ROYAL CANADIAN SEA CADETS

PHASE ONE

INSTRUCTIONAL GUIDE

SECTION 5

EO M107.05 – WEAR THE SEA CADET UNIFORM

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

This IG supports EO M107.05 (Wear the Sea Cadet Uniform) located in A-CR-CCP-601/PG-001, *Royal Canadian Sea Cadets Phase One Qualification Standard and Plan*, Chapter 4.

Gather an ironing board, iron, pressing cloth, boot polish, boot cloth, old toothbrush and lint brush.

Gather the following uniform items:

- seamans' cap,
- wide-brimmed tan summer hat,
- ball cap,
- toque,
- jacket,
- corps crest,
- corps title insignia,
- rank slip ons,
- gunshirt,
- all-season jacket,
- lanyard,
- black gloves,
- black t-shirt,
- training dress (sea) shirt,
- name tag,
- trousers,
- sports shorts,
- black belt,
- socks,
- boots, and

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- running shoes,

Cut out the names of the uniform parts, located at Annex A and place them in a container.

Assistant instructors may be required for this lesson.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the proper way to wear the Sea Cadet uniform while providing an opportunity for the cadets to practice the skill under supervision.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall wear the Sea Cadet uniform to the standard set forth in CATO 35-01, *Royal Canadian Sea Cadets Dress Instructions*.

IMPORTANCE

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 as well as on the Canadian Cadet Organization (CCO).



Assistant instructors may be required for this lesson.

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Teaching point 1 **Explain and demonstrate how to wear and care for the seaman's cap.**

Time: 5 min Method: Demonstration and Performance

Demonstrate how to wear and care for the seamans' cap, to include:

- occasions to wear and remove headdress,
- location on head,
- chinstay,
- cap tally, and
- cleaning.



Refer to CATO 35-01 *Royal Canadian Sea Cadet Dress Instructions* for the correct way to wear the seamans' cap, occasions when the chinstay is worn, the cap tally location and how to clean the cap.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS:

Q1. How many fingers above the eyebrow is the seamans' cap to be worn?

Q2. Where is the Royal Canadian Sea Cadet cap tally positioned on the seamans' cap?

Q3. How should the white part of the cap be cleaned?

ANTICIPATED ANSWERS:

A1. As per CATO 35-01.

A2. As per CATO 35-01.

A3. As per CATO 35-01.

Teaching point 2 **Describe other authorized headdress and their proper wear.**

Time: 5 min Method: Demonstration

Other types of headdress authorized for Sea Cadets include:

- wide-brimmed tan summer hat,
- ball cap,
- toque, and
- turban (for corps with cadets from the Sikh religion).

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As each headdress is being presented, demonstrate how to wear it properly.



Refer to CATO 35-01, *Royal Canadian Sea Cadet Dress Instructions* for the correct way to wear each headdress.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. When may the wide-brimmed tan summer hat be worn?

Q2. When may the cadet toque be worn?

ANTICIPATED ANSWERS:

A1. As per CATO 35-01.

A2. As per CATO 35-01.

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

Time: 5 min Method: Demonstration

Demonstrate how to wear and care for the following uniform items:

- jacket, to include:
  - corps title insignia, and
  - corps crest;
- lanyard,
- rank slip ons,
- gunshirt,
- all-season coat,
- lanyard,
- black gloves,
- black t-shirt,
- training dress (sea) shirt, and
- name tags and tapes.

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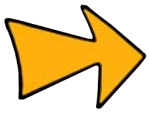
As each item is being presented demonstrate how to wear it properly.



Refer to CATO 35-01, *Royal Canadian Sea Cadet Dress Instructions* for details on how to wear and care for the items worn on the upper body.



All badges are to be sewn on the tunic using thread which blends with the colour of the badge.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS:

Q1. When are rank slip-ons to be worn?

Q2. Where are creases pressed on the gunshirt?

Q3. How are the sleeves of the tunic pressed?

ANTICIPATED ANSWERS:

A1. As per CATO 35-01.

A2. As per CATO 35-01.

A3. As per CATO 35-01.

