## SILVER STAR TRAINING SUMMARY AND TIME ALLOCATION

### PERIOD ALLOCATION

| PO No. | Performance Objective | EO No. | 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** |
| 303 | Perform the Role of a Team Leader | M303.01 | Define the Role of a Team Leader | 2 |
| | | M303.02 | Participate in a Mentoring Relationship | 1 |
| | | M303.03 | Practice Self-Assessment | 1 |
| | | M303.04 | Communicate as a Team Leader | 2 |
| | | M303.05 | Supervise Cadets | 2 |
| | | M303.06 | Solve Problems | 2 |
| | | M303.07 | Lead Cadets Through a Leadership Assignment | 2 |
| | | 303 PC | | 0 |
| | | C303.01 | Lead Team-Building Activities | 3 |



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| PO No. | Performance Objective | EO No. | Enabling Objective | No. of Pd |
|---|---|---|---|---|
| | | C303.02 | Deliver a Presentation About a Leader | 2 |
| | | C203.01 | Record Entries in a Reflective Journal | 3 |
| | | C203.02 | Employ Problem Solving | 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 |
| | | C103.03 | Participate in Teambuilding Activities | 1 |
| | | | **PO 303 - Total Mandatory** | **12** |
| | | | **PO 303 - Total Complementary** | **16** |
| 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** |



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| PO No. | Performance Objective | EO No. | Enabling Objective | No. of Pd |
|---|---|---|---|---|
| 306 | Fire the Cadet Air Rifle During Recreational Marksmanship | M306.01 | Participate in a Recreational Marksmanship Activity | 3 |
| | | C306.01 | Identify Civilian Marksmanship Organizations | 1 |
| | | C306.02 | Correct Marksmanship Error | 2 |
| | | C306.03 | Fire the Cadet Air Rifle from the Standing Position | 2 |
| | | C206.01 | Practice Holding Techniques | 1 |
| | | C206.02 | Practice Aiming Techniques | 2 |
| | | C206.03 | Practice Firing Techniques | 1 |
| | | C106.01 | Participate in a Recreational Marksmanship Activity | 6 |
| | | | **PO 306 - Total Mandatory** | **3** |
| | | | **PO 306 - Total Complementary** | **15** |
| 307 | Serve in an Army Cadet Corps | M307.01 | Identify Silver Star Training Opportunities | 1 |
| | | M307.02 | Identify Year Three CSTC Training Opportunities | 1 |
| | | M307.03 | Recognize the Partnership Between the Army Cadet League of Canada and the Department of National Defence | 1 |
| | | C307.01 | Participate in a Presentation Given by a Guest Speaker From the RCSU | 2 |
| | | C307.02 | Participate in a Presentation Given by the Cadet Liaison Officer | 2 |
| | | C307.03 | Participate in a Presentation Given by a Guest Speaker from the Army Cadet League of Canada | 2 |
| | | | **PO 307 - Total Mandatory** | **3** |
| | | | **PO 307 - Total Complementary** | **6** |
| 308 | Direct a Squad Prior to a Parade | M308.01 | Prepare a Squad for Parade | 3 |
| | | M308.02 | Deliver Words of Command | 1 |
| | | 308 PC | | 0 |
| | | C308.01 | Execute Flag Party Drill | 4 |
| | | C308.02 | Deliver Words of Command | 2 |



