ROYAL CANADIAN SEA CADETS

PHASE ONE

INSTRUCTIONAL GUIDE

SECTION 6

EO M107.06 – IDENTIFY YEAR ONE SUMMER TRAINING OPPORTUNITIES

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-601/PG-001, *Phase One Qualification Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Have senior cadets, with CSTC training experience, share their CSTC experiences during this lesson.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for this lesson to orient the cadets to the year one summer training opportunities and generate interest.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall be expected to be familiar with the opportunities available to them for summer training in year one.

IMPORTANCE

It is important for the cadet to understand the training opportunities available to them during their first summer in the program so they are aware of what courses they are eligible to attend. It is also important for them to know what training opportunities are available to them in future summers so they can start thinking about what courses they may wish to complete in the future.

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Teaching point 1 **Discuss the general training course.**

Time: 10 min Method: Interactive Lecture

AIM

The aim of the general training course is to provide an introductory knowledge of the CSTC environment and the training opportunities available. This training will provide cadets an opportunity to identify the specialty area that motivates them to pursue further CSTC training.

LOCATIONS



www.theodora.com/maps

Figure 1 Map of Summer Training Centres across Canada

The general training course is held in several different locations throughout Canada, to include:

- HMCS Acadia – Cornwallis, Nova Scotia,
- HMCS Quebec / NCSM Quebec – Ste-Angele-de-Laval, Quebec,
- HMCS Ontario – Kingston, Ontario, and
- HMCS Quadra – Comox, British Columbia.

SPECIALTY TRAINING

The fundamental training a cadet should participate in on general training includes:

- **Leadership.** PO S103 – Participate as a Member of a Team
    - The aim of GT leadership is for the individual cadet to participating in activities as a member of a team.

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- **Fitness and Sports.** PO S105 – Participate in Fitness and Sports Activities
    - The aim of GT fitness and sports is to encourage cadets to actively participate in recreational sports activities and introduce them to the CSTC training opportunities available in this specialty area.
- **Air Rifle Marksmanship.** PO S106 – Participate in Aspects of Marksmanship Specialty Training
    - The aim of GT air rifle marksmanship is to build on marksmanship skills learned as part of Phase One and enhance those skills during participation in a recreational air rifle shoot. Additionally, the aim of this PO is to introduce cadets to summer biathlon and the future opportunities available in the areas of marksmanship and biathlon.
- **General Cadet Knowledge.** PO S107 – Adapt to the CSTC Environment
    - The aim of GT general cadet knowledge is to familiarize cadets with the structure and environment of a CSTC and to provide cadets with sufficient knowledge and experience to allow them to select the course they will pursue during their second summer at the CSTC.
- **Drill.** PO S108 – Participate in Aspects of Drill and Ceremonial Specialty Training
    - The aim of GT drill is to further develop drill skills acquired during Phase One and to introduce cadets to the opportunities available in the drill and ceremonial specialty area.
- **Music.** PO S114 – Participate in Aspects of Music Specialty Training
    - The aim of GT music is to introduce cadets to the opportunities available in the music specialty area.
- **Sail.** PO S124 – Participate in Aspects of Sail Specialty Training
    - The aim of GT sail is to introduce cadets to the opportunities available in the sail specialty area.
- **Seamanship.** PO S130 – Participate in Aspects of Seamanship Specialty Training
    - The aim of GT seamanship is to introduce cadets to the opportunities available in the seamanship specialty area.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS:

Q1. How long is the general training course?

Q2. In what locations is the general training course held?

ANTICIPATED ANSWERS:

A1. Two weeks duration.

A2. HMCS Acadia – Cornwallis, Nova Scotia,
HMCS Quebec – Ste-Angele-de-Laval, Quebec,
HMCS Ontario – Kingston, Ontario, and
HMCS Quadra – Comox, British Columbia.

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Teaching point 2 **Introduce the CSTC training and international exchange opportunities.**

Time: 15 min Method: Interactive Lecture

SAIL TRAINING

- **Basic Sail** – a three-week course available in year two focussed on developing basic sailing skills up to CYA CANSail 1 and CANSail 2.
- **Intermediate Sail** – a six-week course available in year three focussed on developing intermediate (CANSail 3) and introducing the more advanced sailing skills (CYA CANSail 4) and an introduction into Chutes and Wires 1.
- **Senior Sail** – a six-week course available in year four focussed on developing advanced sailing skills (CYA CANSail 5, Chutes & Wires 1).

