EO M107.05 – WEAR THE SEA CADET UNIFORM

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

2. **Conditions:**

   a. Given:

      (1) Sea Cadet uniform,

      (2) Sea Cadet physical training uniform,

      (3) Sea Cadet winter clothing,

      (4) Supervision, and

      (5) 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, *Royal Canadian Sea Cadet Dress Instructions*, the cadet shall wear the cadet uniform in a manner that reflects credit on the CCM, to include:

   a. wearing properly positioned headdress;

   b. ensuring uniform is clean and pressed, and worn with shone boots;

   c. ensuring hair is neatly groomed and conservatively styled;

   d. wearing only the jewellery permitted; and

   e. conforming to the body adornment rules (eg, make-up, piercing).

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain and demonstrate how to wear and care for the seaman's cap.	Demonstration	5 min	A1-003
TP2	Describe other authorized headdress and their proper wear.	Demonstration	5 min	A1-003
TP3	Explain and demonstrate the correct way to wear and care for clothing on the upper body.	Demonstration	5 min	A1-003
TP4	Explain and demonstrate the correct way to wear and care for clothing on the lower body.	Demonstration	10 min	A1-003
TP5	Explain and demonstrate the correct manner to wear footwear.	Demonstration	5 min	A1-003

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TP	Description	Method	Time	Refs
TP6	Explain and demonstrate the following aspects of personal appearance, to include: a. male hair, to include: 1. hairstyles, 2. moustaches, 3. sideburns, and 4. moustaches. b. female hair, c. make up, d. jewellery, e. tattoos and body piercing, f. eyeglasses / sunglasses, g. backpacks, and h. general deportment	Demonstration	20 min	A1-003

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Demonstration:	50 min
c.	Total:	60 min

6. **Substantiation:** A demonstration was chosen for this lesson as it allows the instructor to explain and demonstrate the proper way in which to wear the sea cadet uniform.

7. **References:** A1-003 Director of Cadets. (2012). *CATO 35-01 Sea cadet dress instructions*. Ottawa, ON.

8. **Training Aids:**

   a. Presentation aids (eg, whiteboards / flipcharts / OHP / multimedia projector) appropriate for classroom / training area,

   b. Sea Cadet dress uniform,

   c. Sea Cadet training uniform,

   d. Sea Cadet physical training uniform,

   e. Sea Cadet winter clothing: All-season jacket, toque and gloves, and

   f. Polishing kit: Polish, toothbrush, and soft cloth.

9. **Learning Aids:**

   a. Sea Cadet dress uniform,

   b. Sea Cadet physical training uniform,

   c. Sea cadet winter clothing, and

   d. Polishing kit: Polish, toothbrush, and soft cloth.

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10. **Test Details:** Nil.

11. **Remarks:** This lesson should be scheduled to be conducted at the beginning of the training year.

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