ROYAL CANADIAN ARMY CADETS

GREEN STAR

INSTRUCTIONAL GUIDE

SECTION 5

EO M107.05 – WEAR THE ARMY CADET UNIFORM

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-701/PG-001, *Green Star Qualification Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for TPs 1, 5, and 6 to orient the cadets to the rules and responsibilities and orders of dress for the cadet uniform.

A demonstration was chosen for TPs 2 – 4 as it allows the instructor to explain and demonstrate the proper way in which to wear the various headdresses and pieces of clothing on the upper and lower body.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall be expected to properly wear the Army Cadet uniform to the standard set forth in CATO 46-01, *Royal Canadian Army Cadets Dress Instructions.*

IMPORTANCE

The cadet uniform is highly recognizable so the standard of personal dress, appearance and grooming shall be such as to reflect credit on the individual, as well as on the Canadian Cadet Organization (CCO).

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Teaching point 1 **Explain general rules and responsibilities for the cadet uniform.**

Time: 5 min Method: Interactive Lecture

OCCASIONS TO WEAR THE UNIFORM

The Army Cadet uniform must be worn when:

- Attending training or proceeding to or from a place of training unless the corps CO gives directives to the contrary.
- Proceeding to or from a CSTC.
- Attending ceremonies or functions at which the wearing of the uniform is appropriate and authorized by the CO of the corps or CSTC.

RESPONSIBILITY FOR THE ARMY CADET UNIFORM

When given an Army Cadet uniform:

- all cadets are responsible for its care, cleaning, custody and return at the end of cadet service;
- replacement of worn uniform parts shall be at public expense where reasonable care has been taken with the uniform;
- issued uniform parts shall not be altered or modified to obtain a reasonable fit; and
- badges shall be sewn on the uniform neatly using thread that blends with the badge and uniform. Badges shall not be glued.

GENERAL APPEARANCE OF THE UNIFORM

In caring for the cadet uniform, the cadet shall:

- ensure it is free from lint and dirt;
- polish metal pieces where applicable;
- ensure the badges are properly affixed to the uniform using thread that blends with the badge and uniform;
- clip any loose threads that may appear; and
- perform any routine maintenance that may be required to keep the uniform sharp and in good repair.

CONFIRMATION OF TEACHING POINT 1

QUESTION

Q1. Do cadets have to wear their uniform when proceeding to and from a CSTC?

Q2. Are cadets responsible for paying for their uniforms?

Q3. True or false: Badges shall be sewn on the uniform neatly using threads that blend with the badge and uniform.

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ANTICIPATED ANSWERS

A1. Yes.

A2. No.

A3. True.

Teaching point 2 **Explain and demonstrate the correct manner in which to wear headdress.**

Time: 5 min Method: Demonstration



Instructors are to explain and demonstrate how to wear each item of clothing.

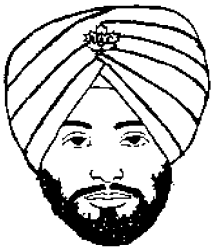
BERET

The Army Cadet beret shall be worn as follows:

- the beret is placed evenly on the head with the sweat-band 2.5 cm above the eyebrows;
- the badge is centred over the left eye;
- the crown of the beret is pulled downward to the right and rear; and
- drawstrings are tacked inside the gap of the sweat-band.



Figure 1



Royal Canadian Army Cadet Dress Instructions

Figure 2 Turban

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BERET INSIGNIA

Insignia shall be worn on the beret centred on the built-in back plate with the base of the badge 1 cm above the band. For highland dress, the badge can be centred on the built-in back plate of the left side of the Glengarry, Balmoral or Caubeen.

The turban is worn in a low, Sikh conventional manner, with the final winding right over left on the forehead. The cap badge is worn centred on the front of the turban. More information on Sikh order of dress is located in CATO 46-01, Annex C.



Royal Canadian Army Cadet Dress Instructions

Figure 3 RCAC Insignia for Beret

Royal Canadian Army Cadet Dress Instructions Care of the beret includes:

- ensuring that it is free from lint and dirt;
- polishing the badge when required; and
- washing the leather sweat-band when required.

