as per CATO.	Demonstration	5 min	A2-028
TP6	Demonstrate the correct method of care for the beret, to include: a. washing the beret with a mild detergent; and b. forming the beret.	Demonstration	5 min	A2-028
TP7	Demonstrate the method for wearing the hair, for male cadets and for female cadets, as per CATO.	Demonstration	10 min	A2-028 A0-001
TP8	Supervise and advise cadets as they practise maintaining the uniform, to include: a. trousers, b. short sleeved shirt, c. tunic, and d. boots.	Performance	30 min	

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5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	5 min
c.	Demonstration:	45 min
d.	Performance:	30 min
e.	Total:	90 min

6. **Substantiation:**

   a. An interactive lecture was chosen for TP 1 to orient the cadets to the tips for ironing the uniform.

   b. The demonstration and performance was chosen for TPs 2 –8 as it allows the instructor to explain and demonstrate the care of the uniform while providing an opportunity for the cadets to practice under supervision.

7. **References:**

   a. A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces dress instructions*. Ottawa, ON: Department of National Defence.

   b. A2-028 Director Cadets. (2012). *CATO 46-01 Army cadet dress instructions*. Ottawa, ON: Department of National Defence.

8. **Training Aids:** Army cadet uniform.

9. **Learning Aids:** Army cadet uniform.

10. **Test Details:** Nil.

11. **Remarks:**

   a. It is recommended to have an assistant instructor for this lesson.

   b. In suitable quantities, the instructor is expected to locally acquire some of the resources to enhance this period, to include:

      (1) ironing board,

      (2) iron,

      (3) starch,

      (4) black boot polish,

      (5) soft boot cloth,

      (6) toothbrush for boot welts,

      (7) scissors,

      (8) lint brush,

      (9) hair elastics,

      (10) bobbi pins, and

      (11) hair net.

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