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| PO No. | Performance Objective | EO No. | Enabling Objective | No. of Pd |
|---|---|---|---|---|
| | | C208.01 | Practice Ceremonial Drill as a Review | 2 |
| | | C208.02 | Execute Drill with Arms | 8 |
| | | | **PO 308 - Total Mandatory** | **4** |
| | | | **PO 308 - Total Complementary** | **16** |
| 309 | Instruct a Lesson | M309.01 | Explain Principles of Instruction | 2 |
| | | M309.02 | Identify Methods of Instruction | 2 |
| | | M309.03 | Describe Effective Speaking Techniques | 1 |
| | | M309.04 | Describe Questioning Techniques | 1 |
| | | M309.05 | Select Appropriate Instructional Aids | 2 |
| | | M309.06 | Plan a Lesson | 2 |
| | | M309.07 | Instruct a 15-Minute Lesson | 3 |
| | | 309 PC | | 0 |
| | | C309.01 | Deliver a One-Minute Verbal Presentation | 2 |
| | | C309.02 | Plan a Lesson | 2 |
| | | C309.03 | Instruct a 15-Minute Lesson | 3 |
| | | C309.04 | Identify Formations for Drill Instruction | 1 |
| | | C309.05 | Plan a Drill Lesson | 2 |
| | | C309.06 | Instruct a 15-Minute Drill Lesson | 3 |
| | | | **PO 309 – Total Mandatory** | **13** |
| | | | **PO 309 – Total Complementary** | **13** |
| 311 | Participate in a Recreational Summer Biathlon Activity | C311.01 | Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity | 3 |
| | | C311.02 | Participate in a Recreational Summer Biathlon Activity | 6 |
| | | 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 |
| | | C111.01 | Participate in a Biathlon Briefing | 1 |



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| PO No. | Performance Objective | EO No. | Enabling Objective | No. of Pd |
|---|---|---|---|---|
| | | C111.02 | Run Wind Sprints | 1 |
| | | C111.03 | Fire the Cadet Air Rifle Following Physical Activity | 1 |
| | | C111.04 | Participate in a Recreational Summer Biathlon Activity | 6 |
| | | | **PO 311 – Total Mandatory** | **0** |
| | | | **PO 311 – Total Complementary** | **27** |
| 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** |
| 321 | Perform the Duties of a Team Leader on an Overnight Bivouac Exercise | M321.01 | Perform the Duties of a Team Leader in the Field | 1 |
| | | M321.02 | Construct Components of a Bivouac Site | 3 |
| | | C321.01 | Identify Methods of Waste Disposal in the Field | 1 |
| | | C321.02 | Identify Safety Considerations When Travelling Over Snow and Ice | 2 |
| | | C321.03 | Construct Field Amenities | 6 |
| | | 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 321 - Total Mandatory** | **4** |



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|---|---|---|---|---|
| | | **PO 321 - Total Complementary** | | **31** |
| 322 | Plot Location on a Topographical Map Using a Global Positioning System Receiver | M322.01 | Review Red Star Navigation | 1 |
| | | M322.02 | Calculate Magnetic Declination | 2 |
| | | M322.03 | Identify Components of a Global Positioning System | 1 |
| | | M322.04 | Identify Features of a Global Positioning System Receiver | 1 |
| | | M322.05 | Set a Map Datum on a Global Positioning System Receiver | 2 |
| | | M322.06 | Identify Location Using a Global Positioning System Receiver | 4 |
| | | 322 EC-01 | | 0 |
| | | 322 PC | | 0 |
| | | C322.01 | Practice Navigation as a Member of a Small Group | 9 |
| | | C322.02 | Identify Factors That Impact Navigation in the Winter | 4 |
| | | C322.03 | Identify the Principles of Map-Making | 1 |
| | | C322.04 | Draw a Map of an Area in the Local Training Facility | 1 |
| | | **PO 322 - Total Mandatory** | | **11** |
| | | **PO 322- Total Complementary** | | **15** |
| 323 | Trekking | C123.01 | Participate in Adventure Training | 18 |
| | | C123.02 | Adhere to March Discipline | 1 |
| | | C123.03 | Participate in Snowshoeing | 9 |
| | | **PO 323 – Total Complementary** | | **28** |
| 324 | Survive When Lost | M324.01 | Construct an Improvised Shelter | 3 |
| | | M324.02 | Collect Drinking Water | 1 |
| | | M324.03 | Light a Fire Without Matches | 4 |
| | | M324.04 | Predict Weather | 1 |
| | | M324.05 | Determine When to Self-Rescue | 1 |
| | | 324 EC-01/324 EC-02/324 EC-03/324 EC-04 | | 0 |



