ROYAL CANADIAN SEA CADETS

PHASE TWO

INSTRUCTIONAL GUIDE

SECTION 1

EO M207.01 – IDENTIFY PHASE TWO 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-602/PG-001, 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. Set up stations around the classroom with information from each PO. Place the PO name and number at each of the various stations.

Photocopy the handout located at Annex A for each cadet. Photocopy Annexes B, C and D.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An in-class activity was chosen for TP1 and TP3 as it is an interactive way to provoke thought and to stimulate interest among cadets.

An interactive lecture was chosen for TP2 to introduce Phase Two training to the cadets and to generate interest in the topics.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to identify the training they will receive in Phase Two.

IMPORTANCE

It is important for cadets to know what training will be conducted during Phase Two to give them an overview of what the training year will entail. This lesson will prepare the cadets for the training year and help generate interest in the topics.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

Teaching point 1 **Identify Phase Two Mandatory Training**

Time: 15 min Method: In-Class Activity

OVERVIEW

The training program is broken into Performance Objectives (POs), which are the overall subjects, and Enabling Objectives (EOs), which are the topics within each PO. Training is conducted as mandatory and complementary components.

MANDATORY TRAINING

Mandatory training encompasses the EOs that all corps must complete throughout the training year.

ACTIVITY

OBJECTIVE

The objective of this activity is for the cadets to participate in a gallery walk of information for each PO.

RESOURCES

Resources will be in accordance with each PO as listed below.

ACTIVITY LAYOUT

Classroom will be set up with a station for each PO with information, pictures, videos, and other training aids at each station that will exemplify what the cadet will learn in each PO.

PO 201 – CITIZENSHIP

Citizenship provides the cadets an opportunity to identify the role of an environmentally conscious Canadian citizen. The cadets will identify the rights and responsibilities of a Canadian citizen and the Government of Canada’s code of environmental stewardship.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.



Examples of information/training aids that could be set up at this station include:

- Pollution Prevention Activity Poster;
- a poster of the rights and responsibilities of Canadian citizens;
- posters of various symbols of Canada (Royal Arms of Canada, National Flag, etc.);
- a poster of the Code of Environmental Stewardship;
- a spill kit; and
- pictures from various citizenship activities in which the corps has participated.

Notes:

(1) Pollution Prevention Activity Posters can be ordered by contacting Lori.Fryzuk@ec.gc.ca

(2) Posters of various symbols of Canada (The Proclamation of the National Flag of Canada, The Declaration of National Flag of Canada Day, The Royal Arms of Canada, and a poster of the National Flag of Canada) can be ordered by calling 1-866-811-0055.

(3) If posters cannot be obtained, samples are located at Annex C.

PO 202 – COMMUNITY SERVICE

Community Service provides the cadets an opportunity to perform community service. The community service should provide a direct benefit to the community and promote good citizenship.



Examples of information/training aids that could be set up at this station include:

- pictures from various community service activities in which the corps has participated; and
- Cadets Caring for Canada posters (if available).

PO 203 – LEADERSHIP

Leadership provides the cadets an opportunity to demonstrate leadership attributes within a peer setting by positively contributing to a group, displaying a positive attitude toward learning, and being accountable for personal actions and choices.



Examples of information/training aids that could be set up at this station include:

- pictures of various famous leaders;
- leadership quotes; and
- pictures of cadets from the corps participating in leadership activities/taskings.

PO 204 – PERSONAL FITNESS AND HEALTHY LIVING

Personal Fitness and Healthy Living provides the cadets an opportunity to update their personal physical activity plans (from Phase One) for the training year. Cadets will participate in the Progressive Aerobic Cardiovascular Endurance Run (PACER) and will set new short-term and long-term goals for the training year. This PO gives

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

the cadets some of the tools required to make more informed choices in order to follow a healthy lifestyle. This is important as physical fitness is one of the aims of the Cadet Program.



Examples of information/training aids that could be set up at this station include:

- target heart rate charts;
- a CD/cassette player with the audio recording of the *PACER* beeps playing; and
- copies of the *PACER* Individual Score Sheet.

