EO C107.01 – MAINTAIN THE SEA CADET UNIFORM

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

2. **Conditions:**

   a. Given:

      (1) Sea 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 35-01, *Sea Cadet Dress Instructions*, the cadet shall maintain the sea 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 and Performance	5 min	A2-028
TP3	Demonstrate the correct method of care for the gunshirt, as per CATO.	Demonstration and Performance	5 min	A2-028
TP4	Demonstrate the correct method of care for the tunic, as per CATO.	Demonstration and Performance	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 and Performance	5 min	A2-028
TP6	Demonstrate the correct method of care for the seaman's cap, to include: a. washing the cap with an old toothbrush and mild detergent or white toothpaste; b. sewing in the chin stay to fit properly c. attaching the cap tally, to include: 1. centring the lettering between the "I" and the "A" in the word "CANADIAN" with the centre cap seam; 2. ensuring the ends are tied in a neat bow, not more than 7.5 cm and not less than 5 cm across, the ends being equal in length; 3. ensuring the bow is centred with the left ear vents; and 4. ensuring the cap tally is taut to the rim of the cap.	Demonstration and Performance	5 min	A2-028
TP7	Demonstrate the method for wearing the hair, for male cadets and for female cadets, as per CATO.	Demonstration and Performance	10 min	A2-028 A0-001

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TP	Description	Method	Time	Refs
TP8	Supervise and advise cadets as they practise maintaining the uniform, to include: a. trousers, b. gunshirt, c. tunic, d. boots, and e. seaman's cap.	Performance	10 min	

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	5 min
c.	Demonstration and Performance:	35 min
d.	Performance:	10 min
e.	Total:	60 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. A1-003 Director Cadets. (2012). *CATO 35-01 Sea cadet dress instructions*. Ottawa, ON: Department of National Defence.

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

9. **Learning Aids:** Sea 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,

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(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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