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| PO No. | Performance Objective | EO No. | Enabling Objective | No. of Pd |
|---|---|---|---|---|
| | | C324.01 | Identify Animal and Insect Food Sources | 2 |
| | | C324.02 | Construct Snares | 4 |
| | | C324.03 | Catch a Fish | 3 |
| | | C324.04 | Collect Edible Plants | 4 |
| | | C324.05 | Prepare a Meal from Field Food Sources | 3 |
| | | C224.01 | Cook in the Field | 2 |
| | | C224.02 | Prepare a Signal Fire | 2 |
| | | | **PO 324 - Total Mandatory** | **10** |
| | | | **PO 324 - Total Complementary** | **20** |
| 325 | Identify the Competencies of Outdoor Leaders | M325.01 | Participate in a Discussion on Army Cadet Expedition Training | 1 |
| | | M325.02 | List the Competencies of an Outdoor Leader | 2 |
| | | M325.03 | Discuss Self-Awareness and Professional Conduct as a Competency of an Outdoor Leader | 1 |
| | | C325.01 | Communicate During an Expedition | 6 |
| | | C325.02 | Participate in a Presentation on the Duke of Edinburgh Award Program | 1 |
| | | | **PO 325 - Total Mandatory** | **4** |
| | | | **PO 325 - Total Complementary** | **7** |
| 326 | Perform Expedition Skills (Note 1) | M326.01 | Prepare for Expedition Training | 1 |
| | | M326.02a | Paddle a Canoe (Note 2) | 5.5 |
| | | M326.02b | Ride a Mountain Bike (Note 2) | 5.5 |
| | | M326.02c | Hike Along a Route (Note 2) | 5.5 |
| | | M326.03 | Practice Environmental Stewardship as a Team Leader | 1 |
| | | M326.04 | Navigate Along a Route Using a Map and Compass | 2 |
| | | M326.05 | Use Expedition Equipment | 2 |
| | | M326.06 | Follow Daily Routine | 1 |
| | | M326.07 | Record Entries in a Journal | 1 |
| | | 326 PC | | 0 |



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| PO No. | Performance Objective | EO No. | Enabling Objective | No. of Pd |
|---|---|---|---|---|
| | | **PO 326 - Total Mandatory** | | **19** |
| N/A | Participate in the Annual Ceremonial Review (ACR) | | | **3** |

**Note:**

(1) EOs M326.02 to M326.07 (Chapter 4, Section 18) and 326 PC (Chapter 3, Annex B, Appendix 8) are to be conducted at an expedition centre during the allocated expedition exercise. The period count for these EOs is an estimate that conforms to the standard eighteen periods allocated to a training weekend. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

(2) Two activities shall be selected from the three listed as M326.02 (Chapter 4, Section 18).



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## 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 (eg, PO X02 [Community Service], PO X05 [Physical Activities], or PO 306 [Air Rifle Marksmanship, Chapter 4, Section 7 ]). However, corps may choose to deliver any EOs that suit their circumstances on these days. | 2 Days |
| Bivouac FTX | One weekend of mandatory support will be provided for corps to participate in a weekend bivouac FTX to include two days of practical experience in support of PO 321 (Field Training, Chapter 4, Section 13), PO 322 (Navigation, Chapter 4, Section 14) and PO 324 (Wilderness Survival, Chapter 4, Section 16). | 1 Weekend |
| Expedition Exercise | One weekend of mandatory support will be provided for Silver Star cadets to participate in a weekend of expedition training conducted by a Region Expedition Centre to develop hard expedition skills. Guidance on the conduct of this weekend is provided at Annex A, Appendix 1. | 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 lesson specifications (eg, PO X02 [Community Service], PO X05 [Physical Activities], or PO 323 [Trekking, Chapter 4, Section 15]). 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 support will be provided for cadet corps to participate in complementary Adventure Training Activities. This activity may occur any time during the training cycle. Suggested training includes activities drawn from A-CR-CCP-930/AG-001 Cadet Safety Management Directive. | 1 Weekend |
| | **Total Complementary** | **4 Days** |



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## CONDUCT OF EXPEDITION EXERCISE

1. This annex is intended as amplification to Chapter 4 to provide guidance as to the conduct of PO 326 (Perform Expedition Skills, Chapter 4, Section 18).