PO 205 – RECREATIONAL SPORTS

Recreational Sports provides the cadets an opportunity to participate in organized recreational team sports. This is important as physical fitness is one of the aims of the Cadet Program.



Examples of information/training aids that could be set up at this station include:

- soccer ball;
- volleyball;
- floor hockey ball;
- hockey sticks;
- Frisbees; and
- pictures of cadets at the corps participating in recreational sports.

PO 206 – AIR RIFLE MARKSMANSHIP

Air Rifle Marksmanship provides the cadets an opportunity to participate in recreational marksmanship activities.



A miniature range could be set up at this station, to include:

- a mat;
- a cadet air rifle;
- sample targets;
- a scope;
- a sling; and
- safety goggles/glasses.

PO 207 – GENERAL CADET KNOWLEDGE

General Cadet Knowledge provides the cadets with the information required to serve as a member of a Sea Cadet corps. Cadets will identify the training opportunities available in Phase Two, recognize historical aspects related to Sea Cadets, recognize the role of the local sponsor, and identify year two summer training opportunities.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.



Examples of information/training aids that could be set up at this station include:

- a poster of the history of Sea Cadets (sample located at Annex D); and
- information sheets/poster on year two summer training opportunities.

PO 208 – DRILL

Drill provides the cadets an opportunity to execute drill as a member of a squad. The cadets will execute left and right turns on the march, form single file from the halt as a squad in threes, and form single file from the halt as a squad in line.



Examples of information/training aids that could be set up at this station include:

- a copy of the A-PD-201-000/PT-000, *Canadian Forces Manual of Drill and Ceremonial*;
- pictures of the cadets in the corps participating in drill; and
- a video of cadets participating in drill.

PO 220 – CANADIAN NAVY AND MARITIME COMMUNITY

Canadian Navy and Maritime Community provides the cadets an opportunity to recognize historical aspects of the Canadian Navy and maritime community. The cadets will identify ship's traditions, the historical role of the CF in international events, naval/maritime historical sites and their significance, and will participate in a naval commemorative event/discussion/presentation.



Examples of information/training aids that could be set up at this station include:

- pictures of the corps participating in a Battle of the Atlantic parade/ceremony;
- pictures of various HMC ships;
- pictures/posters of various naval/maritime historical sites;
- pictures/video of a sunset ceremony/Ceremony of the Flags;
- pictures of HMC ship mascots; and
- pictures/video of a HMC ship christening/launching ceremony.

PO 221 – ROPEWORK

Ropework provides the cadets an opportunity to rig tackles. The cadets will use a strop for slinging, mouse a hook, reeve blocks and rig tackles.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.



Examples of information/training aids that could be set up at this station include:

- a knot board;
- hooks;
- a moused hook;
- a single block;
- a double block;
- line; and
- rigged tackles (single whip, double whip, luff, and two-fold purchase).

PO 223 – SHIPS OPERATIONS

Ships Operations will provide the cadets an opportunity to learn to serve in a naval environment. The cadets will define naval terminology, stand watch, and make pipes using the boatswain's call.



Examples of information/training aids that could be set up at this station include:

- a ship's bell;
- a poster of naval terms;
- a poster of the watch system;
- a boatswain's call; and
- audio samples of the boatswain's calls found at

PO 224 – SAILING

Sailing provides the cadets an opportunity to participate in a sailing weekend in accordance with the Canadian Yachting Association (CYA) White Sail Level I.



Examples of information/training aids that could be set up at this station include:

- pictures/videos of cadets sailing;
- various clothing items to be worn while sailing; and
- a model sailboat.

ACTIVITY INSTRUCTIONS

Explain that cadets will have approximately 10 minutes to walk around the classroom, visiting each station.

SAFETY

N/A.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

CONFIRMATION OF TEACHING POINT 1

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

Teaching point 2 **Identify Phase Two Complementary Training Opportunities**

Time: 5 min Method: Interactive Lecture

Complementary training provides corps staff with a variety of EOs they can choose to instruct. These lessons are used to complement the mandatory training that must be conducted.

PO 201 – CITIZENSHIP

Complementary training for Citizenship provides the cadets an opportunity to participate in a discussion on local, provincial, and national environmental issues; tour a local municipal, provincial, or national political institution; tour a local municipal, provincial, or national environmental facility; participate in a presentation given by an environmental guest speaker; and participate in a presentation given by a government representative.