WIDE BRIMMED TAN SUMMER HAT

The wide brimmed tan summer hat may be worn during summer activities for which the beret is not suitable.

TOQUE

The toque may be worn outside when weather conditions dictate.

Berets can be green, scarlet, black or maroon based on what the affiliated unit wears, and provided that the CO of the affiliated unit has given permission for it to be worn.

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CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. Over which eye is the beret centred?

Q2. How far is the insignia hat badge worn above the band on the beret?

Q3. What are some things that a cadet must do to care for their beret?

ANTICIPATED ANSWERS

A1. The beret is centred over the left eye.

A2. 1 cm above the band.

A3. Any of the following:

- Ensuring that it is free from lint and dirt;
- Polishing the badge when required; and
- Washing the leather sweat band when required.

Teaching point 3 **Explain and demonstrate the correct way to wear and care for the clothing on the upper body.**

Time: 12 min Method: Demonstration



The instructor will explain and demonstrate how to wear each item of clothing.

INSIGNIA

Insignia, Shoulder Title RCAC or Insignia, Affiliated Unit. Shall be worn on both sleeves of the cadet jacket



Royal Canadian Army Cadet Dress Instructions

Figure 4 RCAC Shoulder Insignia

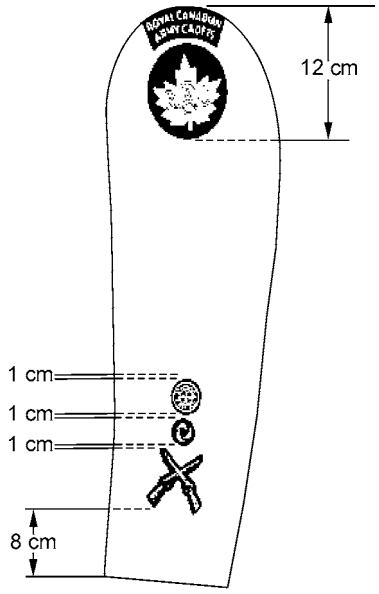
Insignia, Cadet, Maple Leaf. Shall be worn on both sleeves of all authorized cadet uniform jackets, except the combat uniform jacket worn by staff cadets at a CSTC. Must be worn on the left breast of the all-season jacket.

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Figure 5 Insignia, Maple Leaf



Royal Canadian Army Cadet Dress Instructions

Figure 6 Placement on Jacket

Cadet Slip-on. Shall be worn with the short sleeve orders of dress and overcoats at cadet corps and by staff cadets on all orders of dress at CSTC. When participating in field training, the wearing of rank slip-ons is authorized only for the Field Training Uniform and the Army Cadet League uniform. Slip-ons are to be worn only when the entire uniform is worn.

Cadet Armlet. May be worn (at the discretion of the CO) by staff cadets holding training appointments at a CSTC. The armlet shall contain the RCAC shoulder title badge and the appropriate acting rank badge.

SHIRTS

Shirt, Cadet, Short Sleeve. May be worn with tie, ascot or open neck, with or without jacket. Rank slip-ons shall be worn with the short sleeve shirt.

Undershirt. The olive green cotton T-shirt may be worn with the appropriate orders of dress.

Grey Sports T-shirt. Shall be worn tucked inside the sports shorts during physical activities.

White Undershirt. Cotton shirt which may be worn with any order of dress. The undershirt shall not be visible at the neck opening.

SWEATER AND JACKETS

Sweater, Turtleneck, Long Sleeve. Sweaters may be worn with or without the jacket, but the jacket shall be worn when going to and from the corps location. Sleeves shall not be rolled or pushed up the arm.

Uniform Jacket. The jacket shall be worn fully buttoned except the top button. Sleeves shall be rolled pressed with no creases. Jackets may be removed in buildings and offices when authorized.

Jacket Belt. Shall be worn so as the excess of the belt, once attached, is on the same side as the buttonhole flap. The buckle shall be adjusted so that the excess of the belt is not more than 8 cm.