SEAMANSHIP TRAINING

- **Basic Seamanship** – three-week course available in year two which introduces cadets to all aspects of seamanship training;
- **Ship's Boat Operator** – six-week course available in year three focussed on developing skills in small craft operation and achieving small craft operator certification; and
- **Boatswain's Mate** – six-week course available in year four focussed on large vessel operations and coastal navigation.

MUSIC TRAINING

- **Military Band - Basic Musician** – three week course available in year two focussed on developing Basic level musician skills.
- **Military Band - Intermediate Musician** – six week course available in year three focussed on developing musician skills up to level two.
- **Military Band - Advanced Musician** – six week course available in year four focussed on developing musician skills of level three and higher.

FITNESS AND SPORTS COURSES

- **Basic Fitness and Sports** – three week course available in year two focussed on improving individual fitness and gaining knowledge and skills in a variety of sports.
- **Fitness and Sports Instructor** – six week course available in year three focussed on improving individual fitness and developing the skills and knowledge necessary to organize and deliver fitness and sports related activities within all areas of the cadet program.

OTHER SPECIALTY COURSES

- **Basic Drill and Ceremonial** – three week course available in year two focussed on providing cadets opportunities to continue to develop leadership knowledge and skills obtained in the corps program while immersed in a variety of activity areas. Main activities include air rifle marksmanship and drill and ceremonial.
- **Drill and Ceremonial Instructor** – six week course available in year three focussed on developing experts in the area of drill and ceremonial to act as instructors in all areas of drill and ceremonial carried out in the Sea Cadet program.

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- **Air Rifle Marksmanship Instructor** – six week course available in year three focussed on developing individual skill in the areas of air rifle marksmanship and biathlon. This course also provides cadets with the requisite knowledge and skills to assist in the delivery of the marksmanship and biathlon programs.

NATIONAL COURSES

- **Marine Engineering** - an eight week course available in year four. The aim is to teach the cadets the basics of machinery systems used on Sea Cadet Summer Training Vessels (SCSTVs), to enable the cadets to serve as a watch-keeper in the engine-room, and to run these spaces in an orderly and efficient manner.
- **Shipwright** - a six week course available in year four. The aim is to develop in the cadets the knowledge and skills required to carry out maintenance and repairs on the small vessels used at SCSTCs and sail centres.
- **Advanced Sail** - a six week course available in year four. The aim is to certify cadets with the CYA CANSail 5 & 6 and Chutes & Wires (1) 2. Cadets will be able to compete in races with a sound understanding of the racing rules of sailing.

INTERNATIONAL EXCHANGES

Exchanges provide an opportunity for selected cadets to experience another culture and other training programmes. As limited numbers of cadets will have the opportunity to experience these exchanges, they are meant to be reward programmes for cadets of the highest standard who have met all the prerequisites. Exchanges are normally two to three weeks duration.

International Exchanges potentially include:

- Australia,
- Bermuda,
- Japan,
- The Netherlands,
- South Korea,
- Sweden,
- United Kingdom, and
- United States.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. How long is the Sail Instructor course?

Q2. What national courses are available to cadets?

Q3. Which countries are potential hosts for the international exchanges?

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ANTICIPATED ANSWERS:

A1. Six weeks.

A2. Marine Engineering, Shipwright, and Advanced Sail.

A3. Australia, Bermuda, Japan, the Netherlands, South Korea, Sweden, United Kingdom and the United States.

CONCLUSION

HOMEWORK/READING/PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

Many cadets will have the opportunity to attend summer training centres after completing Phase One training at the corps. It is important for them to know what options are available to them for their first summer. It is also important for them to gain a basic understanding of opportunities available to them in the future.

INSTRUCTOR NOTES/REMARKS

Nil.

REFERENCES

A1-006 Director Cadets. (1992). CATO 34-02: *Royal Canadian Sea Cadet International Exchange*. In Cadet Administrative and Training Orders. Ottawa, ON.

A1-019 CATO 31-03 D Cdts. (2008). Sea Cadet Program Outline. Ottawa, ON: Department of National Defence.

C0-043 Software (1995-2004). *Quick Maps*. (2006). Retrieved 10 April 2006, from www.theodora.com/maps.

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