PO 202 – COMMUNITY SERVICE

Complementary training for Community Service provides the cadets an opportunity to participate in a ceremonial parade and an additional opportunity to perform community service.

PO 203 – LEADERSHIP

Complementary training for Leadership provides the cadets an opportunity to record entries in a reflective journal, demonstrate problem solving, participate in team-building activities, discuss characteristics of a leader, and participate in a presentation by a leader.

PO 204 – PERSONAL FITNESS AND HEALTHY LIVING

Complementary training for Personal Fitness and Healthy Living provides the cadets an opportunity to perform the PACER at the mid-point of the training year and to develop a personal nutrition plan.

PO 205 – RECREATIONAL SPORTS

Complementary training for Recreational Sports provides the cadets an opportunity to participate in an organized sports tabloid, participate in an organized intramural sports event, and participate in an orienteering event.

PO 206 – AIR RIFLE MARKSMANSHIP

Complementary training for Air Rifle Marksmanship provides the cadets an opportunity to practice holding techniques, to practice aiming techniques, and to practice firing techniques.

PO 207 – GENERAL CADET KNOWLEDGE

Complementary training for General Cadet Knowledge provides the cadets an opportunity to identify the rank structures of the Royal Canadian Air and Army cadets and to visit a local cadet corps or squadron.

PO 208 – DRILL

Complementary training for Drill provides the cadets an opportunity to practice ceremonial drill as a review and to execute drill with arms.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

PO 211 – BIATHLON

Complementary training for Biathlon provides the cadets an opportunity to identify civilian biathlon opportunities, further running and biathlon-specific marksmanship skills, and participate in a competitive biathlon activity.

PO 220 – CANADIAN NAVY AND MARITIME COMMUNITY

Complementary training for Canadian Navy and Maritime Community provides the cadets an opportunity to recognize the role of the CF in historical international events, Canada's role in The Battle of the Atlantic, World War II naval activities, and naval/maritime historical sites and their significance.

PO 221 – ROPEWORK

Complementary training for Ropework provides the cadets an opportunity to make a back splice, an eye splice, and a long splice.

PO 223 – SHIP'S OPERATIONS

Complementary training for Ship's Operations provides the cadets an opportunity to define additional naval terminology, pipe the side, and identify ship's safety equipment.

PO 225 – NAUTICAL TRAINING

Complementary training for Nautical Training offers two options that provide the cadets an opportunity to:

- perform duties related to the operation of a small craft/vessel; or
- participate in a nautical activity that will reinforce mandatory and/or complementary training, allow cadets to participate in naval aspects of the CF or maritime community/industry, and provide a hands-on opportunity that introduces new skills/knowledge.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. As part of the Citizenship PO, what are the EOs (topics) that may be taught?

Q2. What EOs are encompassed under complementary training for Personal Fitness and Healthy Living?

Q3. In Air Rifle Marksmanship, what EOs may be taught?

ANTICIPATED ANSWERS

A1. Complementary EOs for Citizenship include:

- Participate in a Discussion on Local, Provincial, and National Environmental Issues;
- Tour a Local Municipal, Provincial, or National Political Institution;
- Tour a Local Municipal, Provincial, or National Environmental Facility;
- Participate in a Presentation Given by an Environmental Guest Speaker; and
- Participate in a Presentation Given by a Government Representative.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

A2. Complementary EOs for Personal Fitness and Healthy Living include:

- Perform the PACER; and
- Develop a Personal Nutrition Plan.

A3. Complementary EOs for Air Rifle Marksmanship include:

- Practice Holding Techniques;
- Practice Aiming Techniques; and
- Practice Firing Techniques.

Teaching point 3 **Conduct an Activity on Phase Two Training Opportunities**

Time: 5 min Method: In-Class Activity

ACTIVITY

OBJECTIVE

The objective of this activity is to familiarize the cadets with the POs conducted in Phase Two training.