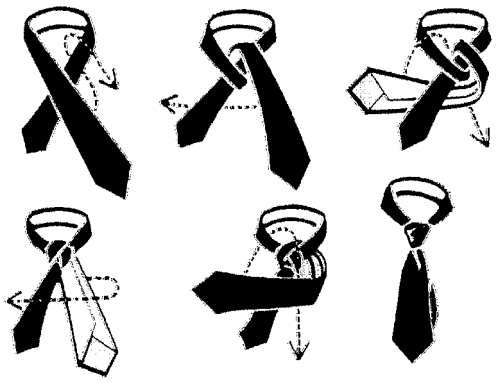
All-season Jacket. May be worn year round when weather conditions dictate. RCAC crest must be worn on the left breast of the all-season jacket. The liner and the exterior jacket may be worn separately or as a set.

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Rank slip-ons shall be worn on both. Medals, ribbons and sashes may be worn on the all-season jacket for outdoor parades.

ACCESSORIES

Necktie. Shall be knotted neatly using a Windsor or four-in-hand knot and shall be kept tight. When the jacket is removed, the tie shall not be tucked into the shirt, unless for safety reasons.



Royal Canadian Army Cadet Dress Instructions

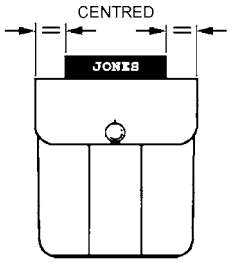
Figure 7 Windsor Knot



Royal Canadian Army Cadet Dress Instructions

Figure 8 Four-in-Hand Knot

Nametag. Can be obtained locally. The standard cadet name tag shall be detachable, made of black and white laminated plastic plate 6.3 cm in length and 1.2 cm in height, inscribed with white lettering 0.6 cm high, and shall indicate the surname of the cadet only.



Royal Canadian Army Cadet Dress Instructions

Figure 9 Right Breast Pocket

Sash. Cadet CWO's, MWO's, WO's and Sgt's are authorized to wear a sash, provided it respects the affiliated unit's dress regulations. Army sashes are crimson or scarlet depending on the rank. The sash is a parade accessory that can be worn at the local unit. The sash is only authorized at CSTC's or when on exchanges on the authority of the CO.

Black Wool Gloves. May be worn when weather dictates, or shall be worn when ordered.

Black Mitts. Plain black civilian pattern mitts may be worn with the overcoat, parka or all-season jacket during winter dress periods and when weather conditions dictate.

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CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. True or false: Shoulder insignia are worn on both sleeves.

Q2. Can any cadet wear the insignia of their affiliated unit when they want?

Q3. The nametag is centred over which breast pocket?

ANTICIPATED ANSWERS

A1. True.

A2. No, cadets (the Cadet Corps) must have permission from the CO of the affiliated unit to wear insignia of that affiliated unit.

A3. The right breast pocket.

Teaching point 4 **Explain and demonstrate the correct way to wear and care for clothing on the lower body.**

Time: 10 min Method: Demonstration



The instructor will explain and demonstrate how to wear each item of clothing

TROUSERS/BELT/SHORTS

Trousers. Will be pressed without starch so as to have creases down the centre of each leg. Creases shall extend from the top of the leg to the bottom. The length of the trousers should extend to the third eyelet of the ankle boot.

Trousers/Slacks Belt. The trousers/slacks shall be worn with a black belt. The CO may authorize the RCAC belt buckle.

Grey Sport Shorts. Shall be worn at the waist, and must not allow for the underwear to be visible.

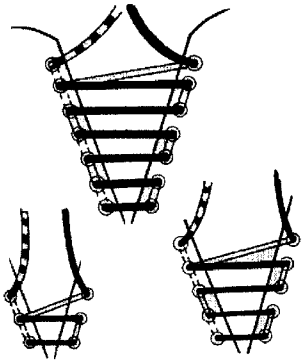
FOOTWEAR

Grey Wool Socks. Shall be worn with boots and running shoes. If a cadet suffers from a recognized allergy to wool, grey or black cotton or nylon socks may be worn.