2. Expedition centre training has been designed to provide the Silver Star cadet with the opportunity to develop expedition skills in a structured environment under the supervision and instruction of highly qualified staff. The expedition centre will approach training through an experiential approach, which will allow the cadet to develop skills such as mountain biking and hiking through direct experience at a personal level. Each cadet will be given the opportunity to examine what they saw, felt and thought during the weekend, and consider how it related to what they already learned as well as how it will relate to future experiences.

3. Corps will be required to provide each cadet attending an expedition centre with a briefing concerning their participation in the activities at the centre. The information required to be presented is included in EO M326.01 (Prepare for Expedition Training, Chapter 4, Section 18) and the specific expedition centre joining instructions. Corps training officers are advised to schedule this EO two weeks prior to the cadet attending the expedition centre, to provide the cadets with enough time to fully prepare for their participation in the activities.

4. The following EOs will be completed at the expedition centre:

   a. EO M326.03 (Practice Environmental Stewardship as a Team Leader, Chapter 4, Section 18) - 1 period,

   b. EO M326.04 (Navigate Along a Route Using a Map and Compass, Chapter 4, Section 18) - 2 periods,

   c. EO M326.05 (Use Expedition Equipment, Chapter 4, Section 18) - 2 periods,

   d. EO M326.06 (Follow Daily Routine, Chapter 4, Section 18) - 1 period, and

   e. EO M326.07 (Record Entries in a Journal, Chapter 4, Section 18) - 1 period.

5. Expedition centres, under direction from regional trainers, will select and train at least two of the following dynamic modes of travel:

   a. EO M326.02a (Paddle a Canoe, Chapter 4, Section 18) - 5.5 periods,

   b. EO M326.02b (Ride a Mountain Bike, Chapter 4, Section 18) - 5.5 periods, or

   c. EO M326.02c (Hike Along a Route, Chapter 4, Section 18) - 5.5 periods.

6. The following are the training expectations for each dynamic mode of travel:

   a. **Canoeing.** The cadet shall paddle a tandem canoe on flatwater.

   b. **Mountain Biking.** The cadet shall ride a mountain bike on familiarization mountain bike trails.

   c. **Hiking.** The cadet shall hike along a route consisting of a combination of Class 1, 2 and 3 terrain.

7. A schedule has been included to provide the expedition centre with a sample format to follow for the weekend. The period count for all required EOs is an estimate that conforms to the standard eighteen periods allocated to a training weekend. The expedition centre may choose to adjust this allocation to reflect the choice of activities, facilities and available resources. When developing a training schedule expedition centres may choose to incorporate additional Army Cadet Adventure Training Activities, (ACATA) as outlined in A-CR-CCP-951/PT-002, as long as this does not impede the cadets' ability to meet mandatory training requirements.

8. All training will be conducted based on a small group model. Based on fortress data the cadet will be placed into teams of no more than nine cadets upon arrival Friday evening. An expedition centre Team Instructor (TI) will be assigned to each team and will remain with the team for the duration of the weekend. These team



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sizes take into account the instructor/cadet training ratios, but not the requisite instructor qualifications, for the adventure training activities being conducted.