RESOURCES

- Labels of POs located at Annex B.
- Labels of PO statements located at Annex B.
- Tape.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

- Place the labels face down on desks throughout the classroom.
- Have a cadet stand up and read out their label.
- The cadet who thinks they have the corresponding PO or PO statement should stand up.
- The remainder of the cadets will confirm if it is correct.
- Corresponding POs and PO statements will be taped to a flipchart/whiteboard/wall.
- Continue until all POs are complete.

SAFETY

N/A.

CONFIRMATION OF TEACHING POINT 3

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

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

END OF LESSON CONFIRMATION

The cadets' participation in the activity in TP3 will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Being aware of the topics to be covered during Phase Two training will help generate interest in the training year. Being aware of the opportunities available throughout the training year may help motivate you in your specific areas of interest.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

A0-010 CATO 11-03 D Cdts 2. (2006). *Cadet Program Mandate*. Ottawa, ON: Department of National Defence.

A0-045 Cadets Canada. (2007). *About Cadets-History.* Retrieved 19 February 2007, from http://www.cadets.ca/about-nous/histo_e.asp.

C0-013 Canadian Heritage. *Ceremonial and Canadian Symbol Promotion.* (2007). Retrieved 4 May 2007, from http://www.canadianheritage.gc.ca/progs/cpsc-ccsp/sc-cs/index_e.cfm.

C0-081 Citizenship and Immigration Canada. (ND). *Rights and Responsibilities of Canadian Citizenship*. Retrieved 4 April 2007, from http://cic.gc.ca/English/citizen/rights-fs.html.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

PHASE TWO POS AND EOS

PO 201 – Citizenship Identify the Role of an Environmentally Conscious Canadian Citizen	
M201.01	Discuss the Rights and Responsibilities of a Canadian Citizen
M201.02	Identify the Role of an Environmentally Conscious Canadian Citizen
C201.01	Discuss National Environmental Issues Relative to Canada
C201.02	Tour a Local Municipal, Provincial, or National Political Institution
C201.03	Tour a Local, Municipal, Provincial, or National Environmental Facility
C201.04	Participate in a Presentation Given by an Environmental Guest Speaker
C201.05	Participate in a Presentation Given by a Government Representative
PO 202 – Community Service Perform Community Service	
M202.01	Perform Community Service
C102.01	Participate in a Ceremonial Parade
C102.02	Perform Community Service
PO 203 – Leadership Demonstrate Leadership Attributes Within a Peer Setting	
M203.01	Discuss Leadership Within a Peer Setting
M203.02	Discuss the Principles of Leadership
M203.03	Discuss Effective Communication in a Peer Setting
M203.04	Demonstrate Positive Group Dynamics
M203.05	Discuss Influence Behaviours
M203.06	Employ Problem Solving
M203.07	Discuss Personal Integrity as a Quality of Leadership
M203.08	Participate in Team-building Activities
C203.01	Record Entries in a Reflective Journal
C203.02	Employ Problem Solving
C203.03	Discuss Characteristics of a Leader
C203.04	Participate in a Presentation Given by a Leader
C203.05	Participate in Trust-building Activities

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

C203.06	Participate in Problem-solving Activities
PO 204 – Personal Fitness and Healthy Living Update Personal Activity Plan	
M204.01	Perform the PACER
M204.02	Identify Healthy Food Choices
M204.03	Identify Benefits of a Healthy Lifestyle
M204.04	Update Personal Activity Plan
M204.05	Perform the PACER
C204.01	Perform the PACER
C204.02	Develop a Personal Nutrition Plan
PO 205 – Recreational Sports Participate in Recreational Sports	
M205.01	Participate in Organized Recreational Team Sports
C105.01	Participate in a Sports Tabloid
C105.02	Participate in an Organized Intra-mural Sports Event
C105.03	Participate in an Orienteering Event
PO 206 – Air Rifle Marksmanship Participate in Recreational Air Rifle Marksmanship	
M206.01	Participate in Recreational Air Rifle Marksmanship
C206.01	Practice Holding Techniques
C206.02	Practice Aiming Techniques
C206.03	Practice Firing Techniques
PO 207 – General Cadet Knowledge Serve in a Sea Cadet Corps	
M207.01	Identify Phase Two Training Opportunities
M207.02	Recognize Historical Aspects of the RCSC
M207.03	Recognize the Role and Responsibilities of the Local Sponsor
M207.04	Identify Year Two CSTC Training Opportunities
C207.01	Identify the Rank Structure of the Royal Canadian Army and Air Cadets
C207.02	Visit a Local Cadet Corps or Squadron
C207.03	Describe the Affiliated Unit