Running Shoes. Shall be worn as directed by the cadet corps or the CSTC CO.

Boots. Shall be laced across horizontally from side to side. Boots shall not be modified by any type of metal cleats, hobnails or other metal attachments to the heel or sole. No varnish other than shoe polish can be used to shine the boots.

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Royal Canadian Army Cadet Dress Instructions

Figure 10 Lacing of Boots

Boots should be cared for by:

- cleaning the welts with an old toothbrush and black boot polish;
- using a soft cloth wrapped around the index finger, ensuring it is flat against the pad of the finger without any wrinkles;
- dampening the end of the cloth and applying a moderate amount of black boot polish;
- applying the polish to the boot in a steady, light circular motion, starting with larger circles to cover the area of the boot and using smaller circles, continuously working the polish into the boot;
- continuing to rub polish with a circular motion until the circles can no longer be seen; and
- breathing on the boot often to help work the polish into the boot.

CONFIRMATION OF TEACHING POINT 4

QUESTIONS

Q1. How long should trousers be?

Q2. Must all cadets wear grey wool socks?

Q3. How are ankle boots laced?

ANTICIPATED ANSWERS

A1. Trousers should go down to the third eyelet on the boot.

A2. Yes, unless they have a recognized allergy to wool.

A3. They are laced horizontally from side to side.

Teaching point 5 **Explain and demonstrate aspects of personal appearance.**

Time: 10 min Method: Interactive Lecture

GENERAL

Cadets in uniform shall be well groomed with footwear cleaned and shined. The uniform shall be clean and properly pressed at all times. In particular, buttons, fasteners and zippers shall be kept closed. Pockets shall

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not be bulged; items such as glasses, sunglasses, glasses cases, pens, pencils, key-rings or paper shall not be visibly extended nor protrude from pockets or be suspended from waist belts or pockets.

HAIRSTYLES

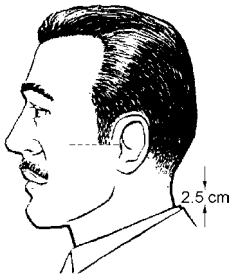
Hair on the head shall be neatly groomed and conservatively styled. The length, bulk and style of hair shall not preclude the proper wear of the beret. In particular, style and colour shall not be bizarre, bleached, exaggerated or unusual in appearance. Unusual colours such as green, bright red, orange, purple, etc., are not permitted. Hair must be secured or styled back to reveal the face and any accessories used to secure or control hairstyles shall be as unobtrusive as possible. Hair ornaments shall not be worn, except for female cadets conservative barrettes, which are to blend with the hair colour.

Male Hairstyles. Male cadets' hair shall be taper trimmed at the back, sides, and above the ears to blend with the hairstyle. It shall be no more than 15 cm in length and sufficiently short that, when the hair is groomed and beret is removed, no hair shall touch the ears or fall below the top of the eyebrows.



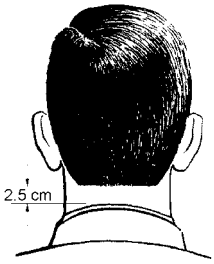
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Figure 11 Back View of Hair



Royal Canadian Army Cadet Dress Instructions

Figure 12 Side View of Hair



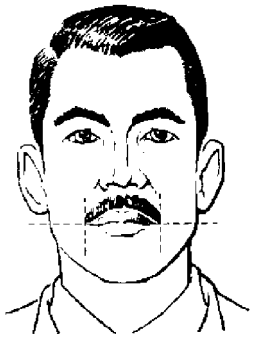
Royal Canadian Army Cadet Dress Instructions

Figure 13 Measurement of Hair

Sideburns. Sideburns shall not extend below a line horizontally bisecting the ear, and shall be squared off horizontally at the bottom edge and taper trimmed to conform to the overall hairstyle.