9. When following an experiential education approach, being aware of teachable moments is very important. A teachable moment is a situation that naturally arises during the course of the day and provides opportunity for discussion. These moments will reinforce both expedition and corps program material and should be taken advantage of throughout the expedition. Expedition centre staff should take the time to explain and emphasize program material as opportunity arises. Some of these teachable moments could include:

a. navigation,

b. leave no trace,

c. foot care,

d. basic astronomy,

e. wildlife,

f. predicting weather,

g. campsite routine, and

h. use of equipment, etc.



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| Friday | | |
|---|---|---|
| **Timings** | **Task/Activity** | **Remarks** |
| | Collect Expedition Skill/Experience Assessment Form | Expedition centre staff must read and tabulate scores from Expedition Skills/ Experience Assessment form. Place cadets in teams of varied skill levels. |
| | Issue all personal and group expedition equipment | Expedition centre staff. |
| | Set up campsite | Expedition centre staff to rotate to ensure that cadets know how to set up tents, organize equipment, light lanterns, etc. |
| | Initial briefing/break cadets into teams | To include: activities, expectations, safety timings, dress, meals, rules, etc.<br><br>Cadets will be introduced to their TI. |
| | Navigation review | Completed as required, time permitting. |
| | | |

| Saturday | | |
|---|---|---|
| **Timings** | **Task/Activity** | **Remarks** |
| 0600 | Reveille/Ablutions | Cadets will pack all personal equipment prior to eating breakfast. Expedition centre staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine). |
| 0630 | Breakfast | Log O to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc. |
| 0730 | Campsite tear down | Under direction of TI each team will tear down all components of the campsite, organize personal and group equipment for transport to new campsite. |
| 0800 | Star expedition | See notes. |
| | Mode of travel #1 | Initial training for designated mode of travel will begin as per IG.<br><br>Once the initial training has been completed the teams will depart the base campsite and follow the designated route card to campsite #2. |



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| Saturday | | |
|---|---|---|
| **Timings** | **Task/Activity** | **Remarks** |
| 1200 - 1300 | Lunch | Lunch will occur at a designated point along the practical expedition route.<br><br>TI will use time during lunch to instruct EO M326.06 (Follow Daily Routine) |
| 1600 | Arrive at camp site #2 | Teams will set up their campsites, with the TI providing feedback as required. TI should ensure that cadets follow principles discussed in EO M326.06 (Follow Daily Routine). |
| 1730 | Supper | Preparation of supper will be incorporated into the teams campsite set up routine.<br><br>TI will use time during supper to instruct M326.02 (Use Expedition Equipment). |
| 1900 | EO M326.07 (Record Entries in a Journal) | TIs should ensure that they choose a location away from other teams to teach this EO.<br><br>Follow this presentation of the TPs in this EO all teams will complete a group journal entry under the direction of their TI. |
| 2000 | Evening activities | See note 9. |
| 1000 | Lights out | |
| | | |
| **Sunday** | | |
| **Timings** | **Task/Activity** | **Remarks** |
| | | |
| 0600 | Reveille/Breakfast/Tear down campsite | Teams will be required to complete daily routine activities, as discussed in EO M236.06 (Follow Daily Routine). TIs should not have to provide much guidance and should observe their teams to ensure all tasks are completed. |
| 0800 | Mode of travel #2 | Initial training for designated mode of travel will begin as per IG.<br><br>Once the initial training has been completed the team will depart the base campsite and follow the designated route card to the practical expedition end point. |
| 1200 | Lunch | Lunch will occur at a designated point along the practical expedition route. |



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| **Sunday** | | |
|---|---|---|
| **Timings** | **Task/Activity** | **Remarks** |
| 1330 | Arrive at practical expedition activity end point | Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the expedition centre Log ). |
| 1430 | Debrief | All cadets will be required to: fill out an expedition centre activity critique and complete a journal entry about their experiences during the weekend. |
| 1500 | Depart | |