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

C207.04	Participate in a Tour of the Affiliated Unit
PO 208 – Drill Execute Drill as a Member of a Squad	
M208.01	Execute Left and Right Turns on the March
M208.02	Form Single File from the Halt
C208.01	Practice Ceremonial Drill as a Review
C208.02	Execute Drill With Arms
PO 211 – Summer Biathlon Participate in Competitive Summer Biathlon Activities	
C211.01	Identify Civilian Biathlon Opportunities
C211.02	Run on Alternating Terrain
C211.03	Fire the Cadet Air Rifle Using a Sling Following Physical Activity
C211.04	Participate in a Competitive Summer Biathlon Activity
PO 220– Canadian Navy and Maritime Community Recognize Historical Aspects of the Canadian Navy and Maritime Community	
M220.01	Recognize the Role of the Canadian Forces (CF) in Historical International Events
M220.02	Recognize Naval/Maritime Historical Sites and Significance
M220.03	Recognize Naval Ship’s Traditions
M220.04	Participate in a Discussion/Presentation on a Naval Commemorative Event
C220.01	Recognize the Role of the Merchant Navy
C220.02	Recognize Canada’s Role in the Battle of the Atlantic
C220.03	Recognize WWII Naval Activities
PO 221 – Ropework Rig Tackles	
M221.01	Sling a Strop
M221.02	Mouse a Hook
M221.03	Reeve Blocks
M221.04	Identify Components of Tackles
M221.05	Rig Tackles
C221.01	Make a Back Splice
C221.02	Make an Eye Splice

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

C221.03	Make a Long Splice
PO 223 – Ship's Operations Serve in a Naval Environment	
M223.01	Define Ship-related Terms
M223.02	Stand Watch
M223.03	Execute Notes Using the Boatswain's Call
M223.04	Pipe the General Call
M223.05	Pipe the Still
M223.06	Pipe the Carry On
M223.07	Berth a Ship
C223.01	Define Naval Terminology
C223.02	Pipe the Side
C223.03	Identify Ship's Safety Equipment
PO 224 – Sailing Sail a Sailboat in Accordance With Canadian Yachting Association (CYA) White Sail Level One	
M224.01	Participate in a Discussion on a Sail Weekend's Structure
M224.02	Prepare for Sail Training
M224.03	Rig a Sailboat
M224.04	Sail a Sailboat
M224.05	De-rig a Sailboat
PO 225 – Nautical Training Participate in a Nautical Training Weekend	
C225.01	Participate in a Discussion on a Nautical Training Weekend
C225.02A	Perform Small Craft/Vessel Duties While Underway
C225.02B	Participate in a Nautical Activity

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

LABELS OF POS

PO 201 Citizenship	PO 206 Air Rifle Marksmanship	PO 221 Ropework
PO 202 Community Service	PO 207 General Cadet Knowledge	PO 223 Ship's Operations
PO 203 Leadership	PO 208 Drill	PO 224 Sail a Sailboat
PO 204 Personal Fitness and Healthy Living	PO 220 Canadian Navy and Maritime Community	PO 225 Nautical Training
PO 205 Recreational Sports	PO 211 Summer Biathlon	

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

Identify the Role of an Environmentally Concious Canadian Citizen	Participate in Recreational Air Rifle Marksmanship	Rig Tackles
Perform Community Service	Serve in a Sea Cadet Corps	Serve in a Naval Environment
Demonstrate Leadership Attributes Within a Peer Setting	Execute Drill as a Member of a Squad	Sail a Sailboat IAW CYA White Sail Level One
Update Personal Activity Plan	Recognize Historical Aspects of the Canadian Navy and Maritime Community	Participate in a Nautical Training Weekend
Participate in Recreational Sports	Participate in Competitive Summer Biathlon Activities	

