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. 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. 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. 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. 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. 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. 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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