**Notes:**

1. Timings for each skill during the practical expedition activity section will vary depending what has been selected. While there is a requirement for initial training, the focus should be on having the cadets complete each skill through the practical expedition activity.
2. TIs will be required to provide all skill instruction for their team for the duration of the expedition. This will provide for a small ratio of instructor to student allowing the TI to provide more individually supported learning.
3. During the practical expedition activity, each cadet will be required to navigate a led of the route, EO M326.04 (Navigate Along a Route), using the provided route card.
4. TIs should use breaks along the practical expedition route to discuss the TPs in M326.03 (Practical Environmental Stewardship as a Team Leader). They are also encouraged to be aware of and employ teachable moments as they occur.
5. Other ACATA can be incorporated into the practical expedition activity. For example: during the hiking route cadets may be given the opportunity to move through a series of caves or abseil down a rock face; or incorporating a trail hike in with canoeing and mountain biking to move the cadets from one location to the next. Flexibility is provided as long as the primary objectives of the two selected modes of travel are met.
6. An expedition centre may choose to organize their practical expedition activity so that cadets participate in a new dynamic mode of travel on each days of the expedition.
7. The TI will use lunch and supper breaks to instruct EOs M326.05 (Use Expedition Equipment) and M326.06 (Follow Daily Routine).
8. Evening activities shall be provided and could be comprised of navigation review, team-building games, introduction to next day's activities, etc.
9. The practical expedition activity end time will differ for each expedition centre.



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## CONDUCT OF BIVOUAC FTX

1. A total of 18 periods are allocated for the Weekend Bivouac FTX.

2. The following EOs shall be conducted prior to the Weekend Bivouac FTX and confirmed through practical field activities.

   a. M321.01 (Perform the Duties of a Team Leader in the Field, Chapter 4, Section 13),

   b. M322.02 (Calculate Magnetic Declination, Chapter 4, Section 14),

   c. M322.03 (Identify Components of a Global Positioning System, Chapter 4, Section 14),

   d. M322.04 (Identify Features of a Global Positioning System Receiver, Chapter 4, Section 14), and

   e. M322.05 (Set a Map Datum on a Global Positioning System Receiver, Chapter 4, Section 14).

3. The field instruction of the following EOs shall be conducted during the Weekend Bivouac FTX:

   a. M321.02 (Construct Components of a Bivouac Site, Chapter 4, Section 13),

   b. M322.01 (Review Red Star Navigation, Chapter 4, Section 14),

   c. M322.06 (Identify Location Using a Global Positioning System [GPS] Receiver, Chapter 4, Section 14),

   d. M334.01 (Construct an Improvised Shelter, Chapter 4, Section 16),

   e. M324.02 (Collect Drinking Water, Chapter 4, Section 16),

   f. M324.03 (Light a Fire Without Matches, Chapter 4, Section 16),

   g. M324.04 (Predict Weather, Chapter 4, Section 16), and

   h. M324.05 (Determine When to Self-Rescue, Chapter 4, Section 16).

4. Unit training officers are required to produce an exercise instruction to include all EOs outlined in paragraph 3.b.

5. **Resource Requirements:**

   a. Sleeping bag,

   b. Air mattress,

   c. Wash basin,

   d. Backpack,

   e. Groundsheet,

   f. Water container,

   g. Two-burner stove,

   h. Funnel,

   i. Naphtha fuel,

   j. Dual-generator lantern,

   k. Mantles,



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l. Pot set,

m. Fire extinguisher,

n. First aid kit,

o. Blanket,

p. Stretcher,

q. Environmental spill kit,

r. Garbage bags,

s. Suitable cutlery and plates required for field meals,

t. Suitable paper products (toilet paper, paper towel, etc) as required,

u. Flashlight,

v. Flashlight batteries,

w. IMP,

x. 4 lb axe (36-inch handle),

y. 24-inch bow saw,

z. Shovel,

aa. Pail,

ab. Matches,

ac. Whistle,

ad. Mirror,

ae. Survival kit,

af. Flint,

ag. Steel,

ah. Pocket knife,

ai. Compass,

aj. Global Positioning System Receiver, and

ak. Topographical map of the area.



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