EO CX25.01 – PREPARE FOR A NAUTICAL TRAINING WEEKEND

1. **Performance**: Prepare for a Nautical Training Weekend

2. **Conditions**:

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.

3. **Standard**: The cadet shall be briefed on the nautical weekend, to include:

   a. the activities / skills to be completed; and

   b. the weekend structure; to include:

      (1) schedule, and

      (2) training site standard operating procedures (SOPs).

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Review the training site SOPs, highlighting: a. the location, b. the basic rules, and c. the weekend expectations (weather, sleeping arrangements, food, etc).	Interactive Lecture	10 min	
TP2	Provide an overview of the nautical training weekend schedule, to include: a. timings (pick up and drop-off), and b. daily routine.	Interactive Lecture	10 min	
TP3	Review any skills to be practiced during the nautical training weekend.	Interactive Lecture	5 min	

5. **Time:**

   a. Introduction / Conclusion: 5 min

   b. Interactive Lecture: 25 min

   c. Total: 30 min

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6. **Substantiation**: An interactive lecture was chosen for this lesson to orient the cadets to the nautical training weekend and give an overview of the expectations and training to be completed.

7. **References:** A-CR-CCP-030/PT-001 D Cdts 4. (2005). Water safety orders. Ottawa, ON: Department of National Defence.

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area, and

   b. Site SOPs.

9. **Learning Aids**: Nil.

10. **Test Details**: Nil.

11. **Remarks**:

   a. The lesson content will depend on the activity chosen.

   b. Instructors shall contact the training site prior to this lesson to obtain a copy of the SOPs.

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