Moustaches. When moustaches are worn, the unshaven portion of the face shall not extend outwards beyond the corners of the mouth. Moustaches should be kept neatly trimmed, not greater than 2 cm in bulk, not to extend below the corners of the mouth and not protrude beyond the width of the mouth.

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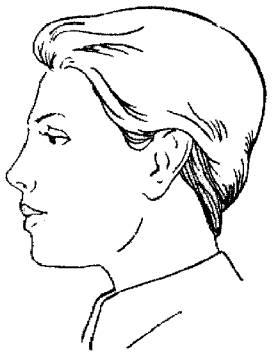


Royal Canadian Army Cadet Dress Instructions

Figure 14 Measurement of Moustache

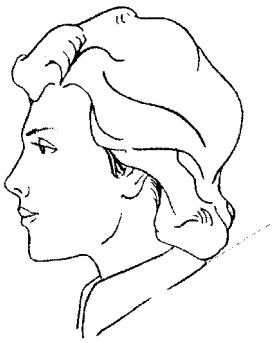
Beards. Beards shall not be worn except for those cadets who are adherents of the Sikh religion, or cadets with recognized medical problems preventing them from shaving. In the latter case, a note from a medical practitioner is required.

Female Hairstyles. Hair shall not extend below the edge of the shirt collar. Exaggerated styles, including those with excessive fullness or extreme height, are not authorized.



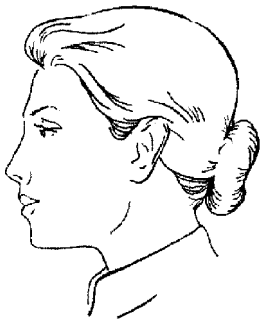
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Figure 15 Short Hairstyle



Royal Canadian Army Cadet Dress Instructions

Figure 16 Curled Hairstyle



Royal Canadian Army Cadet Dress Instructions

Figure 17 Straight Hair Worn Back in Bun

Braids. Shall be styled conservatively and tied tightly, secured at the end by a knot or a small-unadorned fastener. A single braid shall be worn in the centre of the back. Double braids shall be worn behind the shoulders. Hair shall be a maximum length, when gathered behind the head and braided, which does not extend below the top of the armpit.

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Royal Canadian Army Cadet Dress Instructions

Figure 18 One Braid



Royal Canadian Army Cadet Dress Instructions

Figure 19 Two Braids

Multiple braids and/or cornrows shall be directed to the back of the head, pulled tight to the head and secured at the end by a knot or a small-unadorned fastener. Multiple braids extending below the edge of the collar are to be gathered in a bun. Hairpieces and extensions are not permitted.



Royal Canadian Army Cadet Dress Instructions

Figure 20 Back View of Cornrows



Royal Canadian Army Cadet Dress Instructions

Figure 21 Side View of Cornrows



Royal Canadian Army Cadet Dress Instructions

Figure 22 Beret and Cornrows

MAKE-UP

Females are permitted to wear a minimal amount of make-up. When wearing the uniform, make-up shall be applied conservatively. There are to be no false eyelashes, heavy eyeliner, brightly coloured eye shadow or lipstick, coloured nail polish or excessive facial make-up.

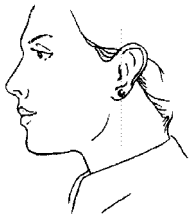
JEWELLERY

The only jewellery that may be worn in uniform shall be a wristwatch (conservative in design and colour), a medical alert bracelet, and a maximum of two rings which are not of costume jewellery nature.

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Female cadets in uniform may wear a single pair of plain gold, silver stud or white pearl earrings in pierced ears. The single stud earring, worn in the centre of each earlobe, shall be spherical in shape and not exceed 0.6 cm in diameter. Male cadets are not authorized to wear an earring or earrings.

Only a single earring or healing device, worn in the centre of each earlobe, may be worn at a time.