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

POSTERS OF VARIOUS SYMBOLS OF CANADA

CANADIAN CITIZENSHIP

RIGHTS AND FREEDOMS	RESPONSIBILITIES
Legal Rights	Understand and Obey Canada's Laws
Equality Rights	Express Opinions Freely While Respecting the Rights and Freedoms of Others
Mobility Rights	Help Others in the Community
Aboriginal Peoples' Rights	Care for and Protect our Heritage and Environment
Freedom of Thought	Eliminate Discrimination and Injustice
Freedom of Speech	Vote in Elections (municipal, provincial and federal)
Freedom of Religion	Support Canada's Ideals in Building the Country
The Right to Peaceful Assembly	
The Right to Legal Rights	
The Right to Apply for a Passport	
The Right to Run in Elections	
The Right to Vote in Elections	

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

THE ROYAL ARMS OF CANADA



Canadian Heritage – Ceremonial and Canadian Symbols and Promotion. Retrieved 4 April 2007, from http://www.pch.gc.ca/progs/cpsc-ccsp/sc-cs/arm2_e.cfm

Figure C-1 The Royal Arms of Canada

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

THE NATIONAL FLAG



Canadian Heritage – Ceremonial and Canadian Symbols and Promotion.
Retrieved 4 April 2007, from http://www.pch.gc.ca/progs/cpsc-ccsp/sc-cs/dfl_e.cfm

Figure C-2 The National Flag

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf.
Verify against the official publication.

CODE OF ENVIRONMENTAL STEWARDSHIP

The Government of Canada fully supports the principle of sustainable development.

To reflect this commitment in all aspects of its operation and activities, from facilities and real property management to procurement and waste management, the Government commits:

- to integrate environmental concerns with operational, financial, safety, health, economic development, and other relevant concerns in decision-making;
- to meet or exceed the letter and spirit of federal environmental laws and, where appropriate, to be compatible with provincial and international standards;
- to improve the level of awareness throughout the public service of the environmental and health benefits and risks of operational decisions, and to encourage and recognize employee actions;
- to apply environmentally responsible management practices to hazardous substances used in operations, including biological products, specifically with regard to the acquisition, handling, storage, safety in use, transportation, and disposal of such substances;
- to ensure that environmental considerations are integrated into government purchasing policies and practices; and
- to seek cost-effective ways of reducing the input of raw materials, toxic substances, energy, water and other resources, and of reducing the generation of waste and noise.

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf. Verify against the official publication.

HISTORY OF THE ROYAL CANADIAN SEA CADETS

HISTORY OF THE ROYAL CANADIAN SEA CADETS

- Drill Associations were formed in 1862. Associations for Drill in Educational Institutions were formed in 1879 for young men over 14 years of age, which differentiated between youth and adults.
- The Navy League of Canada was founded in 1895 to support the lobby to create the Canadian Navy.
- In 1908, the first cadre of commissioned officers, the Corps of School Cadet Instructors was trained and paid by the Department of Militia and Defence to conduct drill and physical training in participating schools. This cadre was disbanded in 1921 during a period of reorganization, but reappeared on 1 June 1921 as the Cadet Services of Canada, which was the forerunner of the current Cadet Instructor Cadre.
- The first Canadian Boy's Naval Brigade was formed in 1917.
- Boy's Naval Brigade was changed to Sea Cadet Corps in 1923.
- During WW II, the Royal Canadian Navy (RCN) began its partnership with the Navy League of Canada in sponsoring Sea Cadets and the officers were taken on the payroll of the RCN.
- In 1942, His Admiral, King George VI, added the term "Royal" to the Cadet Program creating Royal Canadian Sea Cadets.
- Following the unification of the Canadian Forces (CF) in 1968, a directorate of cadets was established in Ottawa to set policy and coordinate activities between the three elements of the Cadet Program, and Sea Cadet officers became commissioned members of the CF.
- On 30 July 1975, parliament amended the relevant legislation by changing the word boys to persons, therefore permitting girls to become members in the Canadian Cadet Movement (CCM).

Figure D-1

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf. Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-602/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-602-PF-001/A-CR-CCP-602-PF-001.pdf. Verify against the official publication.