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

Time: 5 min Method: Demonstration

Demonstrate how to wear and care for the following uniform items:

- trousers,
- sports shorts, and
- black belt.



As each item is being presented, demonstrate how to wear it properly.

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Refer to CATO 35-01, *Royal Canadian Sea Cadet Dress Instructions* for details on how to wear and care for the items worn on the lower body.

CONFIRMATION OF TEACHING POINT 4

QUESTIONS:

Q1. How should the trousers be pressed?

Q2. When are the sports shorts worn?

ANTICIPATED ANSWERS:

A1. As per CATO 35-01.

A2. As per CATO 35-01.

Teaching point 5 **Explain and demonstrate the correct manner to wear footwear.**

Time: 5 min Method: Demonstration

Demonstrate how to wear and care for the following uniform items:

- grey socks,
- boots, to include:
  - lacing, and
  - shining, and
- running shoes.



As each item is being presented, demonstrate how to wear it properly.



Refer to CATO 35-01, *Royal Canadian Sea Cadet Dress Instructions* for details on how to wear and care for the items worn on the lower body.

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CONFIRMATION OF TEACHING POINT 5

QUESTIONS:

Q1. When should grey socks be worn?

Q2. How should the black ankle boots be laced?

ANTICIPATED ANSWERS:

A1. As per CATO 35-01.

A2. As per CATO 35-01.

Teaching point 6 **Discuss hair and other aspects of personal appearance.**

Time: 20 min Method: Demonstration

Discuss hair and other aspects of personal appearance, to include:

- male hair, to include:
  - sideburns,
  - beards and moustaches,
- female hair,
- make-up,
- jewellery,
- tattoo and body piercing,
- undergarments,
- eyeglasses / sunglasses, and
- backpacks.



As each item is being presented demonstrate how to wear it properly.



Refer to CATO 35-01, *Royal Canadian Sea Cadet Dress Instructions* for details on personal appearance.

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ACTIVITY

Time: 10 min

OBJECTIVE:

The objective of this activity is to have the cadets identify parts of the uniform and demonstrate how they are worn.

RESOURCES:

- Seamans' cap,
- Wide-brimmed tan summer hat,
- Ball cap,
- Toque,
- Jacket,
- Rank slip ons,
- Gunshirt,
- All-Season coat,
- Lanyard,
- Black gloves,
- Training dress (sea) shirt,
- Black t-shirt,
- Name tags,
- Lanyard,
- Corps crest,
- Corps title insignia,
- Trousers,
- Sports shorts,
- Black belt,
- Grey socks,
- Boots,
- Running shoes,
- Container, and
- Slips of paper with uniform pieces written on them.

ACTIVITY LAYOUT

Nil.

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ACTIVITY GUIDELINES

1. Have the cadets select a piece of paper that indicates a part of the uniform.

2. Have the cadets find the part indicated on the paper.

3. Have the cadet show the class how to wear the uniform part.

4. Repeat these steps until each cadet has shown the class the wearing of a uniform part. If there are more cadets than pieces of uniform, put the pieces of paper back in the container and start again.

SAFETY:

Nil.

END OF LESSON CONFIRMATION

The cadets' participation in the activity will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

The Sea 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.

INSTRUCTOR NOTES / REMARKS

This lesson should be delivered at the beginning of the training year before the cadets are required to wear their uniforms.

REFERENCES

Director of Cadets. CATO 35-01 *Royal Canadian Sea Cadets Dress Instructions*. Ottawa, ON.

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SEAMANS' CAP	TROUSERS	BELT	LANYARD
TAN SUMMER HAT	NAMETAG AND NAMETAPE	GREY SPORTS SHORTS	CORPS TITLE INSIGNIA
GUNSHIRT	GLOVES	BOOTS	CORPS CREST
BALL CAP	BLACK T-SHIRT	RUNNING SHOES	JEWELLERY
ALL-SEASON COAT	RANK SLIP-ONS	SOCKS	TATTOO
BACKPACK	TOQUE	SHOULDER INSIGNIA	TUNIC
MAKE-UP	TRAINING DRESS (SEA) SHIRT	MALE HAIR	FEMALE HAIR

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