Royal Canadian Army Cadet Dress Instructions

Figure 23 Placement of Earrings

TATTOOS AND BODY PIERCING

Cadets shall not acquire visible tattoos that could be deemed as offensive or otherwise reflect discredit on the CCO. Cadets in uniform shall not wear visible body piercing adornments (tongue included). Use of an adhesive bandage for the purpose of covering a piercing is **not** authorized.

UNDERGARMENTS

Undergarments including brassieres for female cadets, shall be worn under all numbered orders of dress and shall be of an appropriate colour so as not to be visible through uniform items of clothing. Males shall also wear an undergarment under the highland order of dress.

EYEGLASSES/SUNGLASSES

Eyeglasses and sunglasses shall be conservative in design and colour. Sunglasses with photo chromic or mirrored lenses are not authorized for wear.

Cadets who normally wear eyeglasses may wear either conventionally framed prescription sunglasses, or conservatively styled clip-on sunglasses when conditions and circumstances dictate. Other cadets may wear conservatively styled sunglasses, which do not detract from the overall appearance of the uniform when conditions and circumstances dictate. Sunglasses shall not be worn on parade day unless authorized by the cadet corps or CSTC CO in special circumstances.

OTHER

Civilian Clothing. Civilian clothing, other than those specific items listed in CATO 46-01 shall not be worn with the cadet uniform unless authorized by the cadet corps or CSTC CO in special circumstances. This includes but is not limited to civilian jackets and hats.

Backpacks. Civilian pattern backpacks of conservative appearance may either be carried in the left hand or worn suspended from both shoulders and square on the back. No item will be suspended from the backpack and straps and straps shall not be left loose.

Purse. (Female cadets only) The purse must be black and conservative in nature, and held in the left hand or suspended over the left forearm. When the purse is carried as a shoulder bag, the strap shall be suspended from the left shoulder with the top of the purse not higher than waist level. The purse shall not be carried as a shoulder bag with the strap shortened to handbag length.

Carrying of Articles. If any one article is carried, such as a briefcase, umbrella or raincoat, it shall be carried in the left hand. If an article is carried when marching, the left arm is not swung.

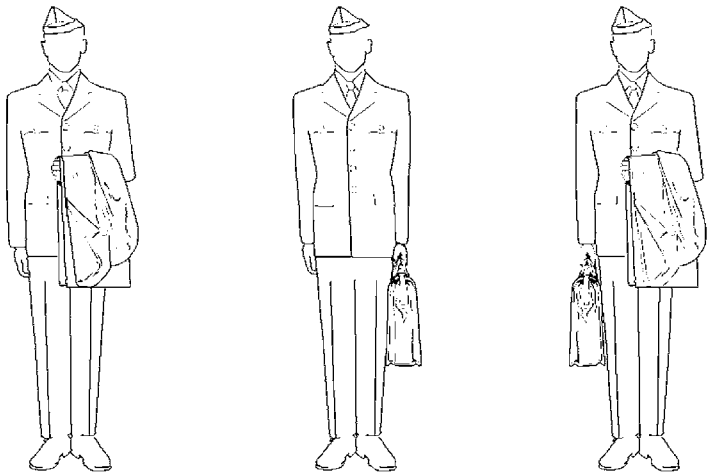
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Verify against the official publication.

Chewing gum, slouching, sauntering, placing hands in pockets, smoking or eating on the street, walking hand in hand, and similar deportment which detracts from a proud and orderly appearance in the eyes of the public is unacceptable for cadets in uniform.

Teaching point 6 **Explain orders of dress.**

Time: 10 min Method: Interactive Lecture

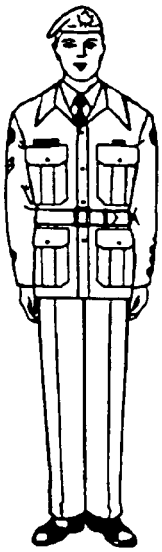
Although there are many orders of dress for the Army Cadet uniform, cadets should be aware of the orders they will be asked to wear most often.



A-PD-201-000/PT-000, The Canadian Forces Manual of Drill and Ceremonial

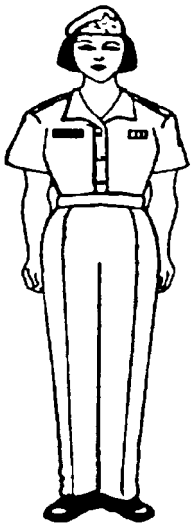
Figure 24 The Carrying of Articles

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Verify against the official publication.



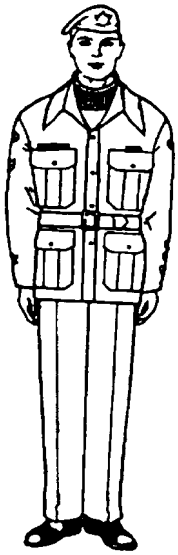
Royal Canadian Army Cadet Dress Instructions

Figure 25 C-2 Duty Dress



Royal Canadian Army Cadet Dress Instructions

Figure 26 C-2A Duty Dress



Royal Canadian Army Cadet Dress Instructions

Figure 27 C-3 Duty Dress



Royal Canadian Army Cadet Dress Instructions

Figure 28 PT

Instructors are responsible to explain other orders of dress that are worn by the cadet corps, as authorized by the CO of the affiliated unit. One method to do this is by introducing the class to various cadets dressed in the forms of dress to be illustrated. The cadet can then describe how the uniform is worn.

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CONFIRMATION OF TEACHING POINT 5

QUESTIONS

Q1. What are some things that cadets are not allowed to do with their hair?

Q2. Are male cadets permitted to wear earrings?

Q3. Cadets are not authorized to have tattoos that are what?

ANTICIPATED ANSWERS

A1. Cadets are not to bleach their hair or dye it colours such as bright red, purple, green or orange.

A2. No, male cadets are not permitted to wear an earring or earrings.

A3. Offensive in nature or otherwise reflect discredit to CCO.

END OF LESSON CONFIRMATION

OBJECTIVE

- The objective of the activity is to have the cadets properly identify various parts of the uniform and demonstrate the proper wearing and care of the piece.

RESOURCES

- Uniform pieces presented in lesson.
- Grocery bag or hat to put slips of paper in.
- Slips of paper with uniform pieces written on them (written out parts are found in Annex A).

ACTIVITY LAYOUT

- Cut out and place the pieces of paper with the uniform parts written on them in a grocery bag or hat.
- One at a time, each cadet will chose a slip of paper and find that part of the uniform.
- After finding the uniform part, the cadet will show the class how to properly wear and care for that piece.
- Repeat these steps until each cadet has chosen a piece. If there are more cadets than pieces of uniform, put the pieces back in the bag and start again.

SAFETY

- This shall be a supervised activity.

INSTRUCTOR GUIDELINES

- During the activity the instructor will supervise the cadets as they present each piece of the uniform and make corrections as required.

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CONCLUSION

HOMEWORK/READING/PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

The Army Cadet uniform should be worn properly at all times. The cadet uniform is highly recognizable and the standard of personal dress, appearance, and grooming shall be such as to reflect credit on the individual and on the CCO. The intent is to ensure a high standard of grooming consistent with that expected of cadets while both sensitive to the multicultural makeup of Canadian society.

INSTRUCTOR NOTES/REMARKS

This lesson should be scheduled to be conducted at the beginning of the training year.

REFERENCES

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A2-028 D Cdts. (2005). CATO 46-01, *Army Cadet Dress Instructions.* In Cadet Administrative and Training Orders (Vol. 4, 27 pages). Ottawa, ON.

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UNIFORM PIECES

Beret	Green Cotton T–shirt	Black Gloves and Mitts	Running Shoes
Cap Badge	Turtleneck Sweater	Name Tag	Grey Wool Socks
Wide-brimmed Tan Summer Hat	Jacket and Jacket Belt	Trousers	Corps Shoulder Badge
Toque	All-season Jacket	Black Belt	Pte Rank Badge
Short Sleeve Shirt	Rank Slip-ons	Grey Sports Shorts	
Necktie	Grey Sports T-shirt